



# Campo EPA News

VOLUME 20, ISSUE 1

SPRING 2024

## SPECIAL POINTS OF INTEREST:

- CEPA has planted around 300 acorns since March.
- Join us for our annual Waste Collection event on Saturday, June 22nd.
- Air Program staff will be holding two classes with Campo Education this summer to teach students about the AQI Flag program and personal Air Quality Monitors.

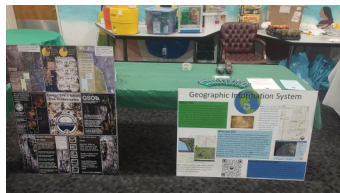
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## Campo EPA Annual Environmental Fair

The Campo EPA held its annual Environmental Fair in honor of Earth Day on Sunday, April 21st...the day before Earth Day. This year's theme was "The Lorax" and, for a delightful change of scenery, was co-hosted by Campo's Education Department at the Education Building.



One of the many educational booths this year featured information on Geographic Information Systems (GIS)

Attendees were greeted by groves of Truffula trees, staff and volunteers dressed in bright

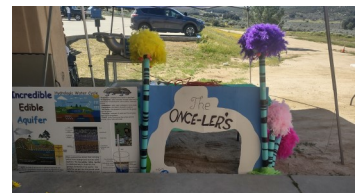
yellow or green Lorax t-shirts, and interactive and educational booths.



Anyone who completed the GIS Scavenger Hunt got a delicious Bar-ba-loot Treat

Among the demonstrations and displays were CEPA's Indoor Air Quality table, a Geographic Information Systems (GIS) information booth - complete with scavenger hunt, a recycling sort game for the kids, Southern Indian Health Council (SIHC) informational booth, fresh veggies and

succulent planting, a variety of trees from Tree San Diego, San Diego Gas & Electric's informational table and, as always, the Incredible Edible Aquifer demonstration booth. To make the day even better, SIHC handed out free popcorn to accompany a free showing of The Lorax movie. CEPA would like to thank the 80+ attendees who joined our celebration. Also, a special thanks to all of our wonderful guests and volunteers!



The Once-Ler set up shop at CEPA's Incredible Edible Aquifer booth

**CAMPO RESERVATION COMMUNITY CLEAN UP**

36190 Church Road, Campo, CA  
@ THE BASEBALL FIELD  
JUNE 22, 2024  
8AM TO 12PM

BRING YOUR OLD APPLIANCES, ELECTRONICS, MATTRESSES & TRASH

**Not Accepting:**

- HAZARDOUS OR CONSTRUCTION WASTE
- TIRES
- USED OIL OR PAINT

THIS EVENT IS SPONSORED BY THE CAMPO ENVIRONMENTAL PROTECTION AGENCY  
For more information, please contact Charal Brown @ 619-378-5072 (EXT) 376

**Campo Band Tribal EPA is excited to announce another Community Clean-up Day on:**

**Saturday, June 22, 8:00 AM - 12:00 PM.**

The local Fire Safe Council is also sponsoring a free Tire Drop-off the same day.

**Free Tire Drop off!**

**You bring - You unload**

This is a TIRES ONLY Drop off event  
TIRES ONLY - Ok with the Rim

**Boulevard**

Backcountry Resource Center  
39919 Hwy 94  
Boulevard

Two Dates:

**Saturday: June 22, 2024**  
**Saturday: July 13, 2024**

8:00 AM until NOON or until dumpsters are full

No dumping Before or after Event  
This is a TIRES ONLY Drop off event

For more information Call: 201-890-3344

This event is made possible by:

The Real East County Fire Safe Council  
Funded by Sunrise Powerlink  
Fire Mitigation Grants Program

# What's Going on with Our Native Plant Nursery?



Oaks are monoecious, which means both male and female flowers are located on the tree separately. Wind helps the pollination stage and once that phase is finished the acorns start to develop.

As of October 1st, 2023, CEPA is now working with the Non-Point Source grant that will help fund growing Native Plants. In late October Channel observed many Oaks in the BAR area. In early December she started collecting in 4 locations (001-004). Location information is collected using GPS and then input into CEPA's geodatabase. This information helps identify the parent of the acorns. Acorn collection ended in January 2024. Once picked, all acorns were marked and put into the refrigerator to start the germination



process. By March 18th, a total of 170 were planted. Another 200 were planted in May. This year CEPA will be observing acorns planted with store bought soil vs acorns planted in natural Campo soil. In total thus far we have 270 planted with store

bought soil that contains nutrients and 100 planted, during the last week of May, in Campo soil. The last bag of acorns has not started its germination process but will be planted once progress is seen.



Graphic from: UC Davis Health

Persons with asthma should have an Asthma Action Plan like the one below:

<p><b>1. Green - Go</b> 😊</p> <ul style="list-style-type: none"> <li>Breathing is good.</li> <li>No cough or wheeze.</li> <li>Can work and play.</li> </ul>	<p>Take your control or preventative medicines as directed, go prescribed.</p> <p>If using an albuterol inhaler, a good guideline is to use it 5-15 minutes before very active exercise.</p>
<p><b>2. Yellow - Caution</b> 😟</p> <p>Coughing Wheezing</p> <p>Tight Chest Wakes up at night</p>	<p>Keep using controller medicines as directed, but add your quick-relief medicines to keep an attack from getting bad.</p> <p>If symptoms do not improve after first hour of treatment, go to red zone.</p> <p>Call your doctor if symptoms persist longer than 24 hours.</p>
<p><b>3. Red - Stop - Danger</b> 😡</p> <ul style="list-style-type: none"> <li>Medicine is not helping.</li> <li>Breathing is hard and fast.</li> <li>Nose opens wide.</li> <li>Can't walk.</li> <li>Ribs show.</li> <li>Can't talk well.</li> </ul>	<p>Take your quick-relief or rescue medicines.</p> <p>Call your doctor and, if applicable, your parent/guardian immediately!</p> <p>Call 911 for severe symptoms, if symptoms don't improve, or you can't reach your doctor.</p>

## Asthma Aware

### What is Asthma?

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for thousands of Native Americans. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers.

### What is an Asthma Trigger?

An asthma trigger is something that can affect your ability to breathe and may cause an asthma incident, sometimes also called an asthma attack. Here are a few common triggers and how you can eliminate them...

**Dust Mites** - Washing bedding in water heated to at least 130 F and dusting surfaces inside your home with a damp cloth regularly can reduce dust mites. Use

washable curtains made of plain cotton or synthetic fabric. Those with asthma should also consider installing a ventilation system, such as a mini-split, or air purifier.

### Pollen -

Close windows and rely on air conditioning during pollen season. Vacuuming and mopping at least twice a week reduces pollen accumulation on floors. Replacing carpet with tile or wood floors can also help.

### Mold (also called Growth) -

Mold thrives in warm, moist environments, so always repair leaks and maintain a temperature between 68°F and 72°F in your home. You can also install and use an exhaust fan to reduce moisture while taking baths or showers then towel-dry the tub and enclosure after use. Remove wallpaper and install tile, or paint the walls with mold-resistant enamel paint. Humidity levels in your home should not exceed 50% so using a dehumidifier may be necessary.

### Pet Dander -

Pet dander is generally harmless and goes unnoticed by most people but if you have pet allergies and suffer from asthma, it can also trigger an attack. While rehoming your pet is not something you'll likely consider, you can at least keep them out of your bedroom and off of furniture. Giving pets regular baths and using air purifiers can minimize the amount of dander in the air. Also, consider keeping pets outside as often as possible if weather permits.

### Smoke -

Avoid the use of wood-burning fireplaces or stoves because smoke and gases can worsen respiratory allergies. Most natural gas fireplaces won't cause this problem. Never smoke inside your home or around children. Closing windows and relying on air conditioning with HEPA filters during wildfire smoke events will reduce the potential for smoke and fine particles from ash.

# Updates from the CEPA Office



In the month of May 2024, CEPA staff started cleaning up inside and around the office and other outbuildings. This consisted of a moving things around, getting rid of unused and unnecessary stuff, wiping down surfaces to remove pest wastes and dust, cleaning out the

**Before and After: CEPA cleaned up an illegal dumpsite on Kumeyaay Rd.**

fruit trees in CEPA's yard. This made a lot more room for staff to work efficiently and safely.

Staff also helped the new Campo Water Operator with getting ready for the upcoming public water system Sanitary Survey by clearing weeds all around the

green storage shed, clearing the weeds and fallen tree limbs, fixing and putting things together for the greenhouse, and putting mulch and rocks around the

water tank and pump house, and cleaned up a small illegal dumpsite on Kumeyaay road. Illegal dumping can have significant impacts on health and safety as well as adding an increased risk of fire.

CEPA has also been working on the initial planning for holding a special waste collection event for the community on Saturday, June 22nd from 8:00 AM to 12:00 PM. Sponsoring events like this gives the local community an opportunity to dispose of large items such as appliances, electronic waste, and mattresses in a safe and legal way.

**Campo EPA has also rebranded with this fresh, new logo:**



**“We can’t cure asthma but if we can help reduce outbreaks and doctors’ visits, that would be a major win for everyone!”**

## Campo EPA’s Air Quality Program



Hello, I am Robert Hughes, Senior Environmental Specialist here at Campo EPA.

I have been working for CEPA, primarily in the Air Quality program, for more than seven years.

Lately, CEPA has been running 3 air monitors around the reservation: 2 PurpleAir sensors (one in South Campo on BIA 15, and one stationed at the EPA office), and a Teledyne T-640 continuous monitor. The T-640 is a FRM (Federal Reference Method) monitor, which means it is the primary acceptable sampling design used for collecting and testing concentrations of PM2.5. To date, Campo's T-640 has a completeness report above 80 % data completeness to EPA. We will have an additional PurpleAir monitor installed in Old Campo soon for comparison of air quality difference between parts of the reservation. These sensors are used to cross check each monitor’s accuracy to confirm data is valid. It is CEPA's plan to eventually put T-640 air moni-

toring station and meteorological tower in Old Campo as well.

### Future goals for the Air Quality department this summer:

CEPA will be holding a class to introduce the Flag Program to students and staff at the education center, and we will install a flagpole location to represent the daily Air Quality in the area by color. The Air Quality Index flags will be displayed each day for people to see when they come to the Education center or drive by.

The Air Quality Department will also be holding a class during the summer program with personal air monitoring equipment for students to see the changes in air quality depending on their surroundings and conditions. They will be able to identify sources of pollution based on recorded data in their home or where they were during spikes of pollution.

Campo is also looking into starting a pilot project for indoor home testing which will help residents identify growth, possible pollution sources, Integrated Pest Management (IPM) issues, and develop better practices inside homes. Some indicators that your home many need testing are: if

you believe your house is too dry/moist, too hot/cold, growth issues, pest problems, increased number of asthma incidents, and other issues. If this is of interest to you or your family, please reach out to Robert Hughes or June Jones at Campo EPA and we will start to develop a list of interested homes in testing. Also, if you have questions or would like more information, please let us know. We are very interested in helping the community become more aware and help avoid hazards that are completely preventable inside your home.

Everyone is concerned with what they eat or drink, but what you breathe in may be the most important factor to your overall health. After all, asthma is often triggered by poor indoor air quality. We can’t cure asthma but if we can help reduce

outbreaks and doctors' visits, that would be a major win for everyone!

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good < 10 ug/m3	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate < 35 ug/m3	51 to 100	Air quality is acceptable, however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups < 65 ug/m3	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy < 150 ug/m3	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy < 300 ug/m3	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous < 600 ug/m3	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.



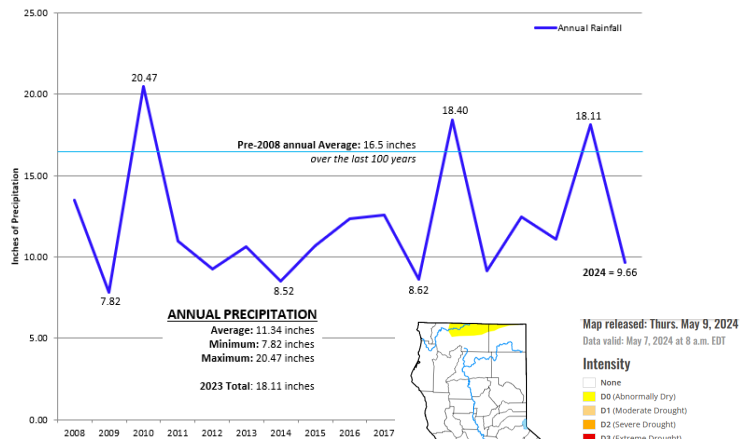
**Campo EPA**  
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 Campo, CA 91906

# Campo Environmental Protection Agency



*“To promote the health and welfare of the residents of the Reservation and in furtherance of the sovereign rights of the self-governance of the Campo Band, the General Council declares its commitment to the establishment and maintenance of the highest attainable standards of environmental quality within the exterior boundaries of the Reservation.”*  
 Campo EPA regulations.

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According to the U.S. Drought Monitor, only 2.7% of California is experiencing abnormally dry conditions this quarter with 0% of the state experiencing drought. This is likely a direct result of several significant rain events over the past four months. January through April yielded 9.66 inches of precipitation with a single day high of 1.78 inches on January 22nd. Annual precipitation for 2024 is about 3.3 inches higher than the 10-year average for January through April but 5.5 inches less than this time last year. According to the National Weather Service Climate Prediction Center, a transition from El Niño to ENSO-neutral is likely in the next month but it is uncertain what this will mean for precipitation in our area.

To view the most recent Drought Monitor, visit:  
<https://droughtmonitor.unl.edu/CurrentMap/StateDroughtMonitor.aspx?CA>