



Newsletter

Fall 2009
Issue 8

Green Way USA

Joe Sinnona of Eco Brokers and Scott Evers of Evers Art Gallery are on a mission to save the planet through art. Together with Long Beach Breast Cancer Coalition, Scott and Joe are embarking on the Green Way Journey.

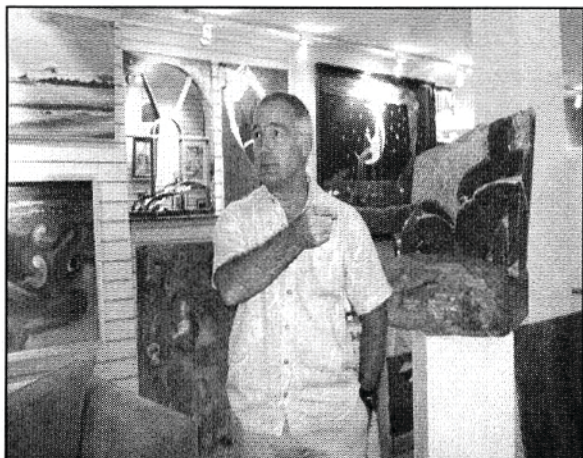
Recently, Scott Evers was gracious enough to sponsor Green Way USA at his art gallery. Surrounded by local artists' work on a hot, steamy night, the audience was all ears as they were introduced to some new "Green" ideas.

They learned some of the ways we can save the planet and our health that were very interesting and simple. A healthy home equals a healthy you. Everything we do will affect our futures from cooking & cleaning to entertaining.

Suggestions for helping Mother Earth and ourselves include:

All aspects of living reflecting our healthy life style.
food, clothing, entertaining, cleaning
and healthier means of exterminating

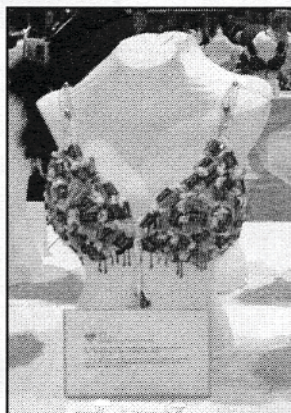
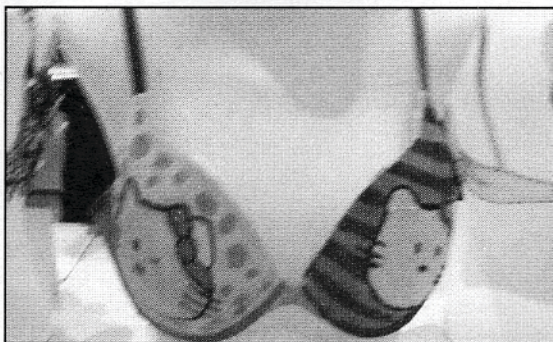
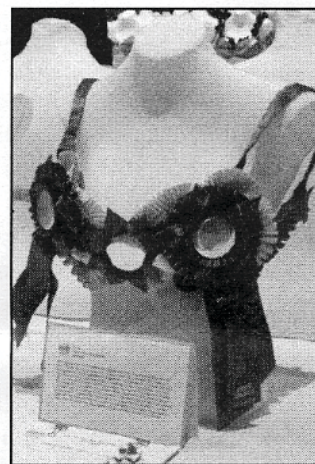
We will be bringing you helpful hints for living "green".
Stay tuned.....



Build the Perfect Bra

Adelphi Hotline

Last Spring, Adelphi Breast Cancer Hotline hosted a great new fundraiser—Build the perfect Bra. Love and Artistry combined to form a work of art. Two hundred forty-seven bras from all over the country illustrated talent and imagination by the “cupful”. They celebrated the joy and beauty of Life to all who fought the battle against cancer. The evening wrapped up with an auction with all proceeds going to the “Adelphi Hotline”.





Get Them Eat Cake! Cupcakes That Is!



Aren't these the cutest littlest cupcakes you've ever seen? The Cupcake Committee that started it all from left to right: Jennifer, Jeannie and Irene

And isn't this the cutest "Cherry on Top"? On the right is Renata.

Cupcakes with Pink Frosting! October is Breast Cancer Awareness Month and Donations are needed to help us continue our "Helping Hands" Program. Please be a part of our efforts and have fun at the same time at your office, school or clubs by baking cupcakes in return for donations. Please have your Cupcake Committee join them as every dollar goes to help save the Ta Tas.

Every dollar sent to us will help save the "TaTas" through the "Lend a Helping Hand" Program.

SAVE A TATA TODAY!



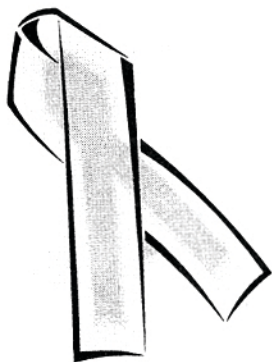
Remember, we are the future of our children. Let's help find a cure before they grow Boobs.

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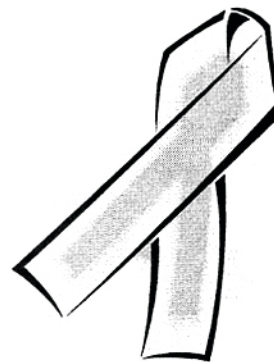
Health Awareness Day

You were a winner if you joined Long Beach Medical Center on their Health Awareness Day in July. Screenings included, but were not limited to Cholesterol, Diabetes and Osteoporosis. Volunteers and hospital staff were on hand to explain and advise if further testing is needed. Of course, LBCC was there with our volunteer Carolyn, handing out information and answering the many questions.





October is Breast Cancer awareness month which reminds us of the incredible journey that many have taken. This month is the time to show your support by placing a **Pink Ribbon** on a tree, door, car or by wearing a pin.



Lets not go gentle into the night but continue to fight for the cure.

* * * * *

Finally, Keep in mind
that we are the future..
Let's find a cure for all of us....
Fathers & Mothers
Sons & Daughters
Sisters & Brothers

* * * * *

Opcoming Events

Oct. 29th at 2:00 PM and 7:00
What does it mean to be green?

April 25, 2010
Green Festival at Kennedy Plaza,
hosted by the City of Long Beach and
Green Project for L.I.
For more information contact Joe
Sinnona at 847-2700

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POTENTIAL INDOOR ENVIRONMENTAL HAZARDS AND SOLUTIONS

POTENTIAL HAZARD

- Pesticides for ants and other crawling insects
- Pesticides for indoor plants
- Pesticides for flying insects
- Household cleaners - many may contain toxic ingredients.
- Antibacterials - some may contain the chemical triclosan which may contain traces of dioxin, antibacterials may contribute to the rise of drug-resistant bacteria.
- Plastic food containers - some contain plasticizers such as P.V.C., Bisphenol A, (BPA) and nonylphenol which are hormone disruptors. BPA and nonylphenol are estrogen mimickers.
- Plastic toys with polyvinyl chloride (PVC)
- Lead, found in pre-1978 paint, some vinyl mini blinds, candle wicks, some imported dishes and glaze on mugs.
- Dry-cleaned clothes (perchloroethylene or "perc")
- Volatile organic chemicals (VOC's or chemicals that vaporize) found in paints, glues, synthetic carpets.
- Electromagnetic Fields (EMF's)
- Tobacco smoke

SOLUTION

Prune bushes and tree branches away from home; remove food or water source; clean up clutter. Check for cracks or crevices and seal with a caulking gun. Apply boric acid or diatomaceous earth (not swimming grade kind), where there is an infestation. ****Do not apply where babies or pets crawl.****

Prune out infestation, spray vegetable oil to smother bugs or spray insecticidal soaps.

Use a fly swatter.

General cleaner: vinegar or lemon juice diluted with water; scouring powder: baking soda (don't use aluminum), salt or borax. Check for non-toxic cleaners at health food stores.

Wash hands with regular soap and hot water. For safer disinfectants, contact Earth Power Herbal Disinfectants at (201) 445-7068, or go to: www.sensiblelifeproducts.com.

Avoid microwaving in plastic containers or plastic wrap since estrogenic chemicals may leak into food; especially fatty foods. Use wax paper bags for sandwiches and metal gravy basters.

Look for toys and teethingers without PVC. For more information go to www.greenpeaceusa.org.

Use candles with wicks of braided cloth, See website www.edf.org for a list of lead-free dishes. Heat empty mugs in microwave for one minute. If mug is hot it may contain lead.

Remove the plastic bags from dry-cleaned clothes outside of your home to air out the clothes. Avoid leaving groceries in car with dry-cleaned clothes since "perc" may migrate into fatty foods. Look for dry cleaners that have a "wet-washing" process.

Look for low VOC paints, glues and wool / cotton area rugs.

Avoid sleeping near clocks, radios, maintain a distance of 3' from operating appliances like a microwave.

Make your home a smoke-free zone.

SAVE FOR FUTURE REFERENCE