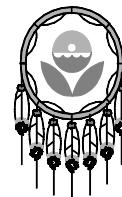


Region 10 Tribal Newsletter



LETTER

Vol. XV No. VIII
August 1, 2006

Work Shops and Conferences

August 1-3, Pacific Northwest Tribal Air Network Workshop, Seattle, WA. See page 1 *

August 21-25, Tribal Leaders Summit, Confederated Tribes of the Umatilla Indian Reservation, Pendleton, OR.. Info Joyce Houle at 888-809-8027 ext. 2336 JoyceHoule@ctuir.com

See page 1. **

August 28-31, SAIGE, Anchorage, AK. www.saige.org

August 29-September 1, Air Quality in Alaska Villages, Anchorage, AK. Entry level course.

Info: Lydia.Scheer at 928/523-6887 Lydia.Scheer@nau.edu

September, 24-28, Tribal Science Conference, Quinault Beach Resort Casino WA. See page 2 ***

October 19-21, NIEA, Anchorage, AK. www.niea.org

October 25-26, Region 10/NWIFCA, 4th EPA/Washington Tribes Environmental Symposium, TBA

For information: Fran Wilshusen 360/438-1181 x 351, fwilshus@nwifc.org

November 2-5, 28th Annual AISES Conference, Detroit, MI. www.aises.org

December 7-8, Northwest Environmental Conference, Red Lion, Jantzen Beach, Portland, OR.

Conference and Tradeshow (Improving the Environment) www.mwec.org.

Region 10 Tribal

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To receive a copy call:

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PNTAN *

The Pacific Northwest Tribal Air Network (PNTAN) workshop (August 1-3) is recommended for all tribal air quality professionals and their

supervisors. Tribal housing administrators are invited to attend also. There will be several topics of interest including the health effects associated with improper woodstove maintenance and usage, woodstove change-out program, and other related material.

Travel and hotel expenses will be reimbursed for all positions at the conclusion of the workshop. To receive the reimbursement full attendance is required. Room Reservations can be made at the Crown Plaza

Hotel across from the EPA Region 10 Offices. A block of rooms have been set aside. When reserving your room, mention the Pacific Northwest Tribal Air Network (PNTAN) to receive the discounted price of \$149.00. To reserve a room, please call: 800/521-2762 or 206/464-1980. Info: Kristin 208/267-3519 x567 or kristin@kootenai.org.

R10 Tribal Leaders' Summit**

Join us in Pendleton, Oregon at the Wildhorse Resort and

Casino August 21st -25th. Experience the culture of the Confederated Tribes of the Umatilla Indians as you discuss critical environmental issues with leaders from the EPA and tribes from Alaska, Idaho, Oregon, and Washington. Registration forms are ready for the 2006 EPA Region 10 Tribal Leaders' Summit. The Web page is available at: <http://www.umatilla.nsn.us/2006EPAsummit.html>.

Tribal Environmental Science***

Save the date! The National EPA-Tribal Science Council will sponsor the National Tribal Science Conference at the Quinault Beach Resort and Casino on the Olympic Peninsula in Washington on September 24-28, 2006. The conference will provide a forum to conduct training, exchange information, and address selected issues on science topics to include traditional knowledge of importance in Indian country. EPA and tribal leaders and staff working on environmental science topics, such as those working with tribal organizations, tribal colleges, universities, and other federal agencies, are encouraged to attend.

The National forum on Tribal environmental Science Web site has been launched! You can visit the Web site, register for training sessions and activities, and submit abstracts and posters under the call for papers for presentation during the conference at: [### **\[scgcorp.com/TribalScience\]\(http://www.scgcorp.com/TribalScience\)**](http://www.</p>
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You may register for the conference, training courses, activities and field trips at: <http://www.scgcorp.com/TribalScience>. To visit the Tribal Science Council's website: <http://www.epa.gov/osp/tribes/announce/event.htm>.

Community Development

Choosing Our Community's Future, a guidebook developed by Smart Growth America, helps communities shape the growth and development of their neighborhoods, towns, and regions. The guidebook covers the elements of community design, planning and site approval process for development projects, and how a plan can provide various community and environmental benefits.

Choosing Our Community's Future focuses on the visioning and planning efforts that allow for smarter growth and provides on the visioning and planning efforts that allow for smarter growth and provides suggestions about how citizens can contribute to better growth and development through collaborative stakeholder meetings and workshops. The contents include and introduction to planning, zoning, and development; principles for managing change; and the potential impacts of development. True stories, a glossary and a list of resources complete the guidebook. Info: <http://sgusa.convio.net/site/PageServer?pagename=guidebook>.

Captain Planet Foundation

The Captain Planet Foundation provides \$500 to \$2.5K grants to help children and youth around the world work to solve environmental problems. <http://www.captainplanetfdn.org>

Boutique Fuel

A "boutique fuel" is a unique fuel specification developed by a state or local air pollution agency and approved by EPA as part of a state plan to meet the nation's air quality standards.

Watershed Grants

A request for Proposals for Assessment and Watershed Protection Program Grants is posted on EPA's website at: www.epa.gov/owow/funding/rfp.html. Proposals are due August 15, 2006.

Electronics Recycling

Dell Inc. will let consumers recycle their old printers, computer and other electronics for free in the United States in September and worldwide in November. The policy allows consumers to recycle their old Dell gear for free by entering the product's serial code at Dell's Web site, boxing up the item and then scheduling a pickup time. Info at: www.dell.com/recycling.

Energy Efficient

Tips on making your home more energy efficient: <http://www.energystar.gov/home>.

Sweden Oil Free

Sweden is taking an energy step in advance of most western economies by trying to wean itself off oil completely within 15 years – without building a new generation of nuclear power stations.

The intention of the Swedish government is to replace all fossil fuels with renewable resource before climate change destroys economies and growing oil scarcity.

“Our dependency on oil should be broken by 2020,” said Mona Sahlin, minister of sustainable development. “There shall always be better alternatives to oil, which means no house should need oil for heating, and no driver should need to turn solely to gasoline.”

Sweden has a head start over most countries. In 2003, 26% of all the energy consumed came from renewable sources the EU average is 6%. Only 32% of the energy came from oil down from 77% in 1970.

The Swedish government is working with carmakers Sabb and Volvo to develop cars and trucks that burn ethanol and other biofuels. (The Guardian)

Canada’s Tar Sands

Increased production from Alberta’s tar sand could eventually blunt OPEC’s power and help establish an “upper limit” on world oil prices, Congress’ Joint Economic Committee says in a new report.

Canada’s tar sand reserves are listed at over 170 billion barrels, making it second to Saudi Arabia. The tar sands’ output is currently over 1 million barrels a day and could reach 3.6 million to 4.7 million barrels a day by 2020, the report says.

It could take a decade to stabilize the per-barrel cost of production while accelerating output. The report further states if it happens, it would “cap the power of OPEC.”

Canada is already the United States’ largest foreign supplier of crude oil. (Greenwire)

Hybrid Locomotives

Two of the largest hybrid vehicles in the world, powered by large banks of batteries, are now in Portland. The 280,000-pound, 52-foot diesel/electric locomotives are owned and operated by Union Pacific Railroad. The state-of-the-art hybrid locomotives are designed to cut air emissions by up to 90 percent and reduce diesel fuel use by as much as 80 percent, compared with conventional diesel-powered switchers that spend much of their time idling.

CAFO and Hormones

EPA is proposing to fund studies seeking information on the environmental impact of steroid hormones in animal wastes released from concentrated animal feeding operations (CAFOs), research that may bolster industry concerns that they could face

cleanup liability from the use of pharmaceuticals.

The issue of pharmaceuticals, including hormones, in water has been drawing increased attention in recent years as a result of new laboratory methods that allow scientists to detect low levels of pharmaceuticals, antibiotics, detergents and other products in water bodies.

A number of recent studies have raised concerns among environmentalists and other stakeholders about the presence of pharmaceuticals in water, including a 2004 study by the U.S. Geological Survey (USGS) and the Centers for Disease Control & Prevention which tested 24 water samples from a single drinking water treatment facility for 105 different organic wastewater-related contaminants. That study found 40 different contaminants in the water samples – many of which are not currently regulated. The contaminants were generally found at low levels, and included steroids, caffeine, prescription drugs, fragrance compounds, solvents, flame retardants and cosmetic compounds.

Jet Stream Shift

A gradual shift of the Earth’s jet streams over the last three decades has expanded tropic zones 70 miles on either side of the equator, according to a new study published in *Science Express*.

Satellite measurements made from 1979 to 2005 show the atmosphere in the subtropical

regions north and south of the equator is heating up. As the atmosphere warms, it bulges out at the altitudes where the northern and southern jet streams slip past like swift and massive rivers of air. That bulging has pushed both the jet streams about 70 miles closer to the Earth's poles.

Since the jet streams mark the edge of the tropics, in essence framing the hot zone that hugs the equator, their outward movement has allowed the tropics to grow wider by about 140 miles. Researchers said it is still unclear whether natural climate variation or human caused global warming triggered the jet stream migration and tropical expansion. (*Andrew Bridges, AP/USA Today, May 25*).

Auto Emissions

Despite owning only 30 percent of the world's automobiles, the United States emits almost half of the world's auto emissions, according to an Environmental Defense report released June 28, 2006.

According to the report, U.S. cars and light trucks drove 2.6 trillion miles in 2004, equal to driving back and forth to Pluto more than 470 times. U.S. vehicles account for 45 percent of global vehicle emissions, the group found.

Mercury

EPA released a report July 5 outlining what it called "major ongoing and planned actions" to address risks associated with exposure to mercury, a neurotoxin that can be

particularly hazardous to developing fetuses and young children.

The agency said it already has made significant progress in reducing industrial emissions of mercury in the U. S., and that it will continue a number of current initiatives-including implementation of new clean air rules and pursuit of voluntary initiatives, including industries, to bring emissions down further.

More information on EPA's Roadmap for Mercury and text of the report are available at: <http://www.epa.gov/mercury/roadmap.htm>.

Permit Compliance System

EPA has modernized the Permit Compliance System (PCS); its new Integrated Compliance Information System (ICIS) 2/0 went live on the EPA website. The release of ICIS has two components, the National Pollutant Discharge Elimination System (NPDES) and the Federal Enforcement and Compliance (FE&C). The two components of the ICIS 2.0 are called ICIS-NPDES (aka PCS Modernization) and ICIS-FE&C.

All federal enforcement and compliance information will now be entered into ICIS-FE&C. Thirteen States will begin to use ICIS-NPDES instead of PCS – **Alaska**, District of Columbia, Hawaii, **Idaho**, Indiana, Maryland, Massachusetts, New Hampshire, New Mexico, Puerto Rico, Rhode Island,

Virgin Islands and Utah. For these states, all NPDES permitting and enforcement information that a state, tribe or EPA would have entered into PCS must now be entered into ICIS-NPDES.

Training for these states and territories starts soon. Questions about this training should be directed to Rochele Kadish at 202/56455-3106 or Kadish.Rochele@epa.gov.

Beach Monitoring

EPA beach monitoring data on bacteria indicate that beaches were safe for swimming 96% of the time in 2005. In addition, the number of beaches reported has increased some four times the original number since EPA began collecting such information.

EPA is working to make information about beach water quality available faster and easier. New data-collection techniques among state and local partners will make the 2006 swimming season data more readily available to the public. EPA is in the process of completing new technology for assessing water quality at beaches so results are made available in hours rather than days.

Fire Season Growing

For a number of years, poor forest management practices have been blamed for the increasing number of fires throughout the West. According to a recent E & E story, however, a report developed by scientists

associated with both the Scripps Institution of Oceanography and the University of Arizona indicates that global warming may be the real culprit causing such increased fire levels and their air emissions. Since the mid 1980s, the number of wildfires has increased four-fold during a time when annual spring and summer temperatures have risen. When the seasonal temperatures have been hotter than average, the number of average wildfires has increased as well. The report, which has yet to be published, should be out in the Fall in the journal *Scienceexpress*. (NTAA July 3,06)

Americans vs. Canadians

Americans are 42 percent more likely than Canadians to have diabetes, 32 percent more likely to have high blood pressure, and 12 percent more likely to have arthritis, Harvard Medical School researches found, in a telephone survey in which American and Canadian adults were asked about their health.

The new study found that 6.7 percent of Americans and 4.7 percent of Canadians reported having diabetes; 18.3 percent and 13.9 percent, respectively, reported having high blood pressure; and 17.9 percent and 16.0 percent said they had arthritis.

About 21 percent of Americans said they were obese, compared with 15 percent of Canadians. However, more Canadians were smokers – 19 percent, compared

with about 17 percent of Americans. (Oregonian 5/31)

2nd Hand Smoke

Twenty years after the first Surgeon General's Report on secondhand smoke, the evidence is now "indisputable" that the noxious fumes are a major health threat that kill an estimated 50,000 people each year, a new federal study showed.

Studies in the two decades since the first federal report show that smoke is linked not only to heart disease and lung cancer, but also breast cancer, sudden infant death syndrome, childhood cancer, nasal sinus cancer, ear infections and asthma.

Experts hope it will galvanize public sentiment in much the same way that the original report did, forcing an extension of so-called smoke-free laws to cover the estimated 126 million nonsmokers who are now unprotected.

Among the report's major conclusions: ☹️ Exposure of nonsmokers to tobacco smoke increases their risk of both heart disease and cancer by as much as 30%. ☹️ Even a brief exposure to tobacco smoke can increase risk, especially for people with heart and respiratory diseases. ☹️ The percentage of adult nonsmokers with biological markers of smoke exposure in their blood has been halved since 1988, but 43% of them still show traces of toxins in their blood as do 22% of children.

Quit Smoking Products

"Quit-Smoking-Reviews.com" was started in 2004 with the goal of providing useful, detailed information relating to smoking cessation and quit smoking products. Their mission is to provide information and reviews on the top quit smoking products available online.

This year they conducted a study of over 13 different quit smoking products. What follows is a list of the products they feel exhibited effective and consistent results for a majority of their test subjects.

The following is a list, of what they feel are the best quit smoking products, currently on the market. Not only do these products work well, they also are offered by reputable companies that appear to take their products seriously.

Quit Smoking Products

1. Nicocure ★★★★★
2. Final Smoke ★★★★★
3. NutraQuit ★★★★★
4. Habitrol ★★★★★

These four products not only demonstrated high overall effectiveness, but also were easy to use, had low occurrences of side effects, and had a high success rate. All four are also backed by the companies that make them, as evidenced by their 100% money back guarantees.

Where are the Residues?

The Environmental Working Group, a nonprofit environmental watchdog organization, analyzed Food and Drug Administration data

from its pesticide monitoring program and pinpointed a dozen fruits and vegetables with the most and least contamination. None exceeds the safe limit established by the EPA. But some toxicologists recommend children and pregnant women avoid the worst offenders. Most foods that you peel before eating have few detectable residues, while fruits with soft skins tend to have higher residues. Consumer Reports recommends using a highly diluted liquid dish soap solution. Just be sure to rinse well, so you don't find soap bubbles in your spinach salad.

Most contaminated: apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, and strawberries.

Least contaminated: asparagus, avocados, bananas, broccoli, cauliflower, corn, kiwi, mangos, onions, papaya, pineapples, and peas.

STRoKE

Sometimes symptoms of a stroke are difficult to identify. The stroke victim may suffer sever brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions.

S* Ask the individual to SMILE

T* Ask person to TALK (to speak a simple sentence i.e. "It is sunny out today")

R* RAISE both arms.

Another sign of a stroke is this: Ask the person to "stick out their tongue." If the tongue is crooked, if it goes to one side or the other that is also an indication of a stroke she has trouble with ANY ONE of these tasks, call 911 immediately!! And describe the symptoms to the dispatcher.