



Port Graham Environmental News



Port Graham Village Council



“May” Asthma Awareness Month

Inside this issue:

Asthma Awareness Month	1
Violet Yeaton's Report	
Tobacco Presentation/Clean up	2
Bed Bugs	
Earth Day 2013	3
Many Thanks To:	
Kids Stuff	4

Asthma is a serious, sometimes life-threatening respiratory disease caused by inflammation of the airways. When the muscles surrounding the air passage-ways in the lungs become inflamed, the airways become smaller, making it more difficult for air to move in and out. This causes the characteristic symptoms of an asthma episode or an asthma attack: coughing, chest tightness, shortness of breath, and wheezing. Follow these links to more information on asthma triggers

at www.epa.gov/asthma
Communities in Action for Asthma-Friendly Environments Online Network: AsthmaCommunityNetwork.org is a year-round resource for mentoring and collaboration designed to support your asthma management program. Access cutting-edge tools that facilitate collaboration, problem solving, and learning between leaders of asthma programs. Learn more about and join the Online Community Network.
EPA's Coordinated Approach on Asthma
 EPA promotes scientific understanding of environmental asthma

ma triggers and ways to manage asthma in community settings through research, education and outreach. With federal, state and local partners, we are building the nation's capacity to control asthma and manage exposure to indoor and outdoor pollutants linked to asthma. Our purpose is to build knowledge and awareness to improve the quality of life for millions of Americans with asthma.



EHC Members

- Harrietta McGhan
- Stella Meganack
- Jennie Kamluck
- Dannielle Malchoff
- Melinda Kamluck
- Lydia McMullen

Environmental Planner's Report

Camai Paluwik, Happy Spring to everyone. Our summer is off to another late start but as we look across the bay and see all the bears coming out, the humming birds buzzing around and folks out fishing, summer is just around the corner. The Environmental Program has been busy with scheduled events such as Earth Day in April, which was a huge success by the way. Next week the Tobacco Prevention event is scheduled for next week

(details on page 2). We also have the annual Spring Village Clean up coming up May 17th, every year we look forward to this event because after the clean-up, our village is so beautiful. I noticed that many folks are already cleaning yards and if you need assistance in getting your junk to the dump, just give us a call and we can arrange to have it picked up. This month is Asthma Awareness month and there are many resources and information to learn more about Asthma (listed above). Asthma is a

chronic, inflammatory disease of the airways. It affects approximately 22 million Americans. There are many treatments to manage asthma, the good news is asthma can be controlled with proper diagnosis and treatment. We are looking forward to all of the excitement that summer brings!! Please don't hesitate to stop by our office or give us a call if you have any questions. Qu yana Violet Yeaton/Environmental Planner



Schedule Events as follows:

May 16 2013

Starting At:

4:30 - 5:00 Welcome reception with Introductions

5:00 - 5:30 Potluck Dinner.

5:30 - 6:15 Power Point Presentation By: Presentation by: Chugachmiut Tobacco Prevention and Control Program/Trudy Valenza.

An overview of the State program.

6:15 - 7:00 Q & A

7:00 - 7:15 Door prize drawings
Any Questions/Comments please contact Violet or Rita, 284-2227 or Stop by the office from (8-5 M-F)



**PORT GRAHAM ANNUAL
VILLAGE CLEAN-UP**

Community Members of Port Graham Let's get Cleaning!!

May 17, 2013 If your interested in volunteering with the Annual Village Clean-Up we will be meeting at the Community Center at 10:00 AM. Following the Clean-Up will be a BBQ at the Center. Any Questions/ Comments contact Violet or Rita 284-2227 (M-F 8-5) or stop on by the Office.



BED BUGS

What are bed bugs?

Bed bugs are small insects that feed on human blood. They do not transmit diseases, but their bites can leave itchy red welts on their victims. Adult bed bugs appear reddish-brown and have a flattened, oval shape. They are wingless and look about the size of an apple seed. They are big enough to be seen, but they hide in cracks in furniture, floors, walls, suitcases or clothing.

Newly hatched nymphs look translucent and become brown when they molt. When bed bugs feed, their bodies swell and become brighter red.

When you stay in a Hotel/ Lodging follow these precautions:

- Store your suitcases on luggage racks or in the bathroom.
- After check-in, look for

bed bugs behind the headboard and pull back the bed sheets to look for blood smears or little black spots (bed bug excrement).

- Check the seams of the mattress and box springs as well.
- If you see any evidence of bugs, ask for another room.

How do I know if my home is infested with bed bugs?

You may notice itchy skin welts or see the bed bugs themselves. You may also notice small bloodstains from crushed insects, or dark spots from their droppings on linens or bed spreads. It is often hard to see them because they hide in or near beds, furniture, and in cracks in the walls.

How do I know if my home is infested with bed bugs?

You may notice itchy skin welts or see the bed bugs themselves. You may also notice small bloodstains

from crushed insects, or dark spots from their droppings on linens or bed spreads. It is often hard to see them because they hide in or near beds, furniture, and in cracks in the walls.

How can I get rid of bed bugs?

Non-chemical eradication methods like vacuuming, steaming, laundering and sealing mattresses in plastic can help, but these methods usually do not completely eradicate a bed bug population. Also, bed bugs have become resistant to some types of insecticides, making it difficult to get rid of them. For this reason, you will probably need to consult a licensed pest control company, which should:

- Inspect your home to confirm the presence of bed bugs.
- Find and eliminate their hiding places.
- Treat your home with special cleaning and/or

pesticides if necessary.

- Make return visits to make sure bed bugs are gone.

Where can I get more information?

Online sources focus on various methods of preventing and getting rid of bed bugs, such as <http://www.bed-bug.org/> <http://bedbugger.com> <http://www.nyc.gov/html/doh/downloads/pdf/vector/bed-bug-guide.pdf>

To report an infestation in hotels, motels or other Accommodations in Alaska, contact the Division of Environmental Health, the Food Safety and Sanitation Program, at (907) 269-7501.



Earth Day 2013

Port Graham Village Council/Environmental Program would like send a big **THANK YOU** to the following Business's who have supported us in making Earth day a big success!

Homer Air!! Smokey Bay!! Port Graham Corporation!! Port Graham General Store and Port Graham Variety Store!!

THANK YOU ALL! Your support in Donations were AWESOME!



CONGRATULATIONS TO OUR THREE GRAND PRIZE WINNERS OF:

- 32" FLAT SCREEN T.V.
- TOM YEATON**
- HOMER AIR RT TICKET
- LYDIA MCMULLEN**
- SMOKEY BAY RT TICKET
- MICHELE HETRICK**

We hope you all had a great time and will see you again next year!

Thank you for supporting your Environmental Program, keep on **Recycling, Reducing and Reusing.**

The Environmental Program would like to Thank The Following Participants:

**Port Graham School
K-12 Students/Staff**

Tribal Youth Program:

Felicia Yeaton

Marine Educator / Illustrator

Kachemak Bay Research Reserve

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**Chugachmuit Head Start
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Port Graham Village Council

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We're on the Web!

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Funding for this publication was made possible by the U.S. Environmental Protection Agency's (EPA) Indian General Assistance Program (IGAP)

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Allergy and Asthma Word Search

ALLERGIST
ALLERGY
ASTHMA
DANDER
INHALERS
MEDICATIONS
MOLD
POLLENS
SNEEZE
WHEEZE

T I G E B S F P S N V T J P D Q
T V S H T W N R O M Q E D R I M
S X E P N J E O H L V H L A T P
A Y C Q W L Q O I X L I O R A F
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