



Upcoming Training

- Mar 2 –2nd QTR FY16 EQCC Meeting, 1300–1400. Darling Hall, GC Conf Rm
- Mar 10 –Hazardous Materials/Waste Refresher, 0830;0945, Bldg 11307

Green Matters

DPW Environmental Office and Natural Resources Division

Fort Gordon, Ga.



Fish Eating Guidelines

It won't be long before more and more outdoorsmen will be casting their lines to reel in the big one. With warmer weather on the way, many fishermen will be surfing the waterways. You hear a lot about eating too much fish because of mercury or other contaminants, but what is the "reel" deal on fish consumption...what and how much should you eat?

Fish are commonly turned to for consumption for a healthier diet. It is a good source of protein, with low calories, not to mention no fat. Fish also have the Omega-3 fatty acids and other essential nutrients that we need. When eating fish or shellfish it is important to keep in mind that contaminants can be present in them. Pollutants in the water and air are the culprits. Every state in the US has consumption advisories for this reason. These exist to prevent people from potential health threats. A consumption advisory "is a recommendation to limit or avoid eating certain species of fish or shellfish caught from specific bodies or types of water bodies (lakes, rivers, coastal waters) due to chemical contamination." This isn't to discourage people from eating fish but a guide on how much and what type of fish you should eat in a specific region with the lowest possible impact to your health. Advisories can target specific groups such as high consumers of fish, seniors, pregnant women, nursing mothers, and children.

What causes contaminated waters?

- ⇒ Factories and sewage treatment plants
- ⇒ Chemical spills and runoffs from farms and city streets
- ⇒ Pollutants carried in the air over long distances

Toxins can be found in the fish's skin, fat, internal organs and muscle tissue.

What steps can you take to avoid contamination?

- If you are fishing mainly for gamefish such as lake trout, salmon, walleye or bass, aim for the smaller sizes within legal limits. They are younger and probably have less toxins than older fish.
- Bluegill, perch, smelt, and trout are great choices because they feed on insects and other aquatic organisms and are apt to have lower levels of pollutants.
- Eat less fatty fish such as bottom feeding fish like catfish and carp. They are more likely to have higher levels of toxins.
- Make sure you clean fish thoroughly. trimming away skin and any fat if possible.
- Cook fish properly. Bake, broil, or grill fish more than you fry them. Frying tends to seal in the toxins.

Remember, everything in moderation. For more information on local fish eating guidelines visit https://epd.georgia.gov/sites/epd.georgia.gov/files/related_files/site_page/.



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Upcoming Events.....

Youth Turkey season opens 19-20 March for youth 16 and under. Main turkey season opens 26 Mar.& closes 15 May 2016. The limit is 3 gobblers per season. There is a new state license requirement this year. All hunters must print off a turkey harvest log and fill it out before removing turkeys from the woods as well as report the harvest online at www.gooutdoorsgeorgia.com or call 1-800-366-2661 within 72 hours of harvest. For more info contact Steven Camp @ 706-791-6135.

How Green is Your Pet?



Research has proven that having pets can improve your health. The University of Missouri School of Veterinary Medicine did a study in 2010 that showed interaction with pets increased the levels of oxytocin, a hormone, which boost new cell growth and the healing process.



In order to keep our pets healthy, we should try to limit their exposure to toxins that can be found in their food, litter, and flea medicines. Practicing green living standards to pet tenure can benefit their health and possibly extend their life, keeping your companionship longer and keeping you healthier and happier. In the meantime, your greener pet product purchases will also help sustain a greener economy.

Steps to a GREENER Pet :

1.What's in Pet Food?

Making pet food, just like human food, emits greenhouse gases. Beef produces 13 times more greenhouse gases over its life cycle than vegetable proteins, and lamb is even higher by 50 percent. (*Meat Eater's Guide*). Poultry makes 4-5 times as many greenhouse gases as vegetable proteins. Most of the conventional pet foods at the market consist of animal by products— mostly the leftovers of the beef and poultry industries which pretty much consists of what I call the “floor sweepings” also known as 4-D “Dead, Dying, Diseased, or Down (disabled).” So not only does processing pet food increase our carbon footprint, it also is not the healthiest choice for you cat or dog either. If it doesn't have the FDA Certified stamp of approval, then its contents wouldn't even be suitable for human consumption.

Instead, opt for natural and organic pet foods. The meats that they use are raised in sustainable, decent living conditions without added drugs or hormones, processed very little, and preserved with natural substances, such as vitamins C and E. No pesticides, antibiotics, or other concocted ingredients should be present in certified organic pet food.

2. Scoop the Poop.

If you use plastic bags to dispose of pet waste make sure you get the biodegradable ones so they don't “waste” away forever in a landfill, no pun intended. If you use cat litter, pet owners should avoid the clumping kind. It is stripped mined (which is not good for the earth) and also contains carcinogenic silica dust which is not good for cats to inhale. The clumping agent as well, sodium bentonite, can poison your cat if they ingest it enough through their constant grooming. Opt for eco-friendly kitty litter. Some brands make litter from recycled newspapers - *Yesterdays News* and *Good Mews* are some eco-friendly brands to try. *Nature's Earth* and *Catfresh* brands use reclaimed wood (sawdust) in their litter. Safer for the environment and for your cats.



Natural Pine Pellets



Wood Stove Pellets



Newspaper Pellets

3.Spay or Neuter Your Pet.

Keeping the pet population under control keeps many strays from starving and spreading diseases and pests. It can reduce their risk of certain health problems such as uterine, ovarian, and testicular cancers.

4. Adopt from a Shelter.

Unfortunately, most pet breeders' main goal is to pull in a profit for purebred animals. Some of these breeders over breed, inbreed, give poor veterinary care, and have poor living conditions such as overcrowding. Why not adopt one of 70,000 puppies and kittens that are born every day in the United States(3-4 million cats and dogs are euthanized every year). All animals need love. Petfinder.com can help you find the right pet for you.

5. Buy Eco-Friendly Toys.

Purchase pet toys made from recycled materials and sustainable materials (fibers without herbicides or pesticides) like hemp. Pet beds made with organic cotton and recycled PET bottles are a greener choice.

Every step we take to “greening” our lifestyle leaves one less carbon foot print behind. Let's move forward by leaving less of a carbon footprint.

For more information on having a greener pet and where to purchase greener pet products visit treehugger.com.



Are Leaf Blowers the best choice for fall clean up?



Winter has definitely arrived in the CSRA but signs of fall still may be lingering around. If you like me, there are some blankets of leaves still lying around in your yard. I always hope that the winds of nature will carry them far away to another resting place, just not in my yard. Raking leaves is not one of my favorite yard chores, though it does give you a great work out. I have discovered something a bit more fun and easier to use...the leaf blower. But is this the greenest choice for our environment? What are the drawbacks from using gas powered leaf blowers? First of all, there is the noise that comes from operating them. It effects neighbors, especially if it's being used for long periods of time. It is annoying if you are relaxing on your patio and having conversation, if you are having to speak over the high pitch roar of a leaf blower. They can put off 90-100 decibels at close range which is not good for the one operating it. EPA recommends a maximum of 80 decibels at 50 feet. Older models are even louder. Recycle the older models and upgrade to newer ones that aren't as loud. Always err on the side of caution, and wear earplugs when operating loud equipment.

The other potential problem is the gas fumes that are released. Brian Palmer published an article in the Washington Post that stated "a consumer-grade leaf blower emits more pollutants than a 6,200 pound 2011 Ford F-150 SVT Raptor." The two stroke engine in most of leaf blowers is the problem. Two stroke engines require that you mix oil and gas. About 30 percent of the fuel doesn't undergo complete combustion, so therefore an excess of pollutants are released into the air- carbon monoxide, nitrous oxides and hydrocarbons. All are bad for the environment.

Another issue is the sediment and particles that are blown into neighboring yards, streets and eventually into the storm drains, which can lead to clogging of the storm drain system and polluting our streams. Particulates such as fertilizers, pesticides, and heavy metals left behind from vehicles on the roadways get dispersed by leaf blowers.



Better Options:

Opt for a newer model that is a 4 stroke and has less potential for noise pollution. Invest in an electric leaf blower. I personally own a shop vacuum which can be converted to a leaf blower. This doesn't solve all the problems, but it would cut down on gas emissions and noise pollution for your neighborhood. Even better, just do it the good ole fashion way. Get a rake, get some exercise and have fun with it...let the kids jump in the piles of leaves and make it a family affair.

Machine	Non-Methane Hydrocarbons (NMHC) Parts per million (ppm)	Nitrogen Oxides (NOx) Part per million (ppm)	Carbon Monoxide (CO) by percentage (%)
2011 Ford Raptor Pick Up Truck	.005	.005	.276
2012 Fiat 500	.016	.010	.192
4 Stroke Leaf Blower	.182	.031	3.714
2 Stroke Leaf Blower	1.495	.010	6.445

Table from: Edmunds Video Productions titled *Car vs Truck vs Leaf Blower* (Dec. 5 ,2011)

Homeowner Tips for Leaf Blowing

- ⇒ Operate leaf blowers at half throttle most of the time. This reduces noise and allows better control.
- ⇒ Be nice- use only during reasonable hours, not too late or too early.
- ⇒ Avoid blowing debris in you neighbor's yard, onto the street, into storm drains, near vehicles, people or pets.
- ⇒ Stay at least 10 feet away from windows and doors.
- ⇒ Use rakes to loosen hardened debris first.
- ⇒ Maintain your equipment by changing filters and the oil.
- ⇒ Consider upgrading to electric leaf blowers which are quieter for smaller yards.





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Sources

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<http://www.treehugger.com/htgg/how-to-go-green-pets.html>

<http://www.isfoundation.com/news/creatures/greening-your-pets>

<http://www.care2.com/greenliving/eco-friendly-kitty-litter.html>

https://www.washingtonpost.com/national/health-science/how-bad-for-the-environment-are-gas-powered-leaf-blowers/2013/09/16/8eed7b9a-18bb-11e3-a628-7e6dde8f889d_story.html

The Resource, A Publication of the City of North Augusta Stormwater Management Department, Fall/Winter 2013
<http://www.epa.gov/choose-fish-and-shellfish-wisely/fish-and-shellfish-advisories-and-safe-eating->

Earth Week Events

Celebrate Environmental Conservation
& Your Love of the Earth

Friday, April 22

9:30 a.m.-12:30 p.m.

Saturday, April 23

8:30 a.m.-12:30 p.m.

Soccer Complex on Barton Field at 19th Street

Open to the Public

Educational Displays & Recyclable Art

- **Bird of Prey Demonstration**
Saturday • Starting at 10:30 a.m.
academics.georgiasouthern.edu/wildlife/animals/raptors/
- **Fort Gordon Recycling Programs present: Upcycle ART**
fortgordon.com/programs/community/recycling/fort-gordon-recycling/
- **Library Storybook Walk**
- **CYSS Pancake Breakfast**
MOMC "Their Journey and Adventure"
Gordon's Conference & Catering
Saturday, 23 April from 9:00 a.m.-12:00 p.m.
- **Environmental Division**
Displays on Fort Gordon's wild life and natural resources
- **Earth Faire 5k & 3k**
Saturday • Starting at 9:00 a.m.



For more information:
706-791-9483
fortgordon.com



2016 EARTH



FAIRE

