



Health & Environment

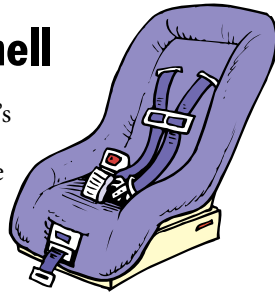
Connection

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

Volume 4, Number 3 / Fall 2007

New Car Smell

The Ecology Center's Clean Car Campaign launched a new website dedicated to helping consumers find the least toxic car interiors and children's car seats. Using a portable X-Ray Fluorescence (XRF) device, HealthyCar.org analyzed the components of over **200 vehicles** from the 2006 and 2007 model years and over **60 car seat models** manufactured in 2006. The researchers tested for 11 elements, including antimony, arsenic, bromine, chlorine, chromium, cobalt, copper, lead, mercury, nickel, and tin. Each product tested received a rating of low, medium, or high concern. You can find out how your car or car seat measures up at the website: www.healthyCar.org. Along with the overall rating, the organization provides measurements for specific chemicals such as bromine, chlorine, and lead. The occurrence of bromine in test results is an indicator of polybrominated diphenyl ethers (PBDEs) in the vehicle or car seat. PBDEs are toxic flame retardants (for more on PBDEs go to page 5). Chlorine indicates the presence of polyvinyl chloride (PVC), which contains phthalates. Phthalates are linked to cancer and reproductive birth defects. Lead is a known neurotoxin. According to the Ecology Center, the levels of chemicals released inside a vehicle rise as the interior gets hotter. The **organization recommends** keeping the car cooler by using a sun shield over the windshield when parked and parking in the shade or under cover. Additionally, remember to air out a parked car by opening windows upon reentry.



Hiring Green Cleaning

—By Carrie Cunningham

The process of cleaning homes and businesses with non-toxic substances is flourishing nationwide. Proponents of the practice are attempting to stem the use of toxic cleaners whose ingredients can cause and exacerbate health problems such as asthma and other respiratory ailments, neurological disorders, cancer, liver/kidney damage, etc. Nontoxic cleaning products, supporters say, can usher in healthier living.



Now there are cleaning companies that will perform green cleaning for you. One emblematic and promising nontoxic cleaning company is Virginia's Eco Clean, begun by LocalMotion founder Betsy Dance in 2005. When Dance led LocalMotion, she drew experts from the environmental movement to lecture about the risks linked between toxins and health problems. Equipped with a vast environmental consciousness from running LocalMotion, she applied her knowledge to effect change in a pragmatic way. Dance cleans with safe and natural products such as baking soda, microfiber cloths, pumice stones and environmentally sound vacuum systems. She has workers dubbed Green Ambassadors who have cleaned scores of houses and businesses.

Green cleaning companies are also sprouting in Michigan. General Organic Services, begun in 2002, is headed by former Grosse Pointe Michael Peters. This service uses Earth Friendly and Dr. Bronner's products in its quest to provide nontoxic cleaning. Clean & Green Natural Home Cleaning, based in Warren, caters to those with allergies as well as clients concerned about personal and environmental health. They employ Earth Friendly, Seventh Generation, and Naturally Yours brands. Kimba's Cleaning Services in Oakland County also uses earth-friendly products and provides services for commercial and residential clients.

VOICES FOR THE EARTH REPORT

A plethora of health risks can result from exposure to toxic cleaners. In a report called Potential Hazards of Home Cleaning Products by the environmental group Women's Voices for the Earth, the detrimental effects of toxins is documented and buttressed by various recent studies. For instance, a study by the *American Journal of Industrial Medicine* found that cleaners using toxic products have twice the rate of asthma as workers in other venues. Another study in the journal *Thorax* showed how toxic household products are linked to childhood asthma.

One impediment to understanding how the toxic content of cleaners is the lack of federal regulation mandating cleaning products to itemize

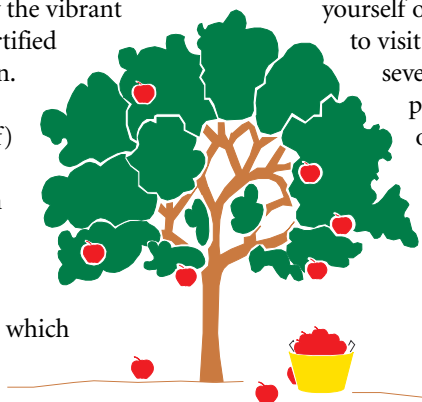
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ORGANIC CIDER MILLS

Celebrate the fall harvest and enjoy the vibrant colors of the season at one of three certified organic orchards in southern Michigan. All three offer delicious, fresh apples (with the option to pick them yourself) and sweet apple cider. At Almar Orchards near Flint you can also catch a horse-pulled (or tractor-pulled) wagon ride and visit with barnyard animals. Pack up the kids and a picnic basket for a “Fun-on-the-Farm” event, which includes a bonfire—just don’t forget to call ahead. Almar’s farm store shelves are filled with fresh doughnuts and other baked goods as well as maple syrup, jams, jellies, and homegrown vegetables. AppleSchram Orchard in Charlotte (west of Lansing) also offers many tasty treats. Visit their farm market to stock up on homemade apple butter, applesauce, baked goods, pumpkins, gourds, and squash. Stretch your legs (and walk off some of those scrumptious calories) during a self-guided, informative nature walk on their property. If you find



yourself on the west side of the state near Allegan, be sure to visit EverGreen Lane Farm in Fennville. They have seven acres of apple orchards, 20 acres of wooded paths, and grazing animals. Call ahead for hours of operation at each orchard.

Almar Orchards

1431 Duffield Road, Flushing
810-659-6568
www.almarorchards.com

*Groups of 15 or more may schedule an educational tour.

AppleSchram Orchard

1300 Mount Hope Highway, Charlotte
517-649-8957

EverGreen Lane Farm

1824 66th Street, Fennville
269-543-9900
www.evergreenlanefarm.com

Green Hiring continued from page 1.

their ingredients. The Women’s Voices for the Earth report attests that the government should order full disclosure so that people can be informed about buying cleaners and choose a healthier lifestyle if they want.

SIX RECOMMENDATIONS for people who want to use safe cleaning products are promulgated by Women’s Voices for the Earth. These include:

- Make your own non-toxic cleaning products
- Use less toxic products
- Buy products from manufacturers that disclose ingredients
- Encourage product manufacturers to replace toxic ingredients with safer alternatives
- Never mix products
- Contact elected government officials and ask them to support legislation that would require the disclosure of cleaners’ ingredients

WHEN HIRING A POTENTIAL CLEANING SERVICE PROVIDER

- Along with following the above suggestions, don’t hesitate to ask your cleaning company for a list of products and their ingredients (the company should provide the material safety data sheet (MSDS) for each product).
- Look at the product label/MSDS sheet for: hazard rating, health hazard information, and precautions.
- Choose the least toxic alternative given since the hazard ratings, i.e. caution-warning-danger-poison, are defined by levels of being lethal. Note labels containing “flammable”

indicate the product may contain volatile organic compounds, which can evaporate readily at room temperature and cause dizziness, headaches, skin or eye irritation.

- Being biodegradable does not necessarily mean non-toxic.

MANUFACTURERS OF NON-TOXIC PRODUCTS are usually proud of their status and often list their ingredients. To be certain of the products being used, ask if you can supply your own. Some choices for pre-made products include Earth Friendly, Seventh Generation, Ecover, Dr. Bronner’s, Bi-O-Kleen, and Earth Rite. Or, you could also make own from recipes. (LocalMotion carries a selection of recipe books for sale.)

LEARN MORE ABOUT GREEN CLEANING at LocalMotion’s upcoming lecture on Tuesday, October 16th (see back cover).

Michigan companies offering non-toxic cleaning services include:

- Clean & Green Natural Home Cleaning: 586-206-6592
- General Organic Services:
877-964-4GOS or www.generalorganic.com
- Kimba’s Cleaning Services: 248-515-5520

Virginia’s Eco Clean: 434-296-4329

Women’s Voices for the Earth:

www.womenandenvironment.org



Greener Cleaners

SHAMPOO LABELS

DON'T COME CLEAN

—Melissa Cooper Vachon



Consumers can be spotted in grocery store and convenience store aisles across the U.S. turning over bottles of shampoo, lotion, bubble bath, and more. What are these everyday detectives sleuthing for? Their quest is complete when they've found and decoded the fine print on the back of the package, listing every ingredient that flowed into the bottle and will eventually end up on the skin and in the body. These savvy shoppers know Federal Law requires cosmetic companies to list a product's ingredients directly on the product or on its packaging. Harmful ingredients like parabens, phthalates, diazolidinyl urea, and diethanolamine (DEA) send up red flags and the offending product is undoubtedly returned to its shelf.

But, unbeknownst to the most thorough of label checkers, an unlisted ingredient has been showing up in children's bath products and adults' shampoos. The chemical is **1,4 dioxane** (not to be confused with dioxin). It is linked to cancer. And it occurs as an impurity in personal care products when an ingredient is "ethoxylated" or converted into another ingredient, such as when sodium lauryl sulfate is transformed into the milder sodium laureth sulfate. We can be exposed to 1,4-dioxane when we apply products to our skin or when we breathe the vapors from a warm bubble bath or a sudsy scalp. Manufacturers can remove some or all of the 1,4 dioxane in their products—but most do not.

Besides diligently deciphering labels, consumers can look for these brands of more natural personal care products:

Aubrey Organics	Logona
Avalon Organics	Paul Penders
Giovanni	Terressentials
Jason	Weleda
Dr. Hauschka	

David Steinman, author of *Safe Trip to Eden*, sent samples of over two dozen shampoos and bath products to West Coast Analytical Service, an independent testing laboratory specializing in trace chemical analysis to test for 1,4 dioxane. **All of those sampled contained the impurity.**

Products with the highest levels included:

Clairol Herbal Essences Rainforest
Flowers Shampoo (23 ppm)

Olay Complete Body Wash with Vitamins
for normal skin (23 ppm)

Hello Kitty Bubble Bath by Kid Care (12 ppm)

Johnson's Kids Shampoo Watermelon Explosion
by Johnson & Johnson (10 ppm)

For more information go to the press release on the Campaign for Safe Cosmetics website listed below.

To avoid 1,4-dioxane, supermarket sleuths have to watch out for some new bad guys. According to the Agency for Toxic Substances and Disease Registry's (ATSDR) *Public Health Statement for 1,4 Dioxane*, "1,4 Dioxane may be a contaminant in cosmetics, detergents, and shampoos that contain the following ingredients (which may be listed on the product label): 'PEG,' 'polyethylene,' 'polyethylene glycol,' 'polyoxyethylene,' '-eth-' or '-oxynol-.'" Common examples of ingredients with "-eth-" in the name are: **sodium laureth sulfate (SLES), sodium myreth sulfate and ammonium laureth sulfate.** The ATSDR warns, "...families should avoid using products containing the ingredients [that indicate 1,4-dioxane may be present] ..."

According to the U.S. Department of Health and Human Services' Eleventh Report on Cancer, "1,4-Dioxane is reasonably anticipated to be a human carcinogen based on sufficient evidence of carcinogenicity in experimental animals." Additionally the report states that the Consumer Product Safety Commission (CPSC) warns, "the presence of 1,4-dioxane, even as a trace contaminant, is cause for concern..."

More information is available at:

- Campaign for Safe Cosmetics: www.safecosmetics.org/newsroom/press.cfm?pressReleaseID=21
- ATSDR: www.atsdr.cdc.gov/toxprofiles/p187.html
- The Green Guide: www.thegreenguide.com/doc/121/shampoo



Healthy

MICHIGAN HOUSE VOTES TO GET (MORE) LEAD OUT

In June four bills protecting children from potential lead exposures passed the Michigan House and have gone to committee in the Senate.

HB 4132, sponsored by Representative Edward Gaffney, bans the manufacture or sale of children's jewelry containing a lead bearing substance.

HB 4399, sponsored by Representative Lisa Wojno, prohibits the sale of lunch boxes containing lead-bearing substances (such as vinyl; see "Lead for Lunch?" in our winter 2006 newsletter for more information). This bill applies to any container marketed or intended to carry food or drink; it does not apply to collectibles.

HB 4936, sponsored by Representative Andy Coulouris, extends the Michigan Childhood Lead Poisoning Prevention and Control Commission for another three years until July 1,

2010. The nine member commission is responsible for studying the environmental threats of lead poisoning to children's health and reviewing and evaluating Michigan's lead poisoning prevention program. The Commission also must develop short and long range recommendations for lead poison prevention and control.

HB 4240, also sponsored by Rep. Coulouris, goes beyond lead and protects children from any toxin in toys. It outlaws the use and application of a toxic substance to toys or child care articles as well as the sale or transfer of such products. All four bills are in the State Senate's Healthy Policy Committee, chaired by Senator Tom George.



MDEQ SEEKS TO EXTINGUISH PBDES

What do people have in common with birds, polar bears, sharks, Great Lakes fish, sediment in Lake St. Clair, and household dust? We all contain Deca-PBE, a chemical fire retardant within the family of polybrominated diphenyl ethers (PBDEs). (The prefix 'Deca' represents the ten bromine atoms attached to the diphenyl ether molecule). PBDEs slow down the spread of flames during a fire and are incorporated into upholstery and other fabric and the plastic casings of computers and other electronics as well as small appliances.

But, scientists, environmentalists, and fire fighters are learning that PBDEs can be toxic. Research has shown PBDEs are linked to liver toxicity, thyroid toxicity, and neurodevelopmental toxicity in animal and toxicological testing. Michigan has already banned the manufacture, use, and distribution of the two most toxic forms: Octa- and Penta-BDE. Now the Michigan Department of Environmental Quality is recommending the ban of Deca-BDE, the third and final commercial PBDE formulation currently produced, in a 2007 Draft Report on PBDEs titled "Polybrominated Diphenyl Ethers: A Scientific Review with Risk Characterization and Recommendations".

The MDEQ is not alone with their concerns. The states of Maine and Washington have already passed legislation banning Deca-BDE. Legislation in California is pending. The International Association of Fire Firefighters is applauding

these efforts. In a formal letter addressed to the Washington State Council of Fire Fighters, they state, "...the IAFF believes that the passages of legislation banning brominated flame retardants (Polybrominated diphenylethers (PBDEs) including Penta-, Octa-, and Deca-BDEs) is a step in the right direction for improving the health and safety of our fire fighters and the citizens who are exposed to these." The letter goes on to explain that, "Unlike other flame retardants, when PBDE's burn they release dense fumes and black smoke that reduce visibility and a highly corrosive gas known as hydrogen bromide."

Household products, however, don't have to catch on fire to release PBDEs. According to the MDEQ's report, "Household dust has been shown to contain high concentrations of PBDEs...This is a concern since children ingest a greater amount of house dust than adults due to their frequent hand-to-mouth activity...The primary source of exposure to Deca-BDE is likely to come from its use in household consumer products. A ban on the use of Deca-BDE in household products would significantly reduce exposures and subsequently, reduce body burden levels in humans."

TO MINIMIZE EXPOSURE:

- Use a moist cloth when dusting at home. Dry dusting simply distributes particles into the air, making them easier to breathe.

Continued on page 5.



Michigan

DOW TO CLEAN UP DIOXINS AND OTHER TOXINS

In July Dow Chemical Co. and U.S. Environmental Protection Agency Region 5 finalized an agreement for the corporation to clean up a six mile stretch of the Tittabawassee River between Imerman Park in Saginaw Township and Midland's Tridge (downstream of its Midland facility). Highly elevated levels of dioxins have been found in the three "hot spots" of the river, which leads to Saginaw Bay and into Lake Huron. Measurements as high as 87,000, 69,000, and 84,000 parts per trillion were recorded. These levels greatly surpass the Michigan Department of Environmental Quality residential clean up criterion of 90 ppt for soil.

Dioxins are a group of 210 chlorinated chemicals that according to the EPA, "have been linked to some forms of cancer, reproductive problems and weakened immune systems." Dioxins occur as an unintended by-product of chemical manufacturing and have no known use. Dow, which was founded in 1897, has manufactured such chemicals as styrene, butadiene, picric acid, mustard gas, Saran Wrap, Styrofoam, napalm, and various pesticides including chlorpyrifos (Dursban), Agent Orange, and 2,4,5-trichlorophenol (2,4,5-T). Historically, generated waste was disposed of in on-site waste ponds. When these would overflow, wastes were released into the Tittabawassee River. According to the EPA, "Past waste disposal practices, fugitive emissions and incineration at Dow have resulted in on- and off-site contamination. Dioxins and furans, chlorobenzenes, heavy metals and other materials were byproducts from the manufacture of chlorine-based products and other chemicals."

According to the Michigan Department of Community Health, "Residents of Midland and the surrounding communities could be exposed to dioxins and furans in the soil through incidental ingestion, direct dermal contact, and inhalation of soil and dust."

A dam has been constructed to enable dredging of the contaminated river sediment. The Michigan Department of Environmental Quality is advising boaters and fishermen to "maintain a safe distance from construction activities." The removed sediment will be disposed of in the Salzburg Road Landfill, a hazardous-waste landfill located on the Dow property.

Dow is scheduled to begin sampling an additional eleven miles of the river this year.

Sources:

EPA: http://yosemite.epa.gov/opa/admpress.nsf/names/r05_2007-7-13_epadowagree

MDEQ: www.michigan.gov/deq/0,1607,7-135-171694-,00.html

Saginaw News:

http://blog.mlive.com/saginawnews/2007/06/epa_speeds_up_dioxin_cleanup.html

Petitioned Health Consultation: Dioxin Contamination in Soil in Midland, Michigan, prepared by Michigan Department of Community Health Under a Cooperative Agreement with Agency for Toxic Substances and Disease Registry
www.atsdr.cdc.gov/HAC/PHA/midland/midland.html

A Pilot Exposure Investigation: Dioxin Exposure in Adults Living in the Tittabawassee River Flood Plain Saginaw County, Michigan
EPA FACILITY ID: MID980994354 JULY 8, 2005 U.S.

DEPARTMENT OF HEALTH AND HUMAN SERVICES Public Health Service Agency for Toxic Substances and Disease Registry
Division of Health Assessment and Consultation Atlanta, Georgia
30333 www.michigan.gov/documents/Dioxin-TittabawasseeRiverEI070805_130692_7.pdf

MDEQ continued from page 4.

- Cover or replace cushions on sofas, chairs and car seats where the foams pads are exposed.
- Buy from retailers and manufacturers that have stopped using PBDEs such as Dell, Hewlett-Packard, Ericsson, Intel, and IKEA.
- Remove the fat from fish when preparing or cooking. PBDEs are stored in the fatty tissue of animals.

For more helpful tips on limiting exposure to PBDEs go to the Oregon Department of Human Services factsheet:
www.oregon.gov/DHS/ph/envtox/docs/pbdefactsheet.pdf

To read the MDEQ's report go to:
www.michigan.gov/documents/deq/deq-keytopics-tsg-pbdereview_187119_7.pdf



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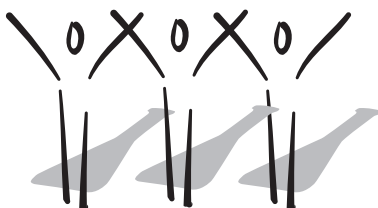
Happy Birthday to Laura Evans

Helen McKnight

Gifts in Kind

Gateway Group
Healy's Health Hut
Salon Rielle





Join LocalMotion...

...and help make our community a healthier place to live

By joining LocalMotion as a member you will have the satisfaction of knowing that you are helping our mission - to promote better health through fewer toxicants.

LocalMotion continues to make an impact on our community through our outreach programs which include the annual lecture series, adults' and children's education programs; partnerships with health organizations; library resource materials; and working towards the goal of pesticide free public spaces, including schools and parks. *We need your help to continue this impact.*

Your membership at any level will allow us to continue this most important endeavor.

Membership Level Some ways you will help LocalMotion

- \$35 – 50 + Supports LocalMotion's mission
- \$100 + Purchases activity packets for school children. Provides information packets
- \$250 + Funds creation of a newsletter article. Expands resource library materials. Sponsors production of lecture videos
- \$500 + Sponsors children's school program. Updates website content. Funds research on new health risk topic
- \$1,000 + Provides underwriting for: community lecturers, newsletter production, Safe Schools Program Director
- \$5,000 + Underwrites nationally known lecture series speaker. Supports community impact projects

Membership includes:

- Newsletter
- Advance notice of special events
- Volunteer opportunities
- Use of library resources at our Grosse Pointe office
- Information packets for targeted issues (\$250 and above)
- Free admission to lectures and educational events (\$500 and above)
- Free evaluation of products used in your home (\$1,000 and above)

Do you work for a company that offers matching donations? Please contact them to provide additional funds to LocalMotion.

LocalMotion is a 501(c)3 organization. Your membership is tax deductible to the extent allowed by law. MICS 24271

----- CUT HERE AND RETURN BOTTOM PORTION -----

Please accept my membership donation of

___ \$5,000 + ___ \$1,000 + ___ \$500 + ___ \$250 + ___ \$100 + ___ \$35-50 +

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 (as you would like it listed in a donor list)

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Please mail your contribution to: LocalMotion 16824 Kercheval Place, Suite B100 Grosse Pointe, Michigan 48230

Thank you for helping to make a difference in our environment!

PH 313-881-2263 www.local-motion.org



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LocalMotion Lectures

Ten Simple Ways to Have a Healthy, Green Home
Tips for nontoxic cleaning, natural pest control, and more

Annie Berthold-Bond
environmental leader and author of

Clean & Green, Better Basics for the Home, and more

Tuesday, October 16, 2007 7:00 p.m.



Grosse Pointe War Memorial Fries Auditorium
32 Lake Shore Drive, Grosse Pointe Farms

Minimum suggested donation: \$5 • Call 313-881-2263 to reserve a seat

Sponsored in part by Grosse Pointe War Memorial

Dangerously Beautiful:
What is in Our Cosmetic,
Personal Care and Home Products

Sunday, Oct 21, 2007 9:00 a.m.

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Speakers: Robin Heller and Melissa Vachon

Marygrove College
8425 W. McNichols Rd, Detroit

Information and registration at
www.sustainabledetroit.org/bioneers
or call 313-843-0802

Global Climate Change:
The Science and Solutions

Thursday, Nov 15, 2007 7:30 p.m.

GP PUBLIC LIBRARY AND LOCALMOTION PRESENT
Speaker: Kathryn Savoie, Ph.D., Environmental
Program Director, ACCESS

Grosse Pointe Public Library - Woods Branch
20680 Mack Ave., GPWoods

Free of charge but seating is limited.
Register by telephone 313-343-2074 x220 or
online calendar at www.gp.lib.mi.us

Member of Grosse Pointe Chamber of Commerce, Michigan Coalition for Alternatives to Pesticides, Michigan Environmental Council, and School Pesticide Reform Coalition (Beyond Pesticides)

Contact LocalMotion at: Phone: 313.881.2263 Web: www.local-motion.org Email: lmgp@sbcglobal.net

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