

Soboba Band of Luiseño Indians

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Cham Tema

“Our Land”

Soboba Tribal Environmental Department

The Soboba Band of Luiseño Indians’ Tribal Environmental Department is committed to protecting, restoring, and enhancing natural resources on the Soboba Reservation for all Tribal Members: past, present, and future.



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Indoor Air Quality

Most people worry about the air outside, but have you thought about how healthy the air inside your home is?

Pollutant Sources

There are many sources of indoor air pollution in any home. These include combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products; building materials and furnishings as diverse as deteriorated, asbestos-containing insulation, wet or damp carpet that may contain mold or bacteria, and cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance, personal care, or hobbies; central heating and cooling systems and humidification devices; and outdoor sources such as radon, pesticides, and outdoor air pollution.

The relative importance of any single source depends on how much of a given pollutant it emits and how hazardous those emissions are. In some cases, factors such as how old the source is and whether it is properly maintained are significant. For example, an improperly adjusted gas stove can emit significantly more carbon monoxide than one that is properly adjusted.

Some sources, such as building materials, furnishings, and household products like air fresheners, release pollutants more or less continuously. Other sources, related to activities carried out in the home, release pollutants intermittently. These include smoking, the use of unvented or malfunctioning stoves, furnaces, or space heaters, the use of solvents in cleaning and hobby activities, the use of paint strippers in redecorating activities, and the use of cleaning products and pesticides in house-keeping. High pollutant concentrations can remain in the air for long periods after some of these activities.

Improving Indoor Air Quality

Source Control

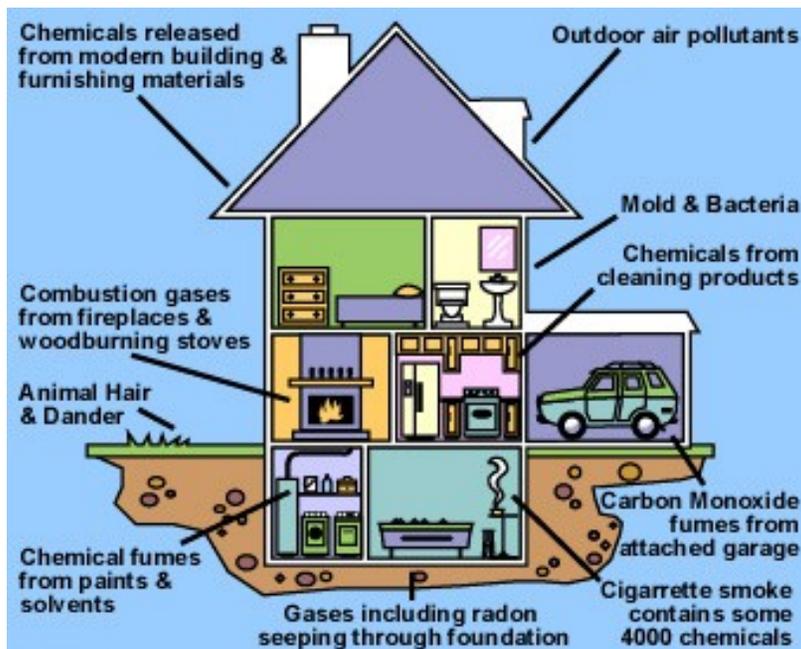
Usually the most effective way to improve indoor air quality is to eliminate individual sources of pollution or to reduce their emissions. Some

sources, like those that contain asbestos, can be sealed or enclosed; others, like gas stoves, can be adjusted to decrease the amount of emissions. In many cases, source control is also a more cost-efficient approach to protecting indoor air quality than increasing ventilation because increasing ventilation can increase energy costs.

Ventilation Improvements

Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming indoors. Most home heating and cooling systems, including forced air heating systems, do not mechanically bring fresh air into the house. Opening windows and doors, operating window or attic fans, when the weather permits, or running a window air conditioner with the vent control open increases the outdoor ventilation rate. Bathroom or kitchen fans that exhaust outdoors remove contaminants directly from the room where the fan is located and also increase the outdoor air ventilation rate.

It is important to take as many of these steps as possible while you are involved in short-term activities that can generate high levels of pollutants like painting, paint stripping, heating with kerosene, cooking, or engaging in activities such as welding, soldering, or sanding. You might also choose to do some of these activities outdoors.



Safer Alternatives for Cleaning

Some of the cleaners you use in your home can contain chemicals that can harm you and the environment. Here are a few safer options that you can make with things you probably already have.

All Purpose Cleaner

- Vinegar and salt water mix for surfaces
- 4 tbsp Baking soda and 1 quart of warm water or put baking soda on a damp sponge.
- Mix ½ cup of Borax with 1 gallon hot water. Note that Borax is a safer alternative, but not non-toxic.

Glass cleaner

- Add to a spray bottle: 1/2 teaspoon liquid soap, 3 tablespoons vinegar and 2 cups water.

Drain Cleaner

- Put ½ cup baking soda and ½ cup white vinegar down the drain and cover. Let set for a few minutes, then pour boiling water down the drain.

Cleaners for the bathroom

- Toilet brush and baking soda
- Vinegar soak for tub and sink fixtures
- Steel wool to remove rust

Furniture polish

- Mix 2 parts olive oil and 1 part lemon juice. Apply and polish with a soft cloth.
- To remove water marks, rub gently with tooth paste on a damp cloth and then wipe off.

For questions about any chemicals or in case of poison exposure, contact the **Poison Control Center at 1-800-222-1222.**



Pesticide use in homes

Pesticides are used to eliminate pests such as insects, mice, molds, and weeds. Common pesticides include flea powder, bug spray, insect repellent, weed killer, moth balls, and rat poison. Although they are important, pesticides can be harmful to humans and the environment if used improperly.

Health Effects

Pesticides can be harmful if you swallow them, breathe them in, or get it on your skin or in your eyes. Children are more vulnerable to pesticide exposure due to their lower body weight, placing objects in their mouth, and playing on floors. Symptoms of exposure can include headache, blurred vision, coughing, skin and eye irritation, vomiting, confusion, and loss of coordination. Long term exposure can cause harm to the nervous system, liver failure, and has been linked to forms of cancer.

In the case of an emergency exposure with severe life-threatening effects, call 911.

Pesticide Use

Using Pesticides

Read labels carefully and follow all directions, including proper disposal. Wear protective clothing such as gloves, long-sleeved shirts, and pants. Change clothes and wash hands after you are done. Do not use pesticides on rainy or windy days to stop runoff. Keep pesticides out of the reach of children. Wash and scrub all fresh fruits and vegetables. Peel produce when possible. Trim the fat and skin from meat because some pesticides collect in fat tissue.

CA Dept. of Pesticide Regulation

<http://cdpr.ca.gov/>

National Pesticide Information Center 1.800.858.7378

<http://npic.orst.edu/index.html>

National Poison Center

1.800.222.1222 <http://poison.org/>

WARNING:
The use of pesticides may be hazardous to your health!





Fun Facts About Water

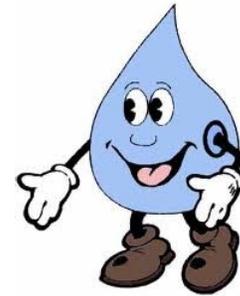
If you have any questions on information in the newsletter or any other environmental concerns contact:

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- 1) How much water does it take to cook a hamburger?
- 2) How long can a person live without food?
- 3) How long can a person live without water?
- 4) How much water is used to flush a toilet?
- 5) How much water is used to brush your teeth?
- 6) How much water does an individual use daily?
- 7) How much of a chicken is water?
- 8) How much of a pineapple is water?
- 9) How much of an elephant is water?
- 10) How much of an ear of corn is water?
- 11) How much of the Earth is covered with water?
- 12) How much of the Earth's water can be used for drinking?



Answers:

- 1) About one gallon
- 2) More than a month
- 3) About one week
- 4) 2-7 gallons
- 5) 2 gallons
- 6) 50 gallons
- 7) 75%
- 8) 80%
- 9) 70%
- 10) 80%
- 11) 75%
- 12) 3%

Upcoming Events

- March 19—Community Clean Up Day next to the Sports Complex 9am-1pm
- April 20—Recycled Art Contest submissions due to the Tribal Hall at 3pm
- April 21—5th Annual Soboba Tribal Earth Day Tribal Hall 10 am-2pm
- April 30—Soboba Basketweavers Gathering
- May 21—Soboba Fiesta



Hazard Mitigation Plan

Soboba is currently in the process of updating the Tribe's Hazard Mitigation Plan. This plan lists hazards (earthquakes, wildfires, floods, extreme heat, and severe wind) that could affect the Reservation. Along with identifying the hazards, the plan prepares for them by trying to determine ways that the damage from these events can be lessened. Hazard mitigation is any action taken to reduce or eliminate the long-term risk to human life and property from natural or man-made disasters.

Input from the community is an important part of the plan. Your thoughts and concerns are necessary to



consider throughout the planning process. The plan is the first step in receiving funding for projects that will help Soboba become a safer community in the future.

If you would like to provide input or have questions related to the plan or hazards, call the Environmental Department and we will get you in contact with the Hazard Mitigation Planning Team.