

Breathing *continued from page 20*

Women are more at risk from fragranced products than men. They are usually smaller, so the rate of exposure to body weight is greater. They have a higher ratio of body fat, where chemicals remain indefinitely. Women are exposed more frequently to fragranced household cleaners, absorbing them through the skin and by inhalation.

Some people appear addicted to their perfumes. Three of the twenty most commonly used fragrance chemicals are narcotics; benzaldehyde, ethyl acetate and linalool. Some insist it is their personal right to wear fragrances no matter their impact on others. People who would be offended by cigarette smoke do not see the parallel between "second hand perfume" and "second hand smoke", although many of the chemicals that fill the air are identical.

Virtually all fragrance chemicals are volatile. Each person leaves bits of these behind in the air

wherever they go. When this is multiplied by the number of people in an office or overcrowded public place, the exposure is massive, especially when it is coupled with inadequate air circulation in modern buildings.

There are unscented body and laundry products available now in a variety of drug and grocery stores. *Never safe*, are hair styling products like gels, mousse, processing chemicals, most hair sprays, chemical insect repellents, clothes stored near moth balls, anything in an aerosol dispenser, freshly dry cleaned clothes and clothes dried with anti-cling preparations.

If clothing must be dry cleaned, it could be hung outside in fresh air and sun, which will help off-gas the cleaning chemicals before it is worn. Perfume and dye free detergents are available. The book *Clean and Green* by Bonnie Berthold-Bond is an inexpensive resource for alternative cleaning products, including fabric softeners. Your best bet for top quality body products is a natural food store. Read the labels on your products. Many essential oils have known health risks.

More than one hundred cosmetic companies have signed the Compact For Safe Cosmetics, pledging to phase out toxic chemicals in their products, and replace them with safer alternatives. Yesterday I was looking at the household hazardous waste list provided in my area's phone book. Along with many commercial household cleaners and cosmetics, nail polish and nail polish remover were listed as hazardous waste. Would we put on our bodies that which even the dump won't accept?

Aubrey Hampton's (Organic Consumer's Association) list of 10 synthetic cosmetic ingredients to avoid:

Imidazolidinyl urea and diazolidinyl urea, methyl, propyl, ethyl, paraben, petrolatum, propylene, glycol, PVP/VA, copolymer, sodium lauryl, sulfate, stearylalkonium, chloride, synthetic colors, and triethanolamine.

To find out more about the chemicals in body products, and which companies are using them, go to www.safecosmetics.org.

In Case You Missed It

by Del Coffee

Clear cuts Coming to Manton

Sierra Pacific Industries filed a Timber Harvest Plan (THP) late last year for the Manton area. The proposed THP referred to as "Lookout" contains 40 units from 20 to 30 acres in size and lies in south eastern Shasta and north eastern Tehama Counties. These units, if approved, will be clear cut and replanted to tree farms. The Lookout clear cuts start about 2.5 miles east of the town of Manton, just east of Ponderosa Way. They lie mostly south of Rock Creek Road (east to School House Road), and north of Forward Road (east to the Pritchard Ranch). There are 10 units south of Forward Road (south east of Digger Butte), and 4 units north of Forwards Mill Road (north of the old Forward Mill site).

I had hoped to print a copy of the THP map in *the People's Press*, however I've been told by an SPI official that "the map" is a copyrighted document and that I did not have SPI's permission to publish it. The official told me that such maps had been used against SPI and their proposed *harvests* in the past, thus the copyright.

I find this stance by the corporation a curious one since the public has a right to review the proposed THP and respond through the public agencies that are in the position of assuring compliance with existing law. I feel that if SPI felt right and good about their clear cutting practices they would want to get the word out, in this case, the *map* out in the community and encourage discussion and debate. When I first learned about the Lookout THP I was told that a copy of the map had been posted on a tree at the intersection of Rock Creek Road and School House Road. Why not on the bulletin board of the Manton Store?

Copies of the map, Lookout THP Project Area, are available at CDF in Redding on Airport Road. Reference # THP 2-06-173 TEH.

Bush Wars

George Bush recently submitted his wish list for next year's budget, while adding a little extra to tide his war machine over until the new budget goes into effect. Bush is seeking another \$100,000,000,000 for military and diplomatic operations in Iraq and Afghanistan for the remainder of this year, and another \$145,000,000,000 for next year. This dollar request would be in addition to the Defense Department's requested budget of \$481,400,000,000 for fiscal year 2008. While Bush's tax cuts, that favor the wealthy, don't expire until 2010, his proposal would cut 1% or about \$66,000,000,000 from Medicare over the next 5 years.

With all that money going into the destruction of Afghanistan and Iraq it seems to me we could do a lot more *good* with those dollars by truly helping those countries and their people, rather than alienating them. Imagine the positive things we could accomplish if we would turn our efforts to humanitarian goals. Anyone who thinks Iraq is better off with Saddam hanged while Bush is still in power isn't paying attention. Iraq under

Saddam had free education and health care, even while under US sanctions. Under those sanctions that followed "Desert Storm", imposed largely at the behest of the US, over 500,000 innocent Iraqis lost their lives. Saddam may have been a strict dictator and he may have killed many of his own people over his 20 year tenure but Bush is responsible for killing an estimated 650,000 Iraqi civilians in just 4 years. Cancer rates are up 1000% in Iraq! Our soldiers are exposed daily to the same cancer causing radiation emitted from the depleted uranium munitions we've used, while the Pentagon still denies any health risks associated with DU. There's a lot of talk about supporting our troops but what about supporting the Iraqi people as well?

At what point are George W. Bush's policies deemed genocidal? When are those responsible charged and brought to trial for crimes against humanity? Bush is a war criminal!

Where's the justice?



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