



Winter 2014 Newsletter

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Winter 2014 News

The leaves are almost off of all the trees, and there is a little nip in the air. As the fog rolls in over the morning commute, we are heading into Long Island's winter season.

50 Shades of... Green. Here are 50 ways to help save the planet. In addition to Reduce, Reuse and Recycle – there are plenty more (and easy to do) ideas to help you get the green light. Just start. Be the hero in your own story. No blindfolds or ties required.

The EPA has recently added 23 new compounds to their watch list – including some phthalates and flame retardants. As the environmental industry continues to grow, new areas of concern are discovered as contaminants emerge on the EPA radar screen. Will the regulatory agencies make amendments to their protection criteria? What will wind up in our water system? How do we avoid them?? Read more to discover what's new.

Tips for picking the perfect holiday tree - Read on to learn how to choose the best tree for you, put it up straight without a struggle, and keep it fresh, fragrant, and hazard-free — plus, secrets to holiday cleanup and ornament storage.

Our List for this newsletter focuses on the gifts that keep on giving –environmental, sustainable and ecological benefits and big hugs for you in return for some socially conscious purchase power. You can start the holiday season off to a good start by helping those less fortunate. American Analytical will host a Coat Drive with One Warm Coat, beginning November 14th, and ending December 12th. Check your closet for gently used coats in good condition, and bring them to our lobby. We will be bringing the coats to the Long Island Cares Center (another great non-profit, helping families put food on their table) in Hauppauge. Help keep everyone warm this winter! Jump to the side bar by the guilt-free gift guide article for details like where to find the drop off box location.



Links for Articles

50 Shades of Green:

<http://www.50waystohelp.com/>

EPA Updates:

[http://op.bna.com/env.nsf/id/prio-9q6tx4/\\$File/TSCA_Work_Plan_Chemicals_2014_Update-final.pdf](http://op.bna.com/env.nsf/id/prio-9q6tx4/$File/TSCA_Work_Plan_Chemicals_2014_Update-final.pdf)

Chemistry of Colored Snow:

<http://chemistry.about.com/od/environmentalchemistry/a/colored-snow-chemistry.htm>

Picking the perfect tree:

<http://www.rd.com/home/pick-the-perfect-christmas-tree/>

http://msue.anr.msu.edu/news/selecting_the_perfect_christmas_tree_part_1_tree_types

Best Guilt-free gift giving Ideas

See the article to get all the links –

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50 Shades of...Green

"**Going green**" doesn't have to be a daunting task that means sweeping life changes. Simple things can make a difference. The contents of this list might not be new, but they bear repeating. Sometimes it takes a few reminders for things take root. We've printed a few of our favorites here, so click on the link to get all of these wonderful ideas. www.50waystohelp.com

2. TURN OFF COMPUTERS AT NIGHT By turning off your computer instead of leaving it in sleep mode, you can save 40 watt-hours per day. That adds up to 4 cents a day, or \$14 per year. If you don't want to wait for your computer to start up, boot up while you're pouring your morning cup 'o joe.

4. DO NOT PRE-HEAT THE OVEN Unless you are making bread or pastries of some sort, don't pre-heat the oven. Just turn it on when you put the dish in. Also, when checking on your food, look through the oven window instead of opening the door.

8. GO VEGETARIAN ONCE A WEEK One less meat-based meal a week helps the planet and your diet. For example: It requires 2,500 gallons of water to produce one pound of beef. You will also save some trees. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.

9. WASH IN COLD OR WARM If all the households in the U.S. switched from hot-hot cycle to warm-cold, we could save the energy comparable to 100,000 barrels of oil a day. Only launder when you have a full load. And Hang Dry! Dry your clothes by the air. Your wardrobe will maintain color and fit, and you'll save money, too. Your fav t-shirt will thank you.

10. USE ONE LESS PAPER NAPKIN During an average year, an American uses approximately 2,200 napkins—around six each day. If everyone in the U.S. used one less napkin a day, more than a billion pounds of napkins could be saved from landfills each year.

13. WRAP CREATIVELY You can reuse gift bags, bows and event paper, but you can also make something unique by using old maps, cloth or even newspaper. Flip a paper grocery bag inside out and give your child stamps or markers to create their own wrapping paper that's environmentally friendly and extra special for the recipient. More ideas: [HGTV](#), [Martha](#), [DIY Network](#)

14. RETHINK BOTTLED WATER Nearly 90% of plastic water bottles are not recycled, instead taking thousands of years to decompose. Buy a reusable container and fill it with tap water, a great choice for the environment, your wallet, and possibly your health. The EPA's standards for tap water are more stringent than the FDA's standards for bottled water.

18. TAKE A SHORTER SHOWER Every two minutes you save on your shower can conserve more than ten gallons of water. If everyone in the country saved just one gallon from their daily shower, over the course of the year it would equal twice the amount of freshwater withdrawn from the Great Lakes every day.

20. USE YOUR CRUISE CONTROL You paid for those extra buttons in your car, so put them to work! When using cruise control your vehicle could get up to 15% better mileage. Considering today's gasoline prices, this is a boon not only for the environment but your budget as well.

22. BUY LOCAL Consider the amount of pollution created to get your food from the farm to your table. Whenever possible, buy from local farmers or farmers' markets, supporting your local economy and reducing the amount of greenhouse gas created when products are flown or trucked in.

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50 Shades of Green continued...

24. INVEST IN YOUR OWN COFFEE CUP If you start every morning with a steamy cup, a quick tabulation can show you that the waste is piling up. Invest in a reusable cup, which not only cuts down on waste, but keeps your beverage hot for a much longer time. Most coffee shops will happily fill your own cup, and many even offer you a discount in exchange!

26. TURN OFF LIGHTS Always turn off incandescent bulbs when you leave a room. Fluorescent bulbs are more affected by the number of times it is switched on and off, so turn them off when you leave a room for 15 minutes or more. You'll save energy on the bulb itself, but also on cooling costs, as lights contribute heat to a room.

30. MAINTAIN YOUR VEHICLE Not only are you extending the life of your vehicle, but you are creating less pollution and saving gas. A properly maintained vehicle, clean air filters, and inflated tires can greatly improve your vehicle's performance. And it might not hurt to clean out the trunk—all that extra weight could be costing you at the pump

34. KEEP YOUR FIREPLACE DAMPER CLOSED Keeping the damper open (when you're **not** using your fireplace) is like keeping a 48-inch window wide open during the winter; it allows warm air to go right up the chimney. This can add up to hundreds of dollars each winter in energy loss.

38. GIVE IT AWAY Before you throw something away, think about if someone else might need it. Either donate to a charitable organization or post it on a web site designed to connect people and things, such as Freecycle.org.

39. GO TO A CAR WASH Professional car washes are often more efficient with water consumption. If everyone in the U.S. who washes their car themselves took just one visit to the car wash we could save nearly 8.7 billion gallons of water.

41. FLY WITH AN E-TICKET The cost of processing a paper ticket is approximately \$10, while processing an e-ticket costs only \$1. In the near future, e-tickets will be the only option, saving the airline industry \$3 billion a year. In addition to financial savings, the sheer amount of paper eliminated by this process is commendable.

42. DOWNLOAD YOUR SOFTWARE Most software comes on a compact disc, and more than thirty billion compact discs of all types are sold annually. That's a huge amount of waste, not to mention the associated packaging. Another bonus to downloading your software is that it's often available for download at a later date when you upgrade to a new computer or are attempting to recover from a crash.

50. SHARE! Take what you've learned, and pass the knowledge on to others. If every person you know could take one small step toward being greener, the collective effort could be phenomenal.

EPA Adds 23 Chemicals, Including BPA, to List for Scrutiny, Possible Action

The EPA on Oct. 23 updated the [list](#) of chemicals that they monitor, including bisphenol A (BPA), seven phthalates and two flame retardants. The compounds meet certain criteria, such as being used in children's products or being carcinogenic, persistent in the environment or harmful to development, reproduction or the neurological system.

The EPA also removed 15 chemicals and groups of chemicals from the Toxic Substances Control Act Work Plan list. The updated TSCA Work Plan now lists 90 chemicals and chemical groups.

Links to Useful Environmental Facts

For a list of ingredients in consumer products see:

<http://householdproducts.nlm.nih.gov/> and <http://www.ewg.org/guides/categories/2-AllPurpose>

For information regarding water filters, see:

<http://www.ewg.org/report/ewgs-water-filter-buying-guide> and <http://bit.ly/17SB0LV>

To learn more about the many actions you can take, and why they are important, see:

<http://www.silentspring.org/take-action>

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EPA adds chemicals to the TSCA Plan List continued...

The agency is assessing the risks of particular uses of chemicals on the list. It already has completed four assessments and has initiated risk management actions for trichloroethylene (TCE) and methylene chloride. Assessments for the newly added chemicals will begin after 2017, the agency said. Depending on the findings of its risk assessments, the agency could decide to regulate one or more uses of the chemical, work with industry to reduce exposures, or conclude that its analysis showed a particular use raised no concerns.

The EPA added the remaining chemicals for reasons such as 2011 Toxics Release Inventory data showing elevated releases into the environment; 2012 Chemical Data Reporting (CDR) rule information showing the chemicals are used in consumer products, including children's products; and the compounds being newly identified as presenting significant health or environmental hazards.

And There is More...Other Newly Added Chemicals

Often described as “contaminants of emerging concern” (CECs), low levels of unregulated chemicals were first documented in rivers and streams in the 1990s. Some have been found to harm aquatic organisms. Their presence in drinking water, where most of them are not currently regulated, has raised concerns about possible effects of human exposure.

Actions You Can Take Now

- Avoid products containing CECs — including paints, room fresheners, insect repellents containing DEET, flexible plastic shower curtains, clothing and other items made with PVC fabric, clothing impregnated with pesticides and anti-bacterials, and pest control products, especially inside the home.
- Use the best possible “point of use” water filters because many CECs are not removed by drinking water treatment and some treated water contains disinfection byproducts. The Silent Spring Institute recommends solid carbon block filters. See the link, at left, in the sidebar for more information on water filters.
- Do not use antimicrobial hand cleaners containing triclosan or triclocarban. Warm water and soap or alcohol-based hand sanitizers are effective at removing germs. <http://www.nrdc.org/health/files/antimicrobials.pdf>
- Do not flush expired or unneeded prescription or over-the-counter pharmaceuticals. Take unneeded medications to local collection centers. In some communities this is the police station. <http://water.epa.gov/scitech/swguidance/ppcp/take-back.cfm>
- Switch to simple nontoxic cleaning products which can be made with baking soda, borax, vinegar and alcohol. For more ideas and suggestions, click on these links for further information: <http://bit.ly/i6TY48> and <http://bit.ly/14liv1u>
- Damp mop and vacuum frequently, using HEPA filters if possible, to reduce levels of house dust. Use doormats to minimize the amount of dust tracked-in from outdoors.
- Take unneeded paints, solvents and pesticides to hazardous materials collection centers.

The Chemistry of Colored Snow

You may have heard that snow can be found in other colors **besides white**. It's true! Red snow, green snow, and brown snow are relatively common. Really, snow can occur in just about any color. Here's a look at some common causes of colored snow:

Watermelon Snow

The most common cause of colored snow is the growth of algae.

One type of algae,  *Chlamydomonas nivalis*, is associated with a red or green snow that may be called watermelon snow (tastes sweet, too)

Blue Snow



Snow usually appears white because each snowflake has many light-reflective surfaces. However, snow is made from water. Large amounts of frozen water really are pale blue, so a lot of snow, particularly in a shadowed location, will show this blue color.

Everything You Need to Know: The Perfect Christmas Tree -



Get a real tree! Real trees are better for the environment, better for the economy, and they smell wonderful. So before you turn your tannenbaum into a “Charlie Brown” special, take a few tips from the list below to get the best ideas on how to pick the right one, measure for it, and make sure it lasts through December 25th.

Tree-Buying Tips

1. Before you go tree shopping, measure the height of the ceiling in the room where you will display your tree. You'll want to choose a tree that is at least one foot shorter than the ceiling height (take a tape measure with you). Most trees on tree farms are trimmed to an 80% taper. So a tree that's 10' tall will be 8' wide at the bottom. Also, it's best to measure the opening of your tree stand and make sure the base of your chosen tree will fit.
2. When selecting a tree, run your fingers along the needles and give the tree a shake. If the tree is fresh, the needles should be pliable and very few should fall.
3. Make sure the base of the tree is straight and at least six inches long, so it will fit easily into the tree stand.

Seven Safety Rules

This season, keep your home safe from some common Christmas-tree hazards by heeding these important tips from the National Safe Kids Campaign:

1. Never place your tree near a heat source, such as a fireplace or portable heater.
2. If you have small children or pets, trim the lower branches to avoid eye injuries.
3. Hang all ornaments that are breakable, have small, detachable parts or metal hooks, or that look like food or candy on higher branches where small children can't reach them. Florist's wire, which can be twisted firmly around branches, is a great way to hang fragile ornaments.
4. Keep the tree from toppling by tying it to a ceiling hook. Hide cords when possible, or help prevent injury by purchasing a pet-proof conduit, which will enclose cords and wires.
5. Avoid using artificial snow sprays, which can cause lung irritation if inhaled.
6. Turn off tree lights when you go to bed or leave the house. Use only UL-approved electrical decorations and extension cords, and check that no cords have frayed since you last used the lights.
7. **Never** burn Christmas-tree branches in your fireplace. It can cause the buildup of creosote, a highly flammable compound.

Taking Trees Down

The best way to avoid a major mess is to prepare to take your tree down before you even put it up. Just place a plastic tree bag (available at hardware stores) underneath the stand, which you can hide with a tree skirt. Then, when the holidays are done, pull the bag up around the tree, stand and all, and carry it outside. Remove the stand before recycling the tree. If some needles do scatter inside, sweep them up; needles can clog vacuum cleaners.

The Smart Way to Store Ornaments

Whether they're heirlooms passed down to you or homemade treasures your kindergartner crafted, ornaments need to be stored with care to maintain their pristine condition for next Christmas. Here's how:

1. Choose the correct container: store ornaments in sturdy, partitioned cardboard boxes. You *can* buy these; but sectioned boxes, which you can get **free** from liquor stores, work just as well.
2. Find the ideal spot: Ornaments should be kept in a cool, dry place. Skip the attic (extreme temperatures can cause paint to flake) and be mindful if they must be stored in the basement (dampness and mildew can cause irreparable damage).

Warm Coats

Urgently Needed!

As the weather turns colder and we bundle up to go outside, (or snuggle up with a blanket to stay in!) there are many who cannot afford a new coat or hats and gloves this winter.

In the season of love, and the spirit of giving, please look in your closets for any gently used coats, hats, gloves that are in good condition – or donate new ones if you so desire.

One Warm Coat has graciously accepted American Analytical's request to host a coat drive. All donations will be brought to the Hauppauge Office of Long Island Cares for distribution to a family in need.

Please help! Clothing can be brought to our office where a bin has been placed in the front lobby.

Thank you all!

2014 Guilt Free Gift Guide

Forgo traditional gifts this year and discover ethical, eco-friendly, socially conscious alternatives that benefit a wide variety of causes at the same time. Whether it's supporting artisans in developing countries or donating proceeds to local non-profits, you'll find holiday gifts that make a real difference. Some very cool gift giving ideas for all ages.

The Nature Conservancy: Adopt an Acre - <http://www.nature.org/membership-giving/adopt-an-acre/>

The Conservancy's [Adopt an Acre](#) and [Adopt a Coral Reef](#) programs help protect some of the world's most beautiful and diverse places in the United States and around the world.

The Riverhead Foundation for Marine Research and Preservation: Gift and Adoption Center

http://secure.staffordnet.com/Riverhead_Foundation_Secure/Scripts/prodList.asp?idCategory=5

Seals, Dolphins, Sea Turtles, and Whales – oh my!

The function of The New York State Marine Mammal and Sea Turtle Stranding Program is the rescue and rehabilitation of marine mammals and sea turtles. As a member of the adoption family you are helping provide food and medication for animals under the center's care. The whales in the program have been seen during the whale watch research cruises. Adoptions are great gifts!

World Wildlife Fund - <http://gifts.worldwildlife.org/gift-center/>

Just in time for the holiday season, [WWF's Online Gift Catalog](#) makes donating to WWF's conservation efforts easy and convenient—and something you can feel good about! Discover all the ways you can express your support for WWF by sharing the symbolic species adoptions (Fennec Fox, Sea Turtles, Giant Pandas, Tigers and Whales to name a few) exclusive panda gear and other items that inspire you.

Raven & Lily Gift Sets – <http://www.ravenandlily.com/> Really a lovely website. Raven + Lily currently helps employ marginalized women in India, Ethiopia, Kenya, Cambodia, Pakistan, and the USA at fair trade wages to give them access to a safe job, sustainable income, health care, education, and a real chance to to break the cycle of poverty for themselves and their families. Raven + Lily is committed to providing products that are made by hand, follow fair trade standards, and honor an eco-friendly commitment.

LSTN Headphones - <http://www.lstnheadphones.com/> **An amazing gift for anyone on your list.** For every pair of headphones sold, LSTN helps restore hearing to a person in need through [Starkey Hearing Foundation](#).

Invisible Children - <http://shop.invisiblechildren.com/> Invisible Children is a non-profit working to bring a permanent end to the Lord's Resistance Army and Joseph Kony in Africa. The organization employs victims of war and mothers affected by the LRA to create items for its Mend line of bags and totes, providing them with an ethical workplace, education and counseling.

Holstee Greeting Cards – <https://www.holstee.com/>

Instead of buying the typical holiday cards this year, try Holstee's ethical selection made from salvaged paper. The covers of the cards in this set exude Season's Greetings while encouraging mindful, sustainable living.



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guilt-free gift ideas continued...

Laughing Man Coffee and Tea – <https://secure.laughingmancheckout.com/>

Founded by actor Hugh Jackman, Laughing Man sells coffee, tea, chocolate and accessories to help entrepreneurs around the world. All of the revenue goes toward entrepreneurial education and community development.

Harry's – <https://www.harrys.com/products>

Brought to you by the co-founder of one-for-one glasses company Warby Parker, Harry's sells sleek, German-engineered razors. The company donates 1% of sales and volunteers 1% of its team's time to organizations, like its current partner City Year.

Seven Hopes United Fair Trades - <http://www.sevenhopesunited.com/>

Seven Hopes United is a San Diego-based fair trade company that sells gifts made by artisans in developing countries. Proceeds go toward living wages and sustainable lifestyles. You can find eco-friendly accessories, jewelry and wares for every room in the house.

Krochet Kids – <http://www.krochetkids.org/>

Krochet Kids International empowers women in Northern Ugandan and Peru to make handmade items, securing sustainable livelihoods for each of them.

MiiR Water Bottle – <http://www.miiir.com/Default.asp>

MiiR's various lines of cutting-edge water bottles improve the hydrating experience. Whether it's the BPA-free, stainless steel Classic or the vacuum-sealed, matte black Insulated, the purchase of a MiiR water bottle provides one person in the developing world with clean drinking water for one year.

Tea Collection Childrens Pajamas - <http://www.teacollection.com/>

San Francisco-based retailer Tea Collection sells holiday pajamas for children between 6 months and 12 years old, with all proceeds benefitting the [Global Fund for Children](#).

Roma Boots – <http://romaboots.com/>

For every pair of Roma Boots sold, a new pair is donated to a child in need. Our Mission: "Giving poverty the boot" by bringing children from around the world hope, love and lasting change through aid and education.

Baby Teresa - <http://baby-teresa.com/> SO ADORABLE!

Their slogan: "Buy Once, Give Twice". Baby Teresa sells 100% organic cotton baby clothes and accessories. For every outfit Baby Teresa sells, the company gives an outfit to a child in need. Portions of accessory sales go toward purchasing formula for babies in orphanages.

Rescue Gifts - <http://gifts.rescue.org/>

While this may not be for everyone, dedicating a gift to a loved one helps provide critical assistance to uprooted families where most needed. It will warm your heart, and save another's life.

HAVE A WONDERFUL WINTER, AND A VERY HAPPY, HEALTHY NEW YEAR!