



Health & Environment

Connection

A publication of LocalMotion, a non-profit organization dedicated to "Better Health through Fewer Toxins"

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Dangerous Dust Bunnies

Most of us dislike dust for various reasons, but the Silent Spring Institute in Newton, Massachusetts, has found yet another. Researchers sampled air and dust in 120 homes in Newton, known for its high rate of breast cancer. They tested the samples for 89 chemicals, all of which have been identified as endocrine disruptors. Phthalates (found in plastics, building materials, food packaging, and personal care products) and compounds used in disinfectants, detergents, and adhesives were the most abundant of the 52 chemicals detected in air samples. PBDEs, used in flame-retardants, were the most frequently found compound in dust samples. Surprisingly, a carcinogen present as an impurity in a flame retardant banned over 25 years ago was discovered in both the air and dust of some homes. PCBs, similar to PBDEs in endocrine toxicity, were also found, but at lower levels than PBDEs. Air samples revealed 23

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Breathe Easy

—Melissa C. Vachon

THE WINTER MONTHS ARE HERE! We've replaced summer's screens with storm doors and windows, brushed the mothballs off of winter's wool sweaters, and turned on the heat. Next, a little power cleaning and then we are ready to settle into our cozy homes. But before you cuddle up with a cup of hot cocoa and a good book, think about what may be sealed up inside the house with you and your family.

Our houses are filled with potentially dangerous substances. While performing everyday tasks, such as cleaning or getting ready for a night out, we may release suspected cancer-causing substances, hormone-disruptors, and agents linked to birth defects. And without exposure to sunlight or other elements, these chemicals do not break down. They stick around. In fact, the U.S. Environmental Protection Agency (EPA) has found that levels of indoor pollutants can be two to five times higher than outdoors.

The good news is we do not have to compromise our health to find effective cleaning agents or indulgent personal care products. A few easy changes can improve your indoor environment so you can sit back and say, "Cheers!" knowing neither you nor your children or friends are breathing in the bad stuff.

CLEANING PRODUCTS

Avoid cleaners and other household products tattooed with "Danger" or "Poison." The EPA has identified these products as highly toxic, meaning a few drops to a teaspoon could kill the average person. Products labeled with "Warning"

are considered moderately toxic (a teaspoon to an ounce is lethal). Slightly toxic products contain the word "Caution" (over one ounce is lethal). But remember, even some of the milder cleaning products are still labeled with "Caution" since they are not meant to go on the skin or in the eyes.

The word "Flammable" on the label indicates the product may contain volatile organic compounds (VOCs). "Organic" in this case means carbon-based. Since carbon burns, many VOC-containing products are flammable. VOCs are "volatile" because they evaporate readily at room temperature. VOCs are common in household products like cleansers, disinfectants, degreasers, furniture oil, spot remover, and rug cleaners and include solvents such as formaldehyde, benzene, and trichloroethylene.

The health effects from VOCs range from headaches and dizziness to lack of coordination, stomach pains, irritated eyes, nose, and throat as well as trouble concentrating. According to the EPA, some VOCs "...are suspected of causing, or are known to cause, cancer in humans."

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GOOD NEWS FROM AROUND THE NATION

—Melissa C. Vachon and Kate Webber

Who Invited Arsenic to the Picnic? New York Law Protects Residents and Visitors from a Known Carcinogen



AUGUST 8, 2003: NEW YORK PASSED A LAW REQUIRING ALL PICNIC TABLES ON PUBLIC PROPERTY BE MAINTAINED TO MINIMIZE HEALTH RISK FROM CHROMATED COPPER ARSENATE (CCA) TREATED WOOD.

CCA is used to preserve about 90% of all outdoor wooden structures such as decks and playscapes. If a structure was built in the past 30 years from any wood other than cedar or redwood, it was most likely treated with CCA. The U.S. Environmental Protection Agency (EPA) recommends consumers never burn treated wood as it can release toxic smoke and ash. People should also wear gloves, a mask, and goggles when working with treated wood; always wash hands thoroughly after contact; and food should never come into direct contact with any treated wood. Picnickers can take simple measures like using a tablecloth to further protect themselves. Owners of treated wood products can also apply an annual coating, such as AFM Safecoat's non-toxic stain and finish, to reduce CCA leaching. Available alternatives include non-treated wood (cedar and redwood), plastic, metal, and non-arsenic containing chemical preservatives.

This was the second time New York has taken such measures. The first was in 2002, when the State amended its Environmental Conservation Law to ban the use of CCA in new public playgrounds and minimize CCA leaching on existing playgrounds. Now, in New York, all publicly owned playgrounds and picnic tables containing CCA will be treated with a protective sealant, and the surrounding ground maintained to limit human exposure.

Such concern from New York and other states over arsenic in CCA-treated wood has prompted the wood preservative industry to voluntarily stop using CCA to preserve residential lumber products by the end of this year. The industry is working with the EPA, which, as of January 2004, will no longer allow CCA in decks, playscapes, picnic tables, landscaping timbers, gazebos, residential fencing, patios, walkways, and boardwalks. Even though the ban is self-imposed the wood preservative industry maintains that CCA-treated wood is safe.

GOVERNOR SIGNS LEGISLATION TO PREVENT POTENTIAL HEALTH RISK. OFFICE OF GOVERNOR
GEORGE E. PATAKI, AUGUST 8, 2003 (ACCESSED AUGUST 23, 2003). [HTTP://WWW.STATE.NY.US/GOVERNOR](http://www.state.ny.us/governor)

Soon to be PBDE-Free Toxic Flame Retardants Being Phased Out

NOVEMBER 3, 2003: THE GREAT LAKES CHEMICAL CORPORATION OF WEST LAFAYETTE, INDIANA, WILL VOLUNTARILY CEASE PRODUCTION OF TWO HIGHLY HAZARDOUS FORMS, PENTA- AND OCTA-

OF POLYBROMINATED DIPHENYLEETHERS (PBDEs) BY THE END OF 2004.

PBDEs are commonly used as flame retardants: Penta primarily in furniture foam and Octa in plastics for personal computers and small appliances. The EPA states that the company's decision to stop production of these chemicals will accelerate the shift to safer alternatives.

PBDEs accumulate in animal and human tissue and in mothers' milk. They have been shown to be thyroid toxins in laboratory mice. Even low levels of exposure could harm the developing human brain, affecting memory, behavior, and learning. Together, the U.S. and Canada account for almost half of global PBDE use. Not surprisingly, the breast milk of North American women has the highest levels of PBDEs worldwide. Samples of breast milk show Americans to have 10–100 times higher levels than Europeans.

A third, and more heavily used, form of PBDEs, Deca, is also made by Great Lakes Chemical Corporation. Although the company claims Deca is safe, other recent research shows it is as harmful as Penta and Octa, and present in breast milk. European studies have shown that in the environment, Deca rapidly breaks down to Penta and Octa, the two most harmful and readily absorbed forms of the chemical.

Currently, companies such as IKEA sell upholstered furniture that has not been treated with PBDEs. Computer and electronics companies such as Apple, Ericsson, IBM, Intel,

Motorola, Panasonic, Phillips, and Sony are also already producing some PBDE-free products (for a list of PBDE-free products visit www.environment.org, Toxics and Environmental Health Program).

CHEMICAL COMPANY AGREES TO EARLY PHASEOUT OF TWO TOXIC FIRE RETARDANTS. *ENVIRONMENTAL WORKING GROUP*, NOVEMBER 3, 2003 (ACCESSED NOVEMBER 7, 2003). [HTTP://WWW.EWG.ORG](http://www.ewg.org)

BROMINATED FLAME RETARDANTS TO BE VOLUNTARILY PHASED OUT. *U.S. NEWSWIRE*, NOVEMBER 3, 2003 (ACCESSED NOVEMBER 7, 2003). [HTTP://RELEASES.USNEWSWIRE.COM](http://releases.usnewswire.com)

SCHecter, ARNOLD, ET AL, POLYBROMINATED DIPHENYL ETHERS IN U.S. MOTHERS' MILK, *ENVIRONMENTAL HEALTH PERSPECTIVES*, NOVEMBER 2003, VOL. 111, No. 14.



Peaches, Peanuts, Potatoes:
Poison Traps?
**Four States Sue EPA for
not Protecting Children
from Pesticides**

SEPTEMBER 15, 2003: THE ATTORNEYS GENERAL OF NEW YORK, CONNECTICUT, MASSACHUSETTS, AND NEW JERSEY SUED THE EPA FOR FAILING TO FOLLOW THE GUIDELINES OF THE FOOD QUALITY PROTECTION ACT OF 1996.

The Act recognizes that children are more susceptible than adults to harm from pesticides because they grow and develop rapidly; lack mature metabolisms to deal with the toxicity of pesticide residues; and consume more potentially pesticide-laden food per pound than adults.

According to the Food Quality Protection Act, the EPA's pesticide residue standards for children must be 10 times stricter than those considered acceptable for adults. Only when scientific evidence shows that a lesser standard still protects children can the stricter adult standard be waived.

The attorneys general alleged that the EPA had waived the tougher standard for many pesticides without

“adequate scientific research.” The States cite five pesticides* in particular, which are commonly used on foods that children eat everyday. Connecticut Attorney General Richard Blumenthal stated, “The EPA's failure to protect children from poisonous pesticides is unconscionable and unlawful. It makes everyday foods potential poison traps. Pesticides kill pests because they disrupt and destroy vital life systems—and can have the same toxic effects on children if their residues remain on food.” American farmers use over 724 million pounds of pesticides each year. The lawsuit was filed in United States District Court for the Southern District of New York.

*According to EPA data, the following pesticides are each found on food frequently consumed by children.

Pesticides Commonly Used on Food
ALACHLOR , used on: corn, soybeans, peanuts.
CHLOROTHALONIL , used on: bananas, broccoli, carrots, corn, peaches, peanuts, potatoes, soybeans, squash, tomatoes.
METHOMYL , used on: apples, beans, broccoli, corn, grapes, oats, oranges, peach- es, peanuts, pears, soybeans, tomatoes, wheat.
METRIBUZIN , used on: carrots, potatoes, soybeans, sugar cane, tomatoes, wheat.
THIODICARB , used on: corn, soy beans.

For more information about protecting your child from pesticide residues on food, visit our website at: www.local-motion.org/strawberry.html

STATES SUE EPA FOR FAILING TO PROTECT CHILDREN FROM PESTICIDES, *OFFICE OF NEW YORK STATE ATTORNEY GENERAL ELIOT SPITZER*, SEPTEMBER 15, 2003 (ACCESSED OCTOBER 19, 2003). [HTTP://WWW.OAG.STATE.NY.US](http://www.oag.state.ny.us)

DUST BUNNIES continued from page 1

different pesticides, with 27 found in dust. Multiple banned pesticides, including chlordane and chlorpyrifos (in air and dust), and DDT (in dust), were found at relatively high concentrations.

Some of the endocrine disrupting chemicals are also known carcinogens and reproductive toxins. Fifteen of these compounds surpassed EPA-recommended levels for residential soil concentrations, set to protect young children.

When compared to other data, the results from this study were similar to concentration levels reported in other parts of the country. The researchers noted specifically that the PCB levels they found were similar to or lower than those found in Detroit.

Indoor concentration of most of the compounds were at least 10 times greater than results from previous studies of outdoor air. According to the researchers, this confirms that most of the chemicals came from household products and materials.

ARE U.S. HOMES A HAVEN FOR TOXINS? HOUSEHOLD EXPOSURE STUDY FEATURED IN 'A-PAGES' OF ENVIRONMENTAL SCIENCE AND TECHNOLOGY. *SILENT SPRING INSTITUTE*, NOVEMBER 1, 2003 (ACCESSED NOVEMBER 7, 2003). [HTTP://WWW.SILENTSPRING.ORG](http://www.silent-spring.org)



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HEALTHY Holiday Giving

CANDLES

Candles provide a warm heartening glow around the home. Unfortunately, some also emit pollutants like benzene, styrene, toluene, acetone, and particulate matter. Of particular concern are scented and aromatherapy candles made with petroleum-based paraffin. The fragrance oils in these candles soften the wax so it does not burn cleanly, creating soot. The U.S. EPA and the State of California have recognized microscopic soot particles as being responsible for the aggravation of respiratory illness. As well, some imported candle wicks are made of lead.

Illuminate your holidays with natural candles. Soy and beeswax candles are longer lasting, cleaner burning alternatives to petroleum-based paraffin candles. They are readily available in many stores. For fragranced candles, choose only those scented with high quality essential oils.

Internet sources for soy and beeswax tapers, votives, and Chanukah candles: www.beeswaxcandles.com, www.honeyflowfarm.com, www.illuminous-times.com

CLEAN START

Give your family and friends a clean, healthy start in the New Year with a selection of non-toxic cleaning or personal care products (page 6). Try a sampling of cleaning products from Earth Friendly, Seventh Generation, and Ecover. A gift basket of pampering products is always appreciated, especially when it contains lotions, bubble bath, or cosmetics from companies such as Avalon Organics, Burt's

HEALTHY HOLIDAY continued on page 5



WETCLEANING

A Clean Conscience

—Liza Rosen

THE HOLIDAY SEASON IS UPON US AND MANY OF US WILL BE INVITING GUESTS TO OUR HOMES TO CELEBRATE. They are hungry, bearing gifts, and adorned in their finest clothing. Together, we will toast friends and family and feast on delicious food. After hours of conversation, our visitors will leave, pleasantly full and perhaps wearing part of their dinner. Whether cranberry sauce, red wine, or gravy, some of our holiday dinner inevitably finds its way onto our best outfits.

Most of this stained clothing will eventually find its way to the drycleaners. This is because most of the clothing we wear on festive occasions or in professional settings is made of special materials labeled "Dry Clean Only" and there is no other way to clean it, right? Wrong. Exciting alternative methods are emerging within the cleaning industry, allowing even the most delicate items to be cleaned in water.

DRYCLEANING

Since the 1800s, people have used dry solvents to remove tough stains from fabric. Perchloroethylene (also known as PCE or perc) was developed in the 1930s to replace the extremely flammable petroleum-based solvents available at that time. Although other choices exist, perc is the most commonly used solvent within the drycleaning industry in the United States.

Perc is not flammable, but is highly volatile, meaning it readily evaporates into the air. As a result, the

majority of perc used during industrial processes, such as drycleaning, is out-gassed to the environment. Perc has been detected in the air of metropolitan and industrial areas in the U.S. at concentrations several magnitudes greater than in rural areas¹. Similarly, freshly drycleaned clothes placed in a closet can raise perc levels within the closet to more than one hundred times the level the federal government considers safe for workers². Perc is also a commonly detected drinking water pollutant³.

Perc contamination of air and water is a serious concern. Occupational studies have shown chronic perc exposure to increase one's risk of dying from cancers of the tongue, bladder, esophagus, intestine, lung, and cervix. In addition, some studies suggest that women working in drycleaning facilities have higher rates of miscarriage than those in the general population, and seek fertility services more often. The developing fetus, children, and especially the developing nervous system may be particularly susceptible to the toxic effects of perc.

WETCLEANING

Fortunately, there are safe, effective alternatives to perc that are beginning to take hold. Of all the proposed new technologies, wetcleaning has received the most attention. Wetcleaning is a process in which cleaners use detergents and special machines with computer operated controls that strictly manage each phase of the cleaning process.

Several case studies, conducted by governmental and non-profit organizations, have demonstrated the viability of 100% wetcleaning businesses. Further, the International Fabricare Industry (IFI) maintains that most existing facilities can, “wetclean 30-40% of the items processed in the facility with minimal difficulty.” A higher percentage, 60-80, can be achieved with the addition of specialized equipment and trained employees⁴. This determination is supported by the success of existing facilities.

LOCAL SUCCESS

Curtis Cleaners, with locations in Lowell, Grand Rapids, and Ionia, is a positive illustration of the benefits realized when supplementing perc-based facilities with wetcleaning capabilities. Curtis Cleaners’ owner, Kevin Smith, points out that regardless of the reductions in solvent use achieved by the industry in the past decade, wetcleaning represents an important opportunity for further reduction. Since the introduction of wetcleaning machines to Curtis Cleaners’ main plant five years ago, their total perc use has been halved. This reduction is partially due to the replacement of older perc machines with more advanced, higher “generation” equipment, which have a greater capacity for recapturing and reusing solvent. However, the diversion of clothing to wetcleaning machines has certainly contributed. In fact, Smith estimates that their plant now wetcleanes about 30-40% of the clothes they process.

Additional training and experience can expand a plant’s ability to offer wetcleaning services to their customers. Certain fabrics will respond better to wetcleaning than others. Cotton, nylon, polyester blends, rayon, down, and some leathers and silks can be wetcleaned with results comparable or superior to that of drycleaning. Wools are not generally wetcleaned unless the label suggests hand washing. Wedding gowns, on the other hand, wetclean fabulously. Curtis Cleaners plant

operators determine the appropriate cleaning method based on the fabric’s content and the presence or absence of certain stains. Whether wet or drycleaned, the customer’s clothing is returned in the same amount of time, for the same price.

NEXT STEPS

Curtis Cleaners is clearly a success story, but unfortunately it is one of few cleaners who have expanded their services in this way. Wetcleaning is just beginning to take hold in Michigan and thus, services are limited. In addition to Curtis Cleaners there are at least 7 other establishments, providing wetcleaning services in the State. One facility in Southeast Michigan, Executive Cleaners in Warren (586-574-0959), has wetcleaning machines and will wetclean your clothes by request.

If you can’t locate wetcleaning facilities in your area—don’t panic. Next time you go to the cleaners, ask about their methods. Call LocalMotion to request educational materials you can bring along. Show the cleaning industry that there is demand for these services. In the meantime, air out your drycleaned clothes in a well-ventilated area before bringing them inside the home, and bring a bib to this year’s holiday feast!

For more information contact LocalMotion or visit the following websites.

Real World Wetcleaning: A study of three established wetcleaning shops:
<http://www.cnt.org>

EPA’s Frequently Asked Questions About Drycleaning: <http://www.epa.gov>

¹ 9TH REPORT ON CARCINOGENS FROM U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

² SCHEITLER M.D., TED, ET AL. (1999) GENERATIONS AT RISK: REPRODUCTIVE HEALTH AND THE ENVIRONMENT. MIT PRESS; CAMBRIDGE, MASSACHUSETTS.

³ TOXICOLOGICAL PROFILE FOR TETRACHLOROETHYLENE (UPDATE) FROM U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

⁴ INTERNATIONAL FABRICARE INSTITUTE’S HOMEPAGE <HTTP://WWW.IFL.ORG/>

Bees, Dr. Hauschka, and Aubrey Organics.

Many of these products are available online or can be purchased at local stores including Cass Corridor Food Co-op, Healy’s Health Hut, Sprout House, and Whole Foods.

ORGANIC LUXURIES

In 1997 (last date data was available), approximately 10% of all pesticides sold for U.S. agricultural use was applied to cotton, making it one of the most heavily treated crops in America. After harvesting, cotton products are often further treated with dyes and other chemicals, such as formaldehyde, which is applied to provide wrinkle resistance.

Give the gift of healthy comfort with luxurious organic bedding, blankets, or bath towels.

Sources for organic bed and bath linens:
www.coyuchiorganic.com, www.gaiam.com,
www.organiccottonalts.com

CHILD’S PLAY

Many plastic toys containing  PVC have been found to leach toxic phthalates into the surrounding environment, including your child’s mouth. To avoid buying PVC toys look for the recycling circle on the toy’s surface. If the circle has a number 3 inside, it is made of PVC. Toys made of solid wood and treated with non-toxic paints and finishes are a great alternative to plastic.

For complete information on safe children’s toys: Mother’s and Other’s Green Guide to Healthy, Green Toys
www.healthythoughts.com/ht17/shoppers.htm

For a listing of toy companies and their policies regarding PVCs and phthalates: The National Association of State PIRG’s 2002 Trouble in Toyland Report
www.nypirg.org/consumer/2002/appendix5.pdf

Companies selling natural cotton and non-toxic wood toys:
<http://chec.greenhome.com/products/kids/toys/>
www.magiccabin.com
www.naturalplay.com
www.ecobaby.com

For safer products, reach for Seventh Generation, Earth Friendly, or Ecover. Each lists ingredients on the label and if you look, you'll see those ingredients are things like citric acid and vegetable oils—not hazardous chlorine bleach or butyl cellosolve, a suspected neurotoxin and blood, liver, and kidney toxin.

If you do use bleach, never mix it with ammonia—a highly toxic gas can be formed. Bleach by itself is considered a “high concern” pollutant, and is a potent irritant to eyes, upper respiratory tract, and lungs. It is also extremely irritating to the skin and can cause severe burns

Smell plays an important part in how clean we feel our house is. Many air fresheners, however, use chemicals that deaden nerve endings, inhibiting the ability to smell. Non-toxic air fresheners are available from Earth Friendly and Ecco Bella. Instead of masking an offensive odor, try using baking soda to deodorize refrigerators, carpets, garbage cans, and cat boxes. Zeolite is a mineral that absorbs odors even more effectively than baking soda. ZeoFresh, Earth Friendly, and Seventh Generation manufacture refrigerator and litter fresheners containing zeolite.

PERSONAL CARE PRODUCTS

According to the National Institute of Occupational Safety and Health, of the 2,983 chemicals we brush, spray, and lather onto our bodies, 884 have been reported to the government as toxic substances. The United States General Accounting Office reports 125 cosmetic ingredients are suspected of causing cancer, 20 may cause adverse effects to the nervous system, and 20 are suspected of causing birth defects. And they not only go onto our skin, they also go into the air.

Phthalates (pronounced tha-lates), commonly used in perfume/cologne, nail polish, hairspray, and deodorant, have been detected in the air inside homes (see Dangerous Dust Bunnies, page 1). Phthalates are used to, among other things, soften vinyl and other plastics. They can damage the liver, kid-

neys, lungs, and reproductive system, especially developing testes. Dibutyl phthalate (DBP), most commonly used in cosmetics, has been found to cause birth defects. In 2000, Centers for Disease Control and Prevention tested 289 men and women for DBP. The chemical was found in everyone, though the highest levels were in women ages 20-45. As of January 2003, the European Parliament has banned the use of DBP and another phthalate, DEHP, in cosmetics. The European Union said they have legislated DBP and DEHP “...as if they impair fertility in humans” and “...cause developmental toxicity to humans.”

Perfume and cologne, nail care products, and products in aerosol cans (like hairspray and deodorant) threaten the quality of indoor air in another way. They contain VOCs, such as formaldehyde, toluene, and acetone.

Does that mean we have to have flat and frizzy hair, weak and naked nails, and smell pungent in order to avoid harmful chemicals? No! Safer products do exist. According to a report by Environmental Working Group, “Almost all major cosmetic companies market some products without phthalates.” The report and a list of phthalate-free hairsprays, deodorants, body lotions, and nail polishes can be viewed at www.nottoopretty.org. Additionally, No Miss Nail Care Products, Inc. sells products without phthalates, toluene, and acetone.

SIMPLE SOLUTIONS

VENTILATE—If possible, especially while using potentially harmful products. Newer homes (those built in the 1970s or after) are more air tight than older homes. Just cracking open the windows on mildly warm days helps.

READ LABELS—Be a wise consumer: Use household and personal care products that are less toxic or non-toxic. Avoid products labeled with “Danger” and “Poison” and “Flammable.”

Are the ingredients revealed? If not, the product is suspect. According to the EPA, “If a product label does not provide ingredients or adequate

instructions on how to safely use the product, consider buying a product that does list this basic information.” Try to stick with products that have simple and fewer ingredients.

STOP USING AEROSOLS—Aerosols release contents in a fine mist enabling harmful ingredients to disperse easily throughout the home. In addition, when breathed in, the mist is able to penetrate deep into the lungs.

AVOID CHEMICAL PESTICIDES—Inside and out. Pesticides are meant to kill. Many contain neurotoxins. The pesticides most commonly used indoors are insecticides and disinfectants—Clorox Bleach is a registered pesticide. The EPA states, “No pesticide can be considered safe.”

LEAVE SHOES AT THE DOOR—Outdoor pollutants won't be tracked onto the carpet and floors.

CLEAN THE FLOOR—Pollutants cling to carpet fibers and dust particles. Mop regularly and use a vacuum cleaner with a HEPA filter. HEPA filters capture 95% of all particles.

Look for these brands of safer cleaning and personal care products:

Cleaning

Bio-Pac, www.bio-pac.com
Earth Friendly, www.ecos.com
Ecover, www.ecover.com
Seventh Generation, www.seventhgen.com

Body Care and Cosmetics

Avalon Natural Products, www.avalonnaturalproducts.com
Aubrey Organics, www.aubreyorganics.com
Burt's Bees, www.burtsbees.com
Dr. Hauschka Cosmetics, www.drhauschka.com
Ecco Bella Cosmetics, www.eccobella.com
No-Miss Nail Products Inc., www.nomiss.com

Body Care and Dental Care Products

Toms of Maine, www.tomsomaine.com
Jason, www.jason-natural.com

Many manufacturers offer products that do not contain harmful ingredients. For a more complete listing of safer household products please refer to **The Safe Shopper's Bible : A Consumer's Guide to Nontoxic Household Products** by David Steinman and Samuel S. Epstein.



You can help LocalMotion continue to provide quality educational programs.

LocalMotion achieved much in the past year

Last April, a partnership between LocalMotion and the Air and Waste Management Association presented Detroit business leaders and decision-makers with excellent strategies for reducing urban air pollution.

This summer, working with LocalMotion, the City of Grosse Pointe Farms designated a portion of the Pier Park as pesticide-free. The Tot Lot and its surrounding area were maintained without the use of synthetic fertilizers or pesticides.

Most recently, LocalMotion published the first edition of Health and Environment Connection (HEC), our quarterly newsletter. Almost 2,600 people received HEC and we are thrilled to have this opportunity to give readers the information they need to make healthy decisions for themselves, their families, and their communities.



LocalMotion has exciting plans for the coming year

In the Schools: We are developing advisory committees to help schools protect community children by further reducing their pesticide use; LocalMotion's new reference library for schools will be full of hands-on tools and information for implementing safer pest control; we will also be working hard to broaden the base of parents being notified when pesticides are sprayed—so kids won't be exposed.

In the Community: We are looking forward to working with local stores to boost the availability of sought after—and safer—cleaning supplies, lawn and garden products, and home renovation materials; we will give residents a chance to swap away their mercury-containing thermometers for free, and mercury-free, digital thermometers; and, we will hold our fourth annual lecture series. In contrast to the last three years, this series will feature local speakers who will give people the information they need to rid toxic chemicals from their daily lives. Titles include, *Healthy Home Improvements* and *Naturally Green: Non-Toxic Lawn Care*.

Support LocalMotion Today!

Your help is needed. *Please support LocalMotion's work raising awareness about the connections between health and the environment and providing practical solutions.* Annual gifts to LocalMotion are used to improve and expand programs. Every gift—especially those at the levels shown below—makes a real difference.

I am enclosing my gift of: \$35 \$50 \$100 \$250 \$ _____ other

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Prefix First name Middle Initial Last Name

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LocalMotion, a not-for-profit, 501(C)(3) organization, uses reliable, substantive, scientific fact to build support for **better health through fewer toxins.**



Letter from the Chairperson

Dear Friends,

It's that time of year again. The days are shorter, the weather colder, and we are retreating to our warm, comfortable homes to spend time with family and friends. Some of our preparations for the winter months and upcoming holidays can reduce the quality of the air inside our homes. Fortunately, this month's newsletter will help you avoid the pitfalls so you can thoroughly enjoy the happy times.

During this season, when windows and doors are tightly closed against the cold, it is especially important to consider the products we use in our homes. As we scrub sinks, disinfect floors, and polish furniture we may release harmful chemicals that will stay shut inside with us (Breathe Easy and Dangerous Dust Bunnies, pg. 1). Even our drycleaned clothes (Wetcleaning, pg. 4) or scented candles (Holiday Giving, pg. 4) can be problematic. But there are steps we can take to maintain healthy indoor air. Simple solutions are only a page away.

Traditionally, the New Year is a time for reflection and commitment to self-improvement. Though we often think of taking better care of our health by improving eating habits and exercising, we can also protect our health and the health of family, friends, and neighbors by substituting products containing toxic ingredients with ones that do not. A good start can be made by switching to some of the healthier household and personal care products listed on page 6.

We wish all of you a happy, healthy, and safe holiday season.

Best Regards,

*Missy Danaher
Chairperson*

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