



Environmental Protection Department Newsletter

*Wishing you all the joy and happiness throughout
the New Year.*



*From the Staff of the
Environmental Protection Department
Bobby, Ileana, Richard, Safia & Sonia*

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*Happy
New Year*



FPST ENVIRONMENTAL CURBSIDE RECYCLING PROGRAM

RECYCLING: WHAT'S OK & WHAT'S NOT!

YES! Recycle These Items!



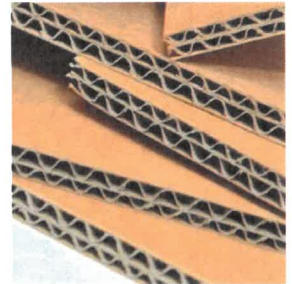
PAPER

White business paper, phone books, books with binding, magazines, catalogs, and newspapers.



BOXES (Clean/Dry)

Corrugated cardboard means it has wavy lines if you look at the side of it.



Please break it down flat



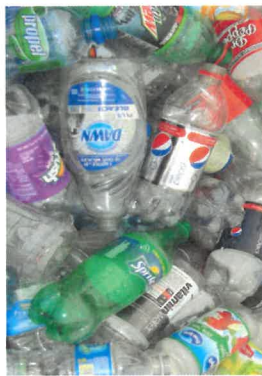
BEVERAGE CONTAINERS

(Empty, Rinsed and Dry)

Clear bottles only

PETE #1
-located on the bottom of the container

⇒ **Throw away all lids**



PLASTIC JUGS

(Empty, Rinsed and Dry)

Detergent bottles, milk jugs, coffee containers

HDPE #2 - located on the bottom of the container

⇒ **Throw away all lids**



ALUMINUM AND TIN

(Empty, Rinsed and Dry)

Beverage cans and food cans



NO, Not These!



No waxed cardboard / cartons

No Box Board



No Plastic Bags—take them back to the store for a recycling bin



No Yogurt cups
No Pet food containers other than cans
No Black Plastic
No Styrofoam
No napkins
No paper plates
No paper cups
No pill bottles
No PETE (#3-#7)

No, thanks!



**WHEN IN DOUBT,
THROW IT OUT.**

FPST Environmental Protection
Department 775-423-0590

Have You Noticed Something?

Have you noticed that there is less snow in the winter? Many tribal members notice less snow over the years. One member said that there was always some snow on Nevada day but not anymore. In fact, over the last thirty years the Sierra snowpack has been experiencing big swings from wet to dry years. For instance, 2017 was the wettest year on record but it was followed by some of the driest years. Overall dry years outnumber the wet years.

But what causes these swings? Atmospheric scientists believe that the increases in temperature rapidly melt the snowpack and prevent it from accumulating in the winter. Scientists also project that snowpack in the Sierra Nevada is likely to decline as much as 40 percent from historical levels by the middle of this century, and as much as 90 percent by the end of the century. Fortunately, recent December storms have helped snowpack and soil conditions. Forecasts show more Pacific Northwest storms are coming and we hope they deliver much-needed moisture to the mountains.

The Snowpack is nature's reservoir; storing winter precipitation for use in the drier spring and summer months, when demand is often highest. Declines in the snowpack may greatly affect agriculture users in our area due to their reliance on irrigation.



The California Department of Water Resources, take measurements March 1, 2022 during a snow survey at Phillips Station in the Sierra Nevada west of Lake Tahoe. Snow levels were just 39% of normal in 2022. (Photo: Ken James / California Department of Water Resources).

What's New with our Air Monitoring Program?

The Fallon Paiute-Shoshone Tribe applied and was selected to receive an EPA grant to purchase continuous monitoring equipment. Of the 132 total grant recipients, 23 are tribes.

With as much smoke and dust in the area, a lack of monitoring for parameters PM 10 and PM 2.5 still exists in the county. The areas surrounding the reservation singularly and continuously monitor for only ozone. The FPST is underrepresented, as is the county. This project will focus on monitoring for PM 10 and PM 2.5. Data that is collected will be shared with the different communities that also reside in the county which will ultimately be available online as data will be uploaded to the U.S. EPA Air Quality System (AQS). The project will not only be beneficial to the different communities in the county, but to the tribal community as well. Gathering data will not only be valuable to the community, but will also portray the severity of the

unhealthy air quality as it changes from year to year as the wildfire season only seems to increase in severity.

To provide timely air quality data to the community, the tribe will purchase two beta attenuation continuous monitors.



Indoor Air Quality in the Colder Months



Are you taking steps to improve your indoor air quality (IAQ)? There are three basic strategies to improve your IAQ: source control, improved ventilation and air cleaners.

Source control improves IAQ by eliminating individual sources of pollution or by reducing their emissions. It could be more cost-efficient than increasing ventilation due to the cost of energy. Here are some examples of controlling indoor air pollution at its source: adjusting a gas stove to reduce emissions, limiting the amount of aerosol sprays like air fresheners and bug sprays. Also, “fresh” smelling deodorizers such as plug-ins use many chemicals for fragrance. Any-

thing that gives off a scent such as perfumes, potpourri and even new tires, are releasing Volatile Organic Compounds (VOCs) a contaminant that can bio accumulate in the body and cause lung irritation.

Improved ventilation means to increase the amount of outdoor air coming indoors. Most home heating systems do not mechanically bring fresh air into the house. Opening windows and doors increases the outdoor ventilation rate. Be sure to check bathroom and kitchen fans that exhaust outdoors. They remove contaminants directly from the room where the fan is located and also increase the outdoor ventilation rate. Always ventilate a bathroom after a hot shower. Otherwise, moisture can accumulate and create mold on walls, which can become a new indoor air contaminant.

It is important to practice strategies to improve indoor air while you are involved in short-term activities that can generate high levels of pollutants. Cleaning with solvents, painting, using kerosene heaters, or engaging in maintenance and hobby activities such as welding, soldering, and sanding are

all examples of high pollution activities. Consider doing these activities outside. Avoid a smoke filled home. According to the EPA, “IAQ can be two to five times worse than outdoor air quality, especially in regards to airborne chemicals”. They mention that in some cases, the levels of air pollutants can exceed 100 times that of outdoor levels of the same pollutants. Just be sure to avoid ventilating your home where there may be outdoor sources of pollutants, such as a neighbor burning garbage. A smoldering burn barrel releases carcinogenic particles that are detrimental to human health. Some sources we don’t recognize as pollutants include: indoor cigarette smoking, incense burning, candle burning, and even smudging. All types of smoke contain particles and chemicals that pose a health risk, especially when exposure occurs often. So, if you are going to smudge your home, ventilate as you do so, to decrease indoor air particulates.

Air cleaners can be highly effective at particle removal but are not designed to remove gaseous pollutants.

Allerair.com EPA.gov

Radon Testing



The Environmental Department will continue radon testing for homes on the reservation this year. Testing needs to take place during the cold months as the cold weather affects radon levels. Winter is a good time to test for radon because you are, in most cases, measuring the worst case scenario for your home.

Cold weather increased the amount of warm air that is escaping from your house through vents or drafty windows. This escape of air causes a vacuum inside the home. If the air in your home is under negative pressure, radon gas can be pulled in from the soil below the foundation. Cracks in the concrete floors, foundations and sump pumps are typical radon entry points. This stack effect can be greater in the winter months resulting in more gas entering the home. Ra-

don gas occurs naturally in the soil. Unfortunately, during the winter or rainy seasons, the ground around your home can become saturated with water and in some cases frozen. When this happens, it can block the flow of radon into the atmosphere and redirect it into your home in higher concentrations. During the winter months, most people keep their windows shut. They fire up the furnace and recirculate the same air throughout their home. Many homes have poor indoor air quality and higher radon levels because the home is closed up during winter months. In modern years, more homes are built to be energy efficient and more “tight.” This energy efficiency can help keep the house warmer but it also can trap the bad air inside.

If you are interested in having your home tested for radon, please email soniaenviro@fpst.org to sign up.



Are You **READY!**

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- | | |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Water – at least a gallon per person, per day |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Flashlights with extra batteries |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these) | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Toothbrush, toothpaste, soap | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Baby supplies |
| | <input type="checkbox"/> Books, games or puzzles |
| | <input type="checkbox"/> A favorite stuffed animal or blanket |

**Remember,
traffic lights will
not work!**

**Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!**



<http://www.ready.gov/kids>

Tribal EPA Region 9 Conference in Lake Tahoe, NV

The 29th Annual Tribal EPA Conference was held on October 25-27, 2022 in Lake Tahoe, NV. Tribes throughout Region 9 (California, Nevada and Arizona) attended the Regional Tribal Operations Committee Fall Meeting and the Annual Conference. The theme for this year's conference was "Knowledge is of the Land." The conference was hosted by the Pala Band of Mission Indians who worked diligently to provide a successful conference.

Many breakout sessions were available on various topics, such as surface water quality, air quality programs, nonpoint source water pollution, the Indian General Assistance Program along with success stories from tribal projects.

FPST Environmental Staff attended the Region 9 Tribal Operations Fall meeting and Annual Virtual Conference where they learned to enhance program capacity for their specific programs.



Snowmelt and Nonpoint Source Pollution

Nonpoint source pollution does not result from a single definable location, such as an industrial discharge pipe, but rather results from land runoff, precipitation, atmospheric deposition, or percolation. Exceptions are irrigation return flows and storm water flows which are deemed nonpoint sources. Besides the runoff due to rainfall in summer, the snowmelt runoff in early spring could also play an important role in deteriorating the water quality of the receiving waters. When it snows, atmospheric pollutants can be absorbed by the snow, eventually contributing to the runoff water contamination. In contrast to summer, the air quality in winter is usually much worse than that of other seasons because of the combustion of coal for heating.

Snow accumulates a variety of contaminants from the atmosphere, motor vehicles and roadways. These contaminants include salts and salt additives, heavy metals, petroleum products such as oil and grease, bacteria, organic chemicals such as pesticides and PCBs, soil materials and litter. Sand and other soil particles act as contaminants by filling our lakes, dams and navigation channels. Constructed wetlands are the preferred tool of ecological purification. Wetlands have gained interest due to their low maintenance and operational costs,

and their high removal capacity for many kinds of pollutants. Fortunately, we have two wetlands at the end of our watershed.





Fallon Paiute-Shoshone Tribe Environmental Protection Department Curbside Recycling Services



Curbside recycling pickup days are on **Wednesdays after 8 AM.**

Paper: Separate newspaper, office paper, and magazines and bundle them so they will not blow away.

Place recyclable materials in provided recycling bin and put on your curbside for curbside pickup recycling day.

Due to liability issues, we can not enter your yard.

If the items don't fit in the recycling bin, please call our office at **423-0590** to schedule a pickup.



Curbside recycling services are only available to FPST community households and not the general public. Schedule is subject to change due to inclement weather, holidays, etc.

Questions or concerns, please call our office at (775) 423-0590
Thank You!

See page two of newsletter for list of items we can and cannot recycle.





Fallon Paiute-Shoshone Tribe

Environmental Protection Department

P: (775)423-0590 F:(775)423-0593

1011 Rio Vista Drive

Fallon, NV 89406

Address/Return Service Requested

Contact Information for the Environmental Protection Department



Richard Black,
Environmental Manager
richenviro@fpst.org



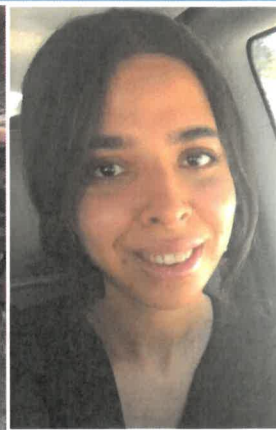
Bobby Downs,
Environmental Assistant
enviroassist@fpst.org



Sonia Corleto,
Environmental Specialist
soniaenviro@fpst.org



Ileana Valenzuela,
Environmental Specialist
ileanaenviro@fpst.org



Safia Amimi,
Environmental Specialist
safiaenviro@fpst.org