

October 2025



Environmental Protection Department Newsletter



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24th Annual Nevada Day Treasure Hunt

October 7-31, 2025

Help us celebrate Nevada's Birthday! A series of 16 clues will lead a clever hunter to the medallion hidden somewhere in Carson, Churchill, Douglas, Lyon, Mineral, Pershing, Storey, or Washoe Counties. It is not buried, and no structure needs to be disturbed or climbed to find it. Hunting must be confined to daylight hours. Clues will highlight Northern Nevada's colorful past (and present).

Clues will be given daily, Tuesday through Saturday at 6am on the nevadadaytreasurehunt.org website, Facebook and Instagram. The first clue of the 2025 hunt had been published on October 7th!

Find the medallion and **win \$1000.**

Nevadadaytreasurehunt.org

How Cold Temperatures Affect Mosquitoes

VDCI.net

As the seasons change, so do activity levels of bugs and insects. Summer tends to mark the peak of activity for many species, particularly mosquitoes whose irritating bites can detract from the enjoyment of the outdoors. When temperatures decrease leading into Autumn, mosquito activity follows, and they'll seem to vanish completely once it dips below 50°F. Unfortunately, no matter how cold it gets over the winter, they'll be back.

**Aedes Aegypti**

Mosquitoes have existed for millions of years, even surviving through the ice age, which has given them plenty of time to adapt to extreme weather and environments. Much of their evolutionary success can be credited to the ability to “hibernate” through the winter – an ability shared with a handful of other insects like yellow jackets, flies, and stink bugs. By entering a state of dormancy, cold-blooded mosquitoes and larvae can withstand freezing temperatures and resume the breeding cycle come spring. While this is possible across the globe, it's more common in higher latitudes and areas with significant seasonal variation.

Diapause is one means of dormancy in which blood-feeding females slow their metabolisms and remain in a paused state of development until emerging as weather conditions improve. **Quiescence** is another state of survival in which adult populations die, but eggs remain dormant until they're activated by warming temperatures. *Aedes aegypti* is one species of mosquito known to possess this ability.



Compost Your Food Scraps to Combat Climate Change

More than half of greenhouse gas emissions from landfills come from wasted food.

Composting food scraps reduces emissions, and using compost helps us adapt to a changing climate.

Decreases Greenhouse Gas Emissions

Composting reduces methane emissions by keeping wasted food out of landfills. Applying compost to the soil reduces the need for chemical fertilizers, avoiding emissions from their manufacture and use.

Builds Climate Resilience

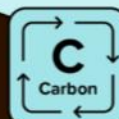
Compost enables soil to better absorb and hold water, helping to reduce erosion and flooding in heavy rains and retain water during droughts.

Sequesters Carbon

When we apply compost to the land, carbon is stored in the soil instead of being released into the atmosphere.

Enriches Soil

Compost enhances soil health and plant growth; it slowly releases and retains nutrients in the soil, reducing nutrient runoff and protecting water quality.

LANDFILL**COMPOST**

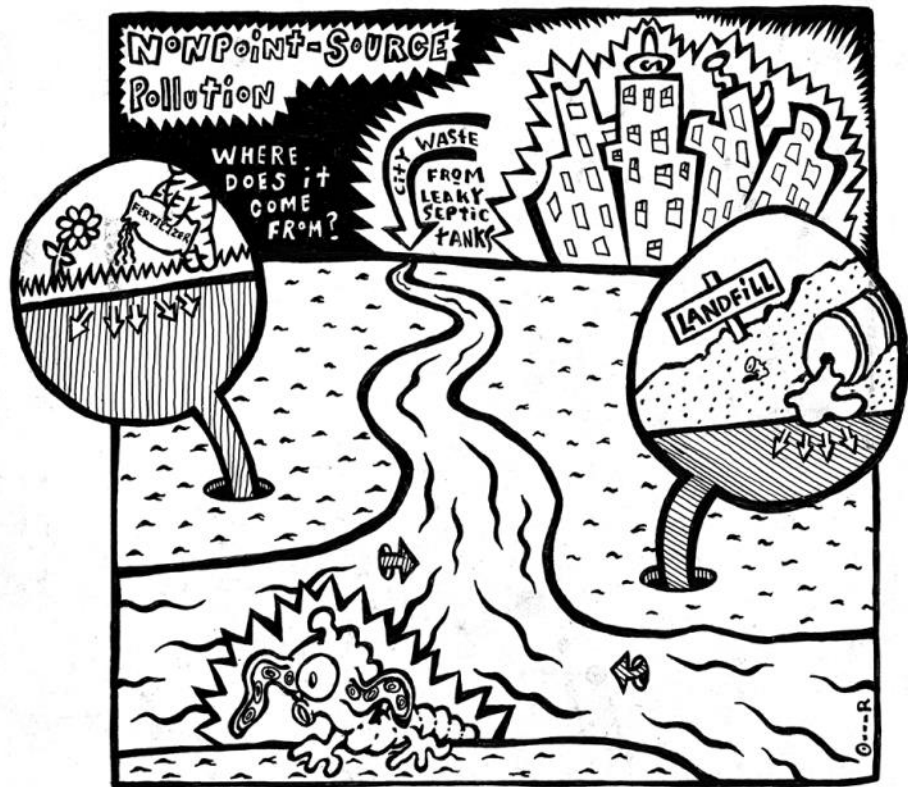
Contact the Environmental Protection Office, if you would like to be included in our Compost Pickup Program: 775-423-0590.

Protecting Our Waters: Updates from the Nonpoint Source Pollution Program

By: Nara Douglas

Nonpoint source (NPS) pollution remains one of the most pressing environmental challenges facing our watershed. Unlike pollution from a single, easily identifiable source NPS pollution can come from anywhere. It occurs when rain, snowmelt, or irrigation water moves across the ground, collecting pollutants along the way and depositing them into rivers, lakes, wetlands, and underground water.

Common sources of NPS pollution include storm water runoff from roads and highways, sediment and chemicals from agricultural fields, debris and waste from construction sites, and excess nutrients from residential lawns and urban areas.



New Approach to NPS Pollution

Managing NPS pollution requires a multi-faced approach that includes land use planning, public education, and community engagement. Such as reducing fertilizer use, planting cover crops, and properly disposing of household chemicals can help our tribal community prevent NPS pollution.

Urban areas can reduce runoff by installing green infrastructure such as rain gardens, permeable pavements, and green roofs. Agricultural operations can adopt best management practices like nutrient management planning, erosion control, and improved irrigation techniques. These strategies not only protect water quality but also improve soil health and long-term sustainability.

As our climate shifts and weather patterns become more unpredictable, the challenges of nonpoint source pollution will only grow. Investing in education, community-driven projects, and natural infrastructure, we can work together to protect the health of our watershed for future generations.



Did you know 16,000 dogs generate about 12,000 lbs. of poo in the Carson River Watershed EACH DAY?
Learn more: iamcarsonriver.org

Tribes Affected by “Forever Chemicals”

Mprnews.org

The Leech Lake Band of Ojibwe, located in Northern Minnesota is suing the Minnesota based company, 3M, for polluting its lakes, drinking water and wildlife with their man-made “forever chemicals.”

The Tribe filed their lawsuit against 3M, Dupont, Chemours and other companies that manufactured and sold products containing PFAS “forever chemicals.” The lawsuit claims testing found “alarming” levels of PFAS chemicals in its lakes, fish and deer, which they depend on for cultural and religious practices.

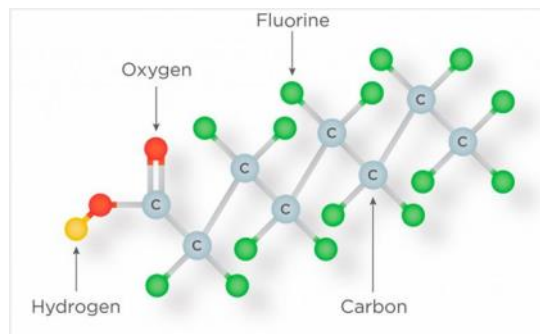


In 2018, Minnesota settled a lawsuit with 3M over PFAS contamination in the east Twin Cities metro area. 3M agreed to pay \$850 million in that settlement. The Minnesota city of Bemidji received \$12.5 million from 3M in 2021 to help pay for the cost of treating the city's water supply for PFAS.

What are “Forever Chemicals”?

niehs.nih.gov

PFAS molecules have a strong carbon-fluorine chain with a distinct functional group at the end, giving them both water-repelling and water-attracting properties. The "tail" is a chain of carbon atoms where all or most hydrogen atoms are replaced with fluorine atoms, while the "head" is a functional group, such as a carboxylate (COO-) or sulfonate (SO₃-) group, that is attracted to water. The combination of the hydrophobic, or water-hating, perfluorinated carbon chain and the hydrophilic, or water-liking, functional group makes PFAS compounds excellent surfactants. These molecules can repel water, oil, and stains, and can be stable even at high temperatures, which is why they are used in a wide range of products like, firefighting foam, cookware, stain resistant carpet, and microwavable packaging.



The carbon-fluorine bond is very strong and durable which causes PFAS to break down very slowly, earning them the nickname "forever chemicals".

PFAS Causes Adverse Health Effects to Human Health

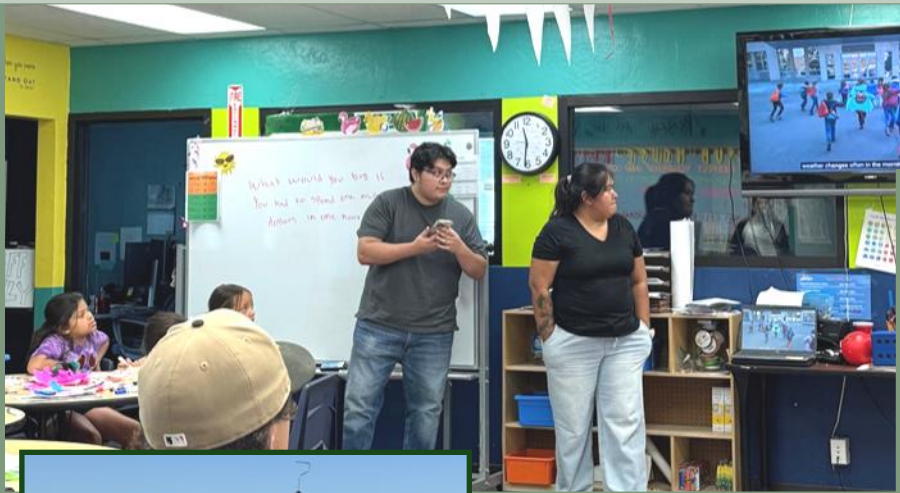
Epa.gov, toxicfreefuture.org

Exposure to some PFAS by consuming contaminated food or water has been linked to health problems, including liver and kidney issues, and cancer. More than 97% of the U.S. population have PFAS in their blood.

EPA drinking water standards were established in 2024 and include a maximum contaminant level (MCL) of 4.0 ppt for PFOA and PFOS individually. Additionally, the EPA set a MCL of 10 ppt for other PFAS chemicals, such as GenX, PFNA, and PFHxS.

Limit PFAS exposure by choosing not to use products that contain water repellent chemicals in and on your body. Some everyday PFAS products we use everyday include: waterproof cosmetics, microwavable popcorn, fast food containers and nonstick cookware.

Environmental Protection Department Highlights



Improving Indoor Air Quality in Our Community

By: Nara Douglas

Indoor air quality (IAQ) plays a major role in our overall health and well-being—especially since many of us spend the majority of our time indoors at home, work, or school. Poor indoor air can contribute to respiratory issues, allergies, and long-term health concerns. That's why the FPST Environmental Department is continuing its efforts to monitor and improve IAQ in tribal housing.

Mold & Moisture Testing Available

Excess moisture in the home can lead to mold growth, which often goes unnoticed until it becomes a serious health issue. Mold can cause symptoms such as coughing, wheezing, sinus irritation, or even trigger asthma attacks in sensitive individuals.

The Environmental Department is currently investigating homes where mold or excessive moisture is suspected. If you notice musty odors, visible mold, water stains, or damp areas in your home, please reach out to us. We can help assess the situation and provide guidance on cleanup and prevention.

Radon Testing Coming January 2026

In January 2026, the Environmental Department will be conducting radon testing as part of our indoor air quality outreach during National Radon Action Month. Radon is a naturally occurring radioactive gas that can seep into homes from the ground. It's invisible, odorless, and a leading cause of lung cancer in non-smokers.

If you are interested in having your home tested for radon, please contact the Environmental Department to get on the list for free testing and assistance.

REDUCE YOUR RADON RISK

The only way to know is to test!

Learn more at epa.gov/radon



Radon is a colorless, odorless, radioactive gas that can build up inside the home and increase the risk of lung cancer.



Test your home at least every two years. It's easy and inexpensive.



If your radon levels are 4.0 pCi/L or higher, consult a radon mitigation professional.

To Request Mold or Radon Testing:

Contact the FPST Environmental Department at 775-423-0590 or email Nara Douglas at naraenviro@fpst.org to schedule an appointment or get more information.

FPST Community Household Hazardous Waste (HHW) Collection Program

WHAT CAN I DISPOSE OF?

By: Richard Black

Garden products: pesticides, herbicides, fertilizers and sprays. Paints and related products: spray paint, stains, varnish, thinner, remover and adhesives. Household cleaners: bleach, solvents and sprays, acid and caustic cleaners. Auto products: old fuel, oil, oil filters, waxes, polishes, additives and batteries. Propane tanks, aerosols, fire extinguishers. Photo and pool chemicals. Fluorescent lamps and bulbs. All appliances, ride on toys and E-waste.

Oil based paint. (Latex water based paint is not toxic and once solidified can be disposed of in your household trash.)



Items Not Accepted:

Ammunition, Explosives, Asbestos, DEA Controlled Substances, Radioactive Waste (smoke detectors), Compressed Gas Cylinders (other than propane, aerosols and fire extinguishers), Preserved Wood, Laboratory Chemicals or Sewage.

No Commercial or Agricultural Hazardous Waste

WHERE? Environmental Yard in the Colony

WHO? Tribal Community Residents

WHEN? Monday thru Friday, from 8 a.m. to 5 p.m. daily, except holidays.

HOW? Keep household hazardous wastes in their original containers and in a cardboard box when dropping off, if possible. Reusable containers will be emptied and returned.

For elders and those with special needs, please give us a call at 775-423-0590, to schedule a home pick-up.

If you need more information or have questions, please call our office.



Robert Downs, Environmental Assistant, would like to thank the community for removing caps off recyclable bottles. It helps him tremendously when sorting plastic types 1 and 2.

Thank You!

Contact the Environmental Protection Office, if you would like to be included in our Curbside Recycle Program:

775-423-0590.

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