

# Ground Level Ozone \_\_\_\_\_ by Rendon C. Falls

Did you know that there are six common air pollutants found across the United States? Can you name them or even venture to guess what they are? Well, if you do not know. Let me go ahead and tell you. They are particle pollution (often referred to as particulate matter), ground-level ozone, carbon monoxide, sulfur oxides, nitrogen oxides, and lead.

These six common air pollutants are also known as, "Criteria Pollutants". Each of these criteria pollutants can be harmful to one's health. In particular, the pollutant ground level ozone can be harmful to a person's health because it is in the air we breathe. According to the EPA's website, "breathing ozone can trigger a variety of health problems including chest pain, coughing, throat irritation and congestion. It can worsen bronchitis, emphysema and asthma ([www.epa.gov/airquality/ozonepollution](http://www.epa.gov/airquality/ozonepollution))".

Asthma is one of the more serious problems caused by ground level ozone. It is a serious problem for two reasons: One, because it literally can lead to death and two because it has become more prevalent in recent years among our Native people. The Office of Minority Health reports on its website that in 2008 Native Americans were 20% more likely to be diagnosed with asthma than any other people group. This is an alarming statement and should cause each of us to ask one simple question. "How can we protect our health against ground level ozone"?

The easiest way to begin protecting your health from ground level ozone is to start reducing your exposure to ground level ozone. To do this you must know when ground level ozone is expected to be high and then to stay indoors on those days and or particular times. The best way to accomplish this is to use the Air Quality Index (AQI). The AQI is a nationally uniform index for reporting and forecasting daily air quality. The AQI tells the public how clean or polluted the air is and how to avoid potential associated health effects. To find and use a local AQI go to [www](http://www).

[airnow.gov](http://airnow.gov). Once you are on the web page just click on the state you live in and it will pull up all your local information. It is also important to note that evidence also indicates that, across the population, reducing exposure to ozone will reduce public health impacts. So to sum it all up, take a daily look at the AQI and if it shows the levels of ozone to be high in your area, stay indoors. Reducing your exposure to ground level ozone and its harmful effects are just that easy. As the EPA likes to say, "Ozone: Good up High, Bad Nearby". Now that we know a little about the pollutant Ground Level Ozone, let's all be a little more proactive about protecting our health.

For more information on ozone and how to reduce exposure you may visit [www.epa.gov](http://www.epa.gov) or you may contact us here at the Office of Environmental Services at 918-968-0046 or via email: [oes@sacandfoxnation-nsn.gov](mailto:oes@sacandfoxnation-nsn.gov).



**Elder Advisory Committee:** Jamey Noble, Vice-Chairperson, Lolly Ashley; Cheryl McClellan, Chairperson; Oresa Wilson, Committee Member and Katie Wood, Treasurer (photo by Cheryl McClellan)

**Sac and Fox Nation Veterans Organization Meeting**  
 April 9, 2013 Elders Building Stroud  
 Always on the 2nd Tuesday of each month unless otherwise posted

## Gardening Workshop April 15th and 16th, 2013

by Daniel Red Thunder Wind

Last year the Office of Environmental Services was lucky enough to get a presenter from the OSU Extension office to come and provide a presentation on Gardening and Composting. This year we are again lucky to be able to bring back George Driever from the Pottawatomie County OSU Extension Office to present some information and tips on Gardening.

Mr. George Driever is the Horticulturist and 4-H Educator for Pottawatomie County through the OSU Extension Office. He teaches various classes for the county including a eight week master gardener course. His offices are located at 14001 Acme Road in Shawnee on the corner of MacArthur and Acme Road and can be reached at 405-273-7683.

This workshop will be April 15<sup>th</sup> and 16<sup>th</sup> at the Sac and Fox Nation Learning Center and will consist of topics from Gardening 101 to Drought resistant plants. The sessions will be from 2 pm to 4 pm. Refreshments will be provided and there will be some door prizes for those in attendance. Please reference the attached flyer for more information. While a RSVP isn't required it would be great to get a head count for those whom plan to attend.

This workshop will provide information needed to start a garden from a novice point of view and also allow the more experienced gardener a chance to ask questions from a local expert. Some of the topics that will be covered will include raised bed gardening, companion plants, drought resistant choices, irrigation and hoop house/green house. If you have any questions about this event or if you would like to RSVP please contact a staff member of OES at 918-968-0049 or via email: [oes@sacandfoxnation-nsn.gov](mailto:oes@sacandfoxnation-nsn.gov).

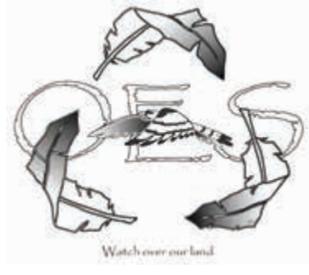
## What can the Sac and Fox National Public Library do for me???

- ✓ We have more than **books** that can be checked out; many deal with Native American themes.
- ✓ We have more than 550 **reference books** available for research.
- ✓ We subscribe to **two daily newspapers, three weeklies, one monthly**, and a number of **magazines**.
- ✓ We have more than 1,100 **DVDs** that can be checked out.
- ✓ We have 46 **audio books** that can be checked out.
- ✓ We have 50 **CDs** that can be checked out.
- ✓ We have three **Internet-ready computers** for public use. We can help you sign on and access Web pages, such as Sooner Care, Social Security, Oklahoma Workforce, etc.
- ✓ We have two **computers** that are set up strictly for young children. They are loaded with games that educate youngsters while they play.
- ✓ We also have a **children's nook** where kids can play, read or watch DVDs.
- ✓ We can make **copies**: black and white or color (for a fee).
- ✓ Our **Historical Researcher** who can help you learn about Sac and Fox history.
- ✓ We currently hold the **oral and written histories** for Sac and Fox members.



# Gardening Workshop



**Interested in gardening? Or Maybe you're already an experienced gardener with questions? Either way join us for a short workshop on Gardening with Mr. George Driever, Pottawatomie County OSU Extension Office Horticulturist and 4-H Educator, to learn more and to answer any questions you may have. Refreshments will be served and there will be door prizes for those in attendance.**

**April 15 - Topics Include:**

- Gardening 101
- Raised Bed Gardening
- Companion Plants

**April 16 - Topics Include:**

- Drought Resistant Choices
- Irrigation
- Hoop House/Green Houses

**Date:**  
**April 15-16, 2013**

**Time: 2pm - 4pm**

**Location: Sac and Fox Nation Learning Center**

If you have any questions regarding this event or would like to RSVP please contact a OES staff member at the number or email below.



**Sac and Fox Nation  
 Office of Environmental Services**

Phone: 918-968-0046  
 Email: [oes@sacandfoxnation-nsn.gov](mailto:oes@sacandfoxnation-nsn.gov)



