

Going Green (cont'd)

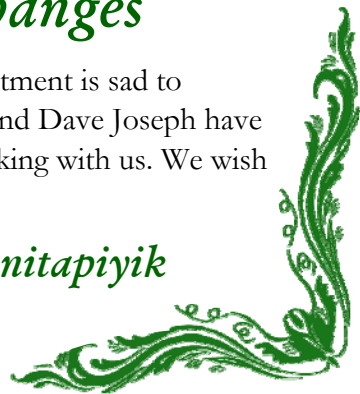


- ◆ Reduce your use of office paper. Making double sided copies, or printing on the back side of used paper can help save a lot of trees.
- ◆ Use dishcloths, dishtowels, sponges and cloth napkins in and around the kitchen and dining room. The Production of paper towels is one of the largest consumers of fresh water and is a leading contributor to de-forestation.
- ◆ Keep the refrigerator door closed as much as possible. The refrigerator is the largest consumer of electricity of any household appliance. Standing with the door open not only uses more electricity it raises your electric bill unnecessarily.
- ◆ Purchase food from local farmers markets. Locally produced foods often taste better and does not require transportation from other parts of the country.
- ◆ Use flushable diapers. Yes you read that correctly, gdiapers.com offers flushable diapers that be flushed or composted. Finally there is an earth friendlier alternative to using traditional disposable diapers.
- ◆ Use insulated bags and refillable containers for children's lunches. Insulated bags not only stay out of the waste stream, they can help keep cold foods cold.
- ◆ Look for and purchase products that carry the recycling symbol and be sure to recycle them whenever possible. Check in your local area to see which items are recyclable.
- ◆ Purchase products made from recycled materials. You'd be amazed at what is now available. Clothing and other textiles made from soda bottles, "lumber"

Staff Changes

The Natural Resources Department is sad to announce that Tony Tomah and Dave Joseph have moved on and are longer working with us. We wish them both the very best.

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for your deck made from recycled plastic in wood that never needs painting or staining to name just a few.

- ◆ Buying in bulk reduces the amount of packaging that ends up in the landfills.
- ◆ When making large purchases like TVs, cars or appliances check out Consumer Reports GreenerChoices.org or Greencars.org.

For more tips on how to go green go to:

www.readthegreenbook.com

www.IdealBright.com/Green_Living

www.NRDC.org

www.thegreenguide.com

Over the course of our lifetime, each one of us generates approx 600 times our adult weight in garbage. Putting that in terms of the human body it would break down as shown follows:



From "The Green Book" Elizabeth Rogers and Thomas Kostigen.

Sweet Smelling House continued

Dr. Bill Wolverton, an environmental scientist and retired senior researcher for NASA has been studying indoor plants for the past 25 years in order to determine their air cleaning effects. By adding something as simple as a couple of house plants you can help improve the air quality in your home or office.

While the use of houseplants won't help reduce indoor air quality hazards such as radon and dust, they are known to help reduce a number of the VOC's found in your home and office. A general thought is the more plants you have the healthier the air. Don't worry, you don't need to live in a jungle to reap the benefits offered by these amazing plants, just 1 or 2 per 100 feet will do wonders. (see at list at right)

For more information

National Institutes of Health

www.niehs.nih.gov/news/releases/2006

E: The Environmental Magazine www.emagazine.com

Living on Earth www.loe.org

Non-Toxic Times www.seventhgeneration.com

US EPA www.epa.gov/iaq

"How to Grow Fresh Air: Fifty Houseplants That Purify your Home or Office" Dr. Bill Wolverton



Maliseet Nation Conservation Council

The MNCC (Maliseet Nation Conservation Council) formed in 2004, is dedicated to the conservation and increased involvement of Maliseet First Nations people in the co-management of resources located in traditional Maliseet territory, (Quebec, Maine and New Brunswick, Canada).

HBMI Natural Resources has recently become involved with this organization and will keep you informed of upcoming events and topics of interest. Currently, MNCC is looking for Maliseet Elders interested in providing direction to the MNCC in all aspects of conservation including collections of traditional knowledge, specific species of concern and more. If you are interested in becoming involved with the Maliseet Nation Conservation Council, please let us know. www.mncc.ca



Top 20 Houseplants for a Healthy Home

Spider plant (Chlorophytum comosum)

Boston Fern (Nephrolepis exaltata Bostoniensis)

1 plant for overall purifying performance

Areca Palm (Chyrsalidocarpus letescens)

Lady Palm (Rhaphis excelsa)

Bamboo Palm (Chamaedorea seifrizii) a top rated plant for formaldehyde, benzene and triethylchlorine

Rubber Plant (Ficus robusta) excels at removal of formaldehyde

Dracaena Janet Craig (Dracaena dremensis) excels at removal of formaldehyde

English Ivy (Hedera helix) excels at formaldehyde removal

Dwarf Date Palm (Phoenix roebelenii) removes xylene

Ficus alii (Ficus macleilandii alii)

Peace Lily (Spatiphyllum sp.) Excellent at removal acetone alcohols, formaldehyde, triethylchlorine and benzene

Corn Plant (Dracaena fragrans Massangeana) formaldehyde

Kimberly Queen Fern (Nephrolepis obliterate) good for formaldehyde and alcohols

Florists Mum (Chrysanthemum morifolium) good seasonal choice for formaldehyde, benzene and ammonia

Dracaena warneckeii (Dracaena deremensis warneckeii) excels at benzene removal

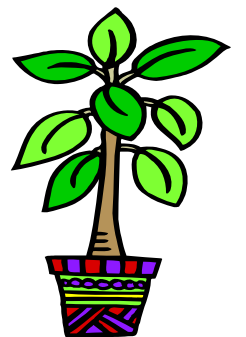
Dragon Tree (Dracaena marginata) good for benzene and triethylchlorine

Golden Pothos (Epipremnum aureum)

Schefflera (Brassaia actinophylla)

Weeping Fig (Ficus benjamina)

Gerbera Daisy (Gerbera jamesonii)



Is It Really Green?

Today seems like everything is going green or are they? Advertisers tend to use certain buzz words to market their products such as “natural”, “non-toxic”, “green” or “biodegradable”. Everything it seems is being marketed with an eco-spin from laundry soap to cosmetics to household cleaners and beyond.

So how do you make more eco-friendly choices? When shopping:

- ◆ Try to avoid vague terms like those listed above. Green, natural, non-toxic don't mean much on their own. Anyone can slap those words on their product since there is no regulation or standards for their use. Look for more concrete terms such as “organic” or “recycled”. These products are regulated and must meet specific standards.
- ◆ Try to avoid household cleaners or other products showing more “natural” packaging. Read the labels. When a detergent says it is made from flowers check to make sure it isn't just a flower essence added to the chemical brew.
- ◆ If there is no eco-friendly information on the packaging of the products you buy, check the websites or call the customer service .

- ◆ Always look for symbols of certification. Some symbols to look for include:



Federal Government's EnergyStar symbol on (appliances and electronics)



USDA Organic seal on food and cosmetics



Green Seal on household cleaning products



EcoLogo (Canada) on household cleaning products



Forest Stewardship Council logo on wood and paper products. “The Mark of Responsible Forestry”

For more information on these programs check out

www.energystar.gov

www.usda.gov

www.greenseal.org

www.ecologo.org

www.fscus.org

www.msnbc.msn/id/22882532

Celebrate Earth Day

April 22, 2008



Wild Animal Babies - many have more than one name

Moose <u>calf</u>	Deer <u>fawn</u>
Bear <u>cub</u>	Rabbit <u>bunny, kitten, kit</u>
Goose <u>gosling</u>	Squirrel <u>pup, kit, kitten</u>
Beaver <u>pup, kitten</u>	Coyote <u>pup, whelp</u>
Crow <u>chick</u>	Duck <u>duckling</u>
Eagle <u>eaglet, fledgling</u>	Fox <u>kit, cub, pup</u>
Frog <u>tadpole, pollinog, froglet</u>	Owl <u>owlet, fledgling</u>
Raccoon <u>cub</u>	

How'd you do?



The Last Days of Ice Fishing 2008

It's been many years since we've seen a winter quite like this one. When's the last time you can

remember decent sledding this far into March or ice fishing still going strong? Even though the ice fishing season ends on March 31st, it's no reason to let your guard down when it comes to safety. When it comes to ice think **“Thick and blue tried and true. Thin and crispy way too risky.”**

According to the Maine Department of Inland Fisheries and Wildlife, if ice at the shoreline is cracked or squishy, stay off. Don't go onto the ice during thaws. Watch out for thin, clear or honeycomb-shape ice. Dark snow and dark ice are other signs of weak spots. Rivers and lakes are prone to wave and wind action, which can break up ice quickly. Avoid areas with currents, around bridges and pressure ridges. Remember, **Slush ice is only one-half the strength of blue ice.**

If you do break through the ices, don't panic!

- ◆ Don't try to climb out - you'll probably break the ice again.
- ◆ Lay both arms on the unbroken ice and kick hard.

This will help lift your body onto the ice. Roll to safety.

- ◆ To help someone who has fallen in, lie down flat and reach with a branch, plank or rope; or form a human chain. Don't stand. After securing the victim, wiggle backwards to the solid ice.
- ◆ The victim may need treatment for hypothermia (cold exposure), artificial respiration or CPR.
- ◆ “If your feet are cold, put on your hat.” That may seem odd, but it's good advice. Most of our body heat is lost through our head and neck. So be sure to wear a hat and cover your face and neck.
- ◆ Dress in layers. Wool, silk and certain synthetics are best; they'll keep you warm even if they're wet.
- ◆ Insulated, waterproof boots, gloves and a windbreaker are very important. Take along extra clothing.

For more information:

Refer to the Maine Department of Inland Fisheries and Wildlife Fishing Regulations book or go to http://maine.gov.ifw/laws_rule/fishing/icelaws.htm#new_regulations

Open water fishing begins April 1, 2008

Formaldehyde 101 by Sharri Venno

Formaldehyde. It's a colorless, flammable gas with a distinctive smell at higher concentrations (remember dissecting frogs in biology lab?). It's found in nature and is added to a host of manufactured products such as building materials, household furniture, carpeting and drapes. And - as you may have heard - it's been in the news lately.

High levels of formaldehyde have been found in the FEMA trailers and mobile homes of Katrina victims. Eleven FEMA mobile homes also came into the Tribe's possession last summer, before formaldehyde was raised as a health concern.

To help you learn more about formaldehyde, its potential health effects and how you can reduce your families' exposure to this toxic air contaminant in your home we've included several fact sheets provided to us by the Maine Chapter of the American Lung Association.

ATTENTION SMOKERS: cigarette and cigar smoke also contributes to levels of formaldehyde and other toxic compounds in indoor air.

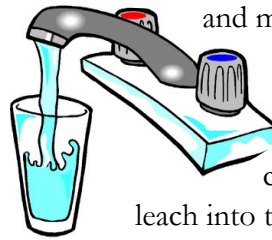




Bottle or the Tap?

Each year American drink more bottled water than the year before, partly because it's convenient and many think that the bottled water we buy is safer and purer than good old tap water. At a time when people are grumbling about the ever soaring prices at the gas pump, few people complain about the costs of a bottle of water when they grab one at the convenience store and go on their way. Actually bottled water costs far more than a gallon of gas. Right now the national average for a gallon of gas is approx \$3.19 but bottled water can run at least \$8.00 a gallon (\$0.99/16 oz x 8 to make a one gallon).

The idea that bottled water is healthier, safer and more pure than tap water has been in the forefront of the ad campaigns of many bottling companies. Actually, water that comes out of your household tap is tested to ensure that the water we drink meets the national drinking water standards. The same does not hold true for bottled water, some bottling companies are simply selling you bottled tap water. According to Food and Water Watch, a non-



profit consumer rights organization, as much as 40% of all bottled water sold is actually bottled tap water.

Bottled water also creates a number of environmental problems. The production of the bottles themselves use energy and emit toxic chemicals. Transporting the bottles also help increase carbon dioxide emissions into the air and millions of empty bottles end up in landfills.

Many people think they can simply wash out and reuse their water or soda bottles, but in truth these bottles can't be thoroughly cleaned and over time, toxic components can leach into the water. Many organizations such as Food and Water Watch suggest carrying your water in stainless steel or aluminum lined bottles.

To learn more about the battle of bottled vs. tap water go to www.foodandwaterwatch.org and download "Taking Back the Tap" or contact this department and we will gladly mail you their 14 page report

www.fda.gov/FDAC/features/2002/402_h2o.html

www.nrdc.org/water/drinking

www.epa.gov/safewater/wot/pdfs/book_waterontap_full.pdf

The Price of A Sweet Smelling House

Every day we are assaulted with ads for new and improved products to make our home "fresh" smelling and something to be proud of. Some air freshening products even do the work for you by spraying or releasing their fragrance into the air every few minutes. Some even light up to help create a mood in your room. But what else are they doing?

According to a 2006 report from the National Institutes of Health (NIH) there is a chemical present in many air fresheners that may reduce lung function. The culprit, 1,4 dichlorobenzene (1,4 DCB). Exposure to this volatile organic compound (VOC) may cause modest reductions in lung function. While a modest reduction in lung function doesn't sound like much, lead investigator on the study, Dr. Stephanie London, M.D., states that "Even a small reduction in lung function may indicate some harm to the lungs. The best way to protect yourself, especially children who have asthma or other respiratory illnesses, is to reduce the use of products and materials that include these compounds."

This particular compound VOC, 1,4 DCB is a solid white compound with a very distinctive odor, very similar to the smell of mothballs. It is used primarily as a space deodorant in urinal and toilet bowl blocks, room deodorizers and as an insecticide fumigant for moth control.

Indoor air quality is affected by many compounds in addition to VOC 1,4 DCB. Many items in the home contribute to poor air quality. The US Environmental Protection Agency (EPA) has identified as many as 800 VOC's in the indoor air that fills our homes and offices. EPA studies have revealed that indoor air is usually 2 to 5 times less healthy than the air outside.

Inadequate ventilation along with high temperatures and humidity cause various pollutants to be released into the home. Indoor air pollution comes from many sources include combustible heating and cooking sources such as oil, gas, kerosene and wood, tobacco products (pipes, cigars and cigarettes), building materials and furnishings, wet or damp carpets and insulation, leaking plumbing fixtures, cabinets or furniture made with certain pressed wood products, household maintenance and cleaning



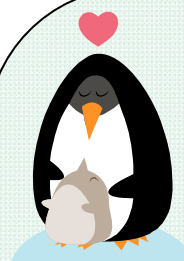
products, personal care products, scented candles, incense and the list goes on.

Each of these pollutants can cause respiratory problems in people of all ages. The increase in asthma among Americans is partially attributed to our everyday exposure to these products.

So how can you reduce your exposure to these volatile organic compounds and other pollutants while keeping odors at bay? Instead of reaching for household chemicals consider using the following:

- ◆ slice open an orange or lemon for a fresh natural smell
- ◆ Place a bowl of pure vinegar or vanilla on the counter to absorb odors
- ◆ Use baking soda or activated charcoal to remove unwanted odors. (Activated charcoal is not the stuff you use in your BBQ).
- ◆ Clean with vinegar and baking soda or baking soda with water for most household surfaces.
- ◆ Sprinkle baking soda onto carpets or furniture and vacuum heavily to remove trapped smells.

continued page 7



Wild Animal Babies Word Search Puzzle

Can you find each of the animals and their young in this puzzle?

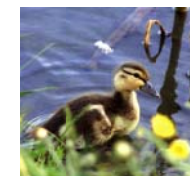
Each word appears separately in the puzzle - both frog and froglet, owl and owlet etc.

Good luck!

- | | | | |
|--------|-----------|---------|----------|
| BEAR | DEER | FROG | OWLET |
| BEAVER | DUCK | FROGLET | POLLIWOG |
| BUNNY | DUCKLING | GOOSE | PUP |
| CALF | EAGLE | GOSLING | RABBIT |
| CHICK | EAGLET | KIT | RACCOON |
| COYOTE | FAWN | KITTEN | SQUIRREL |
| CROW | FLEDGLING | MOOSE | TADPOLE |
| CUB | FOX | OWL | WHELP |

Answers page 8

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



Wild Animal Babies

We know that wild animal babies are cute but do you know what each one is called?

Try your luck at filling in the blanks. (Answers pg 7)

- | | |
|---------------|----------------|
| Moose _____ | Deer _____ |
| Bear _____ | Rabbit _____ |
| Goose _____ | Squirrel _____ |
| Beaver _____ | Coyote _____ |
| Crow _____ | Duck _____ |
| Eagle _____ | Fox _____ |
| Frog _____ | Owl _____ |
| Raccoon _____ | |

