



Spirit Lake Tribal EPA Newsletter



The Spirit Lake Dakota Nation

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Issue 4 Volume 2

From the Desk of Silas Ironheart Jr., Tribal EPA Administrator

Northeastern Tribes Grapple with Climate Change

By Dennis Wall
Editor, Institute for Tribal Environmental Professionals

The most important number in the world right now is 350," says Steve Crawford, Director of the Passamaquoddy Tribes' Environmental Department. He's quoting James Hansen, Director of NASA's Goddard Institute for Space Studies and one of the world's leading authorities on climate change. Hansen is referring to parts per million of carbon dioxide in the atmosphere; CO2 is rising and is responsible for much of the planet's present warming. "If humanity wishes to preserve a planet similar to that on which civilization developed and to which life on earth is adapted," Hansen recently wrote, "...CO2 will need to be reduced...to at most 350 ppm."

That stark assessment is particularly

chilling when you consider atmospheric carbon now stands at nearly 390 parts per million—and as of late 2008 the federal government was doing little to bring that level down. Although Crawford believes the incoming administration will substantially increase climate-change mitigation efforts on the national level, he isn't waiting for the feds to act. His tenacious focus on global warming and its mitigation, he half-jokes, presently takes up "110% of my time."

Those activities include developing alternative energy sources for Maine's Passamaquoddy Tribes, providing outreach to tribal members, consulting with a variety of government and tribal entities, and doing nonstop climate-change evangelism with anyone willing to listen.

Our Climate Future is Now

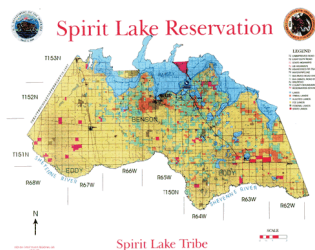
In his role as chair of the Natural Resources Committee of the United South and Eastern Tribes (USET) cooperative, Crawford recently surveyed 25 Northeastern and Southern tribal envi-

ronmental managers to determine how climate change is impacting their communities. His findings: Although they're aware of the issue, most managers are presently too bogged down in more-immediate concerns. "It's on their radar," he says, "but because the worst impacts seem to be maybe a decade out, it just doesn't seem to grabbing hold of them yet."

Crawford believes climate change impacts are already here and are revealing themselves in a wide range of ecological impacts. "My biggest concern right now is the oceans," he says. "I used to make a living growing nori [a seaweed used to wrap sushi] off the coast here in the '90s. At the time, ocean acidity was at about 8.04. Now it's 7.92 [7.0 represents a balance between acid and alkaline; lower numbers equal higher acidity]. I've looked at a lot of research on lobsters and crustaceans. It looks like when pH gets to about 7.90, they can't survive because they can't process the

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News 2 Know: From the Spirit Lake Tribal EPA LEAD Program — submitted by Connie Baker

Congratulations Connie! Connie Baker, Spirit Lake Environmental staff member, is Region 8's first EPA credentialed lead inspector and risk assessor. Connie is officially certified as a Lead Inspector, which means she can identify the presence of lead. She also is a Risk Assessor;

she can determine/report the existence, nature & severity of lead, location of Lead Based paint hazards and she can also advise on a solution.

Our Tribal Lead Program did some valuable work this past summer. A big THANK YOU to the Parents/

Guardians that had their children tested for Lead by the Early Childhood Tracking Nurses. We tested a total of 95 children who were 7 yrs & under that were living in Air Base Homes around the reservation.

Continued on page 2.....

IS YOUR CHILD SAFE FROM LEAD POISONING?

“Just what does EPA stand for and what does it do?”

Well, the Spirit Lake Environmental Protection Administration (EPA) is an independent Tribal agency established to coordinate programs aimed at reducing pollution and protecting the environment.

“The Spirit Lake Water Quality Program went very well this year and the program is on its way to bigger and better things.”

.....Tribal Lead Program

Lead traces were identified in some children's blood, but not alarming enough to justify lead abatement in their homes. Tribal EPA LEAD program is taking proactive measures to mitigate the lead problem on the reservation. Our future activities will include outreach and further risk assessment work.

For more information regarding the Spirit Lake Tribal EPA Lead Program, contact Connie Baker at 701-766-1259.

Spirit Lake Tribal EPA Staff Members

Silas Ironheart Jr. – Environmental Administrator

Connie Baker – Tribal Lead Program Coordinator/ Administrative Assistant

Oliver Gourd Jr. – 106 Water Quality Coordinator

Aaron Ironheart – 106 Water Quality Technician/ L.U.S.T. Coordinator

Sean Gourd – Brownfields Tribal Response Program Coordinator

Roger Yankton Jr. – Brownfields Tribal Response Program Compliance/Inspection Officer

Frank Black Cloud – 319 Coordinator

Derrick Lohnes – Summer Field Technician, Part-time

106 Clean Water Act Program “Year in Review” – as submitted by Oliver Gourd Jr., Coordinator

All program activities were attained that was set forth in our work plan for this fiscal year. The Spirit Lake Water Quality Program went very well this year and the program is on its way to bigger and better things. We hope to expand into various different areas, as required by EPA, in the next few years.

Our office monitors over 110 Ground water wells throughout the field season; we take Ground water measurements once a month at the approximate 110 sites. We sampled approximately a third of those Ground water sites this year. We also sample seven Devils Lake sites, once in the winter time and again in the summer season. We monitor over 45 small lakes

Important!

Lead From Paint, Dust, and Soil Can Be Dangerous If Not Managed Properly!

Fact: Lead exposure can harm young children and babies even before they are born.

Fact: Even children who seem healthy can have high levels of lead in their bodies.

Fact: People can get lead in their bodies by breathing or swallowing lead dust, or by eating soil or paint chips containing lead.

Fact: People have many options for reducing lead hazards. In most cases, lead-based paint that is in good condition is not a hazard.

Fact: Removing lead-based paint improperly can increase the danger to your family.

If you think your home might have lead hazards, contact Connie Baker,

Contact the Spirit Lake Tribal EPA Office at

701-766-1259 or visit our Website

www.spiritlakenation.com/EPA.htm

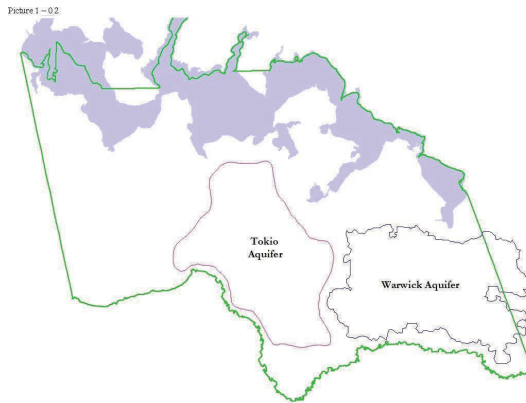


and wetland throughout the summer field season, taking water level readings every week during the summer, and also sampled approximately third of those this past year. During the summer field season we also sample three monitoring sites on the Sheyenne River. We have 12 surface water sites that we monitor and sampled early in the field season also. This year we drilled and added 9 new ground water well sites toward the eastern part of the reservation, as part of a ground water study of the Spiritwood Aquifer.

.....Continued on next page

.....106 CWA Year In Review Continued

Our Staff is always looking for the latest training available out there that may better help us do better with our job at hand. We do training that is set forth by the EPA office out of Denver and other training that we feel the staff should take. We arrange to have some STORET training with a peer trainer from the Sisseton Sioux tribe. STORET has to do with all data that we collect through sampling of the different sites throughout our reservation. We also had a refresher in Ground water well training this year with USGS out of Bismarck. We will be doing refreshers, with the USGS, the next couple of years to insure we are following all protocols correctly.



Brownfields Tribal Response Program — as submitted by Sean Gourd, Coordinator

The Spirit Lake Tribe received our first Tribal Response Program (TRP) Grant in 2004, building on previous successes with Brownfields assessment and job training grants. By investigating and remediating Brownfields sites, many of which are abandoned properties that pose an immediate threat to the community, development can take place without the fear of environmental legal liabilities. This benefits the Spirit Lake Nation by bringing jobs to the area, making abandon sites functional, and possibly preserving sites that might have historical significance to the community.

All of the work plan tasks for the TRP were accomplished including establishing the Public Record and making progress on the Four Required Elements. Additionally, several site assessments and cleanups were conducted and the Brownfields Coordinator received training to develop his skills and enhance the program. All site assessments and reports are available for public viewing at the Tribal EPA Office during regular business hours.

The reservation was surveyed and currently there are 37 sites listed in the Brownfields Inventory which is periodically updated. An RFP was issued and a certified contractor was hired to conduct site assessments and cleanups. Cleanup plans were developed and the contractor conducted confirmation sampling to verify that sites were cleaned up. There were twelve site assessments and six clean-ups completed. These included abandon buildings and homes, Historic Fort Totten, and illegal dumps. All of the assessments and clean-ups were announced through the Public Record process. The Brownfields coordinator conducted oversight and monitored all of the contractor's activities. As part of the process in establishing enforcement procedures, a draft Solid Waste Code was developed. Public outreach activities were performed to distribute information on the Brownfields



program activities and gather input. The tribe also created a compliance officer position to help with compliance and enforcement of their environmental codes. The new officer, Roger Yankton Jr. brings loads of experience to the program as he has worked for the tribes water resource program in the past and is very familiar with the community.

Additionally, the Brownfields Tribal Response Program has coordinated with the North Dakota Health Department and State Historical Society on the possible assessment and potential cleanup of lead-paint and asbestos at Historic Fort Totten Calvary Square. The State has offered to use some of its State Response Program funding to pay to the assessment and potential cleanup. The Tribe has paid for an assessment on the Old Gym and is interested in using the Old Gym and possibly other buildings in the future. Both the State Historical Society and the Tribe provided background information for a site eligibility request that has been sent to EPA for approval.

Anyone with questions or comments can call the Tribal EPA Office 701-766-1259.

“Brownfields are abandoned, idled, or underused industrial or commercial properties where expansion or redevelopment is complicated by actual or suspected contamination.”

U.S.T./L.U.S.T.— as submitted by Aaron Ironheart

The tribe was awarded for both underground and leaking underground storage tanks (UST & LUST) on Nov. 24th, 2006. Both programs began work after the start of the fiscal year. Spirit Lake has risen the last couple of years and because of concerns raised on various members of the tribe. The tribal chairperson asked the environmental director to explore federal funding to determine if there is contamination attributed to UST's or LUST's on the reservation. The program was to help and prevent contamination caused by leaking tanks.

During the 2008 field season, LUST coordinator Aaron Ironheart, was contacted by tribal realty to remove a total of three underground storage tanks on the reservation, 1-1,000 gallon and 2–2,500 gallon tanks in the Woodlake district so these and properties could be put back in trust. All tanks were removed and testing of the soil

was done by Great Plains Environmental and nothing was leaking in any of the tanks and no harm to the land was done.

Also cleaned up three residences advised by tribal realty so these lands could also be put back in trust. The Possen, Enstad, & Anderson residences were all cleaned in fall of 2008 and put back in trust status.

There is limited funding, as always, for this year but we still look forward to safely removing any other tanks we have yet to discover.



Frank and Aaron next to their first UST removed from the Blue Building Summer of 2007

“Carbon

Monoxide is an odorless, colorless, and extremely poisonous gas that is created when we burn fuel. “

Protect yourself from the “Invisible Killer”, Carbon Monoxide Poisoning

It's bitterly cold in much of the Great Plains, and many of us are cranking up our furnaces and wood stoves to keep our homes warm. During these months, we spend much more time indoors, and many of us take extra steps to keep our homes warm. All of these factors add up to a big wintertime health concern: carbon monoxide (CO). Carbon Monoxide is an odorless, colorless, and extremely poisonous gas that is created when we burn fuel. Every year, hundreds of people die from exposure to carbon monoxide— deaths that could easily be avoided by taking simple actions to protect ourselves.

Carbon Monoxide is produced by the incomplete burning of various fuels, including coal, wood, charcoal, oil, kerosene, propane, and natural gas. That means the combustion appliances—the furnaces, wood stoves, hot water heaters, etc.—that we use in our homes, schools, and office buildings all are potential sources of the deadly gas. When operating properly, these appliances are designed to burn fuels completely or vent the gas safely to the outdoors.

The problems arise when equipment breaks down or is not installed or operated properly. Since carbon monoxide is odorless, people often don't know when they and their families are being exposed to the gas. If undetected, carbon monoxide can kill quickly. Initial signs of poisoning include flu-like symptoms such as headaches, nausea, dizziness, and fatigue. Infants, the elderly, and persons with anemia or heart disease are particularly at risk and may exhibit symptoms before others. Unborn babies are also at high risk. If you or your family suspect carbon monoxide poisoning, turn off all appliances and

get outside to fresh air immediately until you can investigate the source of the problem. Call your local emergency services or 911 if you suspect someone in your family needs medical attention.

Here are some steps to protect you and your family from carbon monoxide:

- Buy a carbon monoxide detector and install it properly in your home. Reliable, highly rated detectors start at about \$20
- Be especially careful using kerosene and gas space heaters; make sure they are used and operated according to instructions. Unvented space heaters can be especially dangerous.
- Have heating and ventilation systems, including chimneys, inspected annually.
- Never use a gas range or oven to heat your home.
- Never leave a car running near open windows or in a closed garage.
- Never burn charcoal indoors.
- Never use a generator inside homes, garages, crawl-spaces, sheds, or similar areas.

For more information, feel free to contact the Spirit Lake Tribal EPA Office at 701-766-1259 during regular business hours.



From the Desk of Silas Ironheart Jr., continued from cover page

calcium and magnesium carbonate they need for shell development." Ocean pH is dropping due to increased uptake of carbon dioxide; without a worldwide reversal in carbon output into the atmosphere, the acidity level will increase.

The potential impacts on lobsters and shellfish—resources on which several Northeastern coastal tribes depend—remains unclear. New England lobster harvesters have seen a rise in a shell-wasting disease of unknown origin; the disease has rendered many lobsters unmarketable. "It's in line with what I'm looking at," Crawford says, "although nature isn't quite that cut and dried. I suspect the threshold [for shell-related problems] is probably lower [than the research indicates]."

Water temperature in the Atlantic off Maine and in the state's rivers remains cold enough, he says, to support salmonids such as brook trout and salmon. Crawford predicts that within five years, however, rising water temperatures to the south—such as at Cherokee, NC, where Cherokee people depend on "put and take" fishing as part of their livelihood—will cause the extirpation of all salmonid species in lower New England and farther south.

Storms, he says, are intensifying. In late November when this interview took place, a "Nor'easter" (severe wind and precipitation blowing off the ocean) had just occurred, another was approaching the day we spoke, and a third was predicted for later in the week. "That frequency is unusual," he says. Storm-based erosion recently washed out local roads. "That's never happened before." He says increasing runoff will likely impact rivers and streams in the coming years, as well as the creatures that rely on them.

Research on regional storm events is lacking, Crawford acknowledges, and observations like his remain largely anecdotal. There's no doubt, however, about changes occurring in the region's forest ecosystems. Tribes that include the Passamaquoddy, Penobscot and Mohawk are seeing dramatic shifts in the forest makeup. For years, the dominant spruce-fir association has been clear-cut for harvests that go primarily to paper-mill processing. These days, warmer temperatures spur re-growth in those cleared areas—not back to spruce and fir but rather to hardwoods, primarily oak and maple.

"Those are valuable woods," he says, "but they require different harvesting equipment and techniques. You're talking a half-million-dollar operation for the skidder and other equipment. Most tribes just don't have that kind of

money. This is 100% related to climate change."

Global warming has also begun to impact the Passamaquoddy Tribes' primary money crop, blueberries. They experienced a bumper yield last year on their 5000 acres of blueberry fields—the largest single-entity operation in the world. But the incursion of a species of grass from farther south created serious problems once the berries reached maturity. "The grass grows to five feet tall," Crawford explains, "so even though we had a great growing year, it was much harder to harvest. We probably lost 10–20% of the crop yield because the grass was too hard to get through."

Warmer temperatures seem to be encouraging the gradual movement north of other southerly plant species as well. "Sweetgrass" and black ash used by regional tribes for basket weaving, grow more difficult to find each year. Crawford says the decline in ash began as far back as the '50s, but he suspects that climate change is a major factor in the tree's thinning numbers.

New insects are also invading the region, he says. Existing pests, notably ticks, are multiplying exponentially in the warming Northeastern climate and are laying waste to Maine's moose population. "They're basically draining them dry," he says. "Wildlife biologists describe this as one of the biggest wildlife problems we have." Insects from more-southerly latitudes are moving north, too, Crawford says; the impacts of this ecological shift remain unclear.

Local Action to Change the World

Crawford devotes much of his present effort at Passamaquoddy to addressing climate-change issues. The tribe is focusing on several areas: wind, solar, and tidal power generation; re-gasification from the local landfill; and algae-based biodiesel production.

Three sites on the reservation have been identified as productive wind-turbine sites. One is in preliminary development and two more are undergoing feasibility studies. Two Federal Energy Regulatory Commission pilot projects, funded by BIA, will soon be underway as part of a three-year study; the turbines are set to be installed off the tribe's coast this summer. Development of a cooperative solid-waste re-gasification project with Washington County Towns is progressing. And the tribe is presently working with the Rural Renewable Energy Alliance to arrange for solar panel installations on tribal homes by winter of 2009.

Already underway at Passamaquoddy is a unique project that turns algae into diesel fuel. The process, Crawford says, is one that any tribe can develop, utilizing a few basic pieces of equipment and knowledge gleaned from the Internet. "The algae program was one I could do without grants," he explains. "You grow algae vertically, in one-foot diameter tubes. Other tribes, such as

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"Wildlife biologists describe this as one of the biggest wildlife problems we have."

the Eastern Cherokees, are really interested in what we're doing." "We have some [algae-growing tubes] at our sewage-treatment plant. If you have 2000 gallons of these things and harvest every four days, you can make 300 gallons of biodiesel per month, and it'll run any diesel engine. You can do this process in your kitchen." Diesel produces substantially less

carbon dioxide than gasoline, and the process is carbon neutral, as the algae takes in CO₂ to grow. By next spring the tribe will have installed a 1000-gallon array of algae-growing tubes. Crawford points out that plant-to-diesel production is something individuals can achieve with minimal effort and financial outlay. "If you built a 10'x20' greenhouse in your backyard," he says, "you could make your own diesel and never have to go

to a gas station again." Right now, he says, biodiesel can be produced for about \$2 per gallon—a price that might not presently seem too attractive with the price of gas having plunged in recent months. The cost of gas will rise again, however, as it always does, and Crawford emphasizes that tribal sovereignty is strongly enhanced when a tribe achieves fuel independence.

A Structure for Climate Protection

For the tribes, Crawford believes, a good model for climate-change mitigation and/or adaptation could mimic the four-part format the Bureau of Indian Affairs now uses

to fund its Integrated Resource Management program, a general-support mechanism for tribes. The structure, he says, could be easily adapted, and would involve four steps:

1) Measure the amount of climate change in your area.



These two photos show the dramatic changes occurring in Maine's forests. On the left is an image of spruce-fir that dominates the landscape. The right photo shows an invasive forest of hardwoods that is encroaching on the existing ecosystem.

2) Recognize what the changes are. "That takes some study."

3) Develop a plan of action. For example, if local plants used in basket making are disappearing, finding a substitute plant might be an option. Developing a renewable-energy source to power tribal generators or other equipment, thereby reducing GHG emissions and helping the tribe achieve energy independence, might be another goal.

4) Find the funding to implement the plan.

Crawford believes immediate action is required to reverse a warming process that will otherwise have catastrophic consequences for all. Until the federal government steps in with an aggressive plan that pulls together the nation's will and resources, states and tribes will continue to be the main drivers of the climate-change response effort. He notes, "Jim Hansen points out that people were saying sea-level rise wouldn't really hit until around 2100. He says it could be a big issue by 2030. This is not way down the road; this is right now."

ITEP Launching Tribal Climate Change Website

Climate change challenges all of Earth's residents, but Native Americans who live close to and draw spiritual sustenance from the land are impacted more than most. Problems fostered by planetary warming include intensified drought, changes in native plant and animal populations, stresses to traditional agriculture and subsistence practices, and a host of other impacts.

Much is being written on the subject, but relatively few information sources emphasize the special challenges that global warming poses for the tribes. To help fill that gap, ITEP is developing a Tribal Climate Change website. Funded by a grant from U.S. EPA, the site includes general information on climate change and its impacts on various ecosystems and regions of the country, stories describing how the tribes are affected by climate change and what they're doing about it, policy news and information, and sound files of tribal elders and others offering their views of climate change and what it means for Native people.

Also on the site: practical actions you can take to minimize your global-warming "footprint" at home, at work, and in your community, and a forum for direct communication among engaged visitors. The site will be online in January 2009 and will be continually updated. Please visit www.nau.edu/itep/ in January for a link to the new site.





319 Non Point Source Program

Frank Black Cloud is back to work at SLT EPA to head our 319 Non Point Source Program. We lost him in 2008 due to funding constraints. His experience with the SLT EPA dates back to 2001 when he was hired to begin work on the Tribe's Clean Air Act Section 103 grant. Frank has worked with all of the departments of the SLT EPA from water quality to hazardous waste. He was instrumental in assisting SMC reduce their emission factors by 97% back in 2004 and cleaning up the tribe's air shed. With our 319 program we look to develop a "Watershed Management Plan" to protect the wetlands, streams, rivers, lakes, most importantly the aquifers of Spirit Lake Tribe.

Exactly what gives us the authority to conduct these types of projects... "In 1987, Congress added sections 319 and 518 to the Clean Water Act to enable states, territories, and tribes to address the problems caused by nonpoint source pollution. Section 319 established baseline requirements for state

and territorial nonpoint source management programs and authorized national funding to support implementation of approved management programs." US EPA

The management program is a multiyear strategy document designed to bring nonpoint sources of pollution under control. Based on the findings of the nonpoint source assessment report, the management program becomes the foundation of each tribe's section 319(h) program. The management program identifies reservation-wide activities, as well as watershed-level projects, for implementing management practices for high-priority nonpoint source problems and provides a schedule for their implementation.

Many consultants have worked closely with our environmental program over the years. What we've heard from most of them is that we are the "Saudi Arabia of Water" in North Dakota. We need to work closely with state and federal authorities to protect that wonderful natural resource and keep in mind... "We don't inherit the earth from our ancestors, we borrow it from our children."

How can you Prevent Nonpoint Source Pollution?

- Keep litter, pet wastes, leaves, and debris out of street gutters and storm drains--these outlets drain directly to lake, streams, rivers, and wetlands.
- Apply lawn and garden chemicals sparingly and according to directions.
- Dispose of used oil, antifreeze, paints, and other household chemicals properly, not in storm sewers or drains. If your community does not already have a program for collecting household hazardous wastes, ask your local government to establish one.
- Clean up spilled brake fluid, oil, grease, and antifreeze. Do not hose them into the street where they can eventually reach local streams and lakes.
- Control soil erosion on your property by planting ground cover and stabilizing erosion-prone areas.
- Encourage local government officials to develop construction erosion/sediment control ordinances in your community.
- Have your septic system inspected and pumped, at a minimum, every 3-5 years so that it operates properly.
- Purchase household detergents and cleaners that are low in phosphorous to reduce the amount of nutrients discharged into our lakes, streams and coastal waters.

USEPA Tribal Nonpoint Source Planning Handbook

"State, territorial and tribal reports show that nonpoint source pollution is responsible for more than half of the nation's remaining water quality problems. It occurs when rainfall, snowmelt, or irrigation runs over land or through the ground, picks up pollutants, and deposits them into rivers, lakes, or the ocean or introduces them into ground water."

"Though the relative impact from a few nonpoint sources might be small, the cumulative impact from many nonpoint sources degrades water quality. Major sources of nonpoint pollution include agriculture, unrestricted livestock grazing, poor siting and design of roads, highways, and bridges, forestry, urban runoff, abandoned mines, construction activities, and hydro modification, such as the building and maintenance of dams and levees. Other sources include improper lawn and garden maintenance, faulty septic systems, improper construction of marinas and careless boating habits, and storm drain dumping. Atmospheric deposition of pollutants originating from power plants, factories, trucks, and automobiles is also considered a source of nonpoint pollution."

For more information, feel free to contact the Spirit Lake Tribal EPA Office at 701-766-1259 during regular business hours.

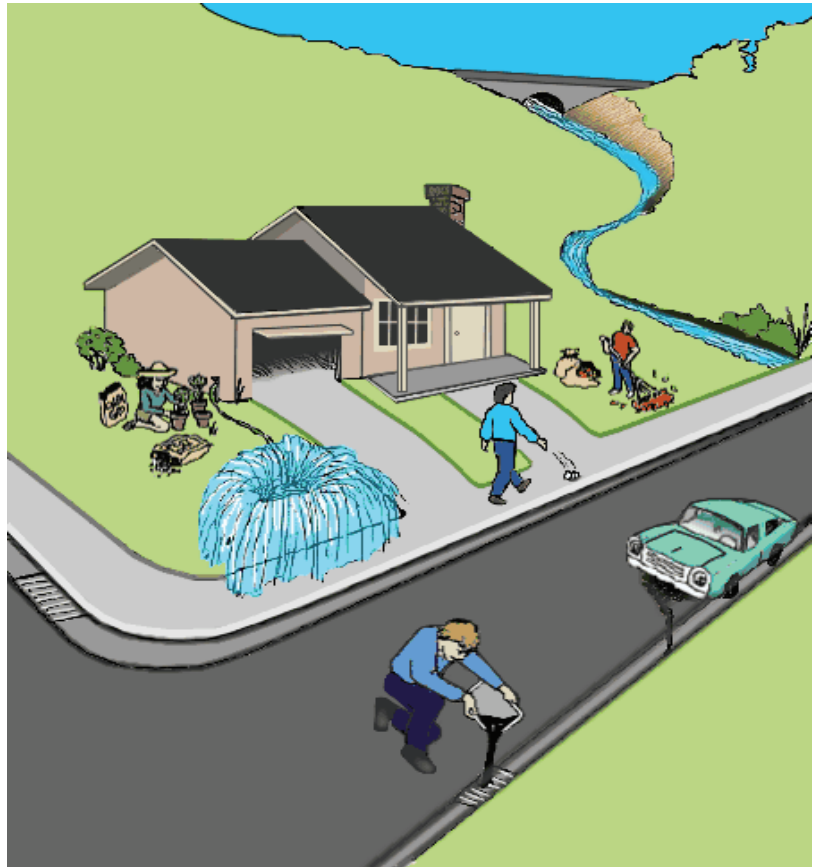




Spirit Lake Tribal EPA Office

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What's wrong with this picture?



Energy Conservation — Tidbits on how to conserve energy.....

Types of Energy Usage?	What You Can Do:	Other Energy Saving Measures You Can Take:	Energy Saved:
Home Heating & Cooling:	Install a programmable thermostat to keep your house comfortably warm in the winter and comfortably cool in the summer	Have at least 6" insulation in attic floor. Weather-strip windows, doors, attic door or trapdoor. Caulk around exterior doors, windows, ceiling fixtures upstairs. Close drapes at night, open in daytime. Set thermostat at 66–68 degrees in the daytime, 55 degrees at night.	Large Amount
Kitchen:	Feed your family and your pocket-book too.	Use small appliances for small meals. Cook one-dish meals as often as you can. Use oven to capacity. Do not preheat oven except for very short baking jobs. Use oven more in cold weather.	Small Amount
Laundry:	Use washer and drier more efficiently.	Look for the ENERGY STAR label on home appliances and products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Department of Energy and the Environmental Protection Agency	Large Amount
Lighting:	Use compact fluorescent light bulbs with the ENERGY STAR® label	Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use (TVs and DVDs in standby mode still use several watts of power).	Small Amount
Bathroom:	Take short showers instead of baths.	Lower the thermostat on your hot water heater to 120°F.	Large Amount
Drive sensibly:	Aggressive driving (speeding rapid acceleration and braking) wastes gasoline.	Driving safely saves lives...perhaps even your own.	Priceless