

WHAT'S THE HEALTHY HOLIDAYS HANDBOOK?

**“People worry about, “What the heck would be a good gift for _____??” Many are stumped trying to figure this one out. But, how could an organization with “toxics” in its name help?

**Well, by offering a treasure trove of creative and healthy gift ideas that you can find on the web or locally in Rhode Island.

**In a world where most people have their homes crammed with “stuff”, where the economy is tanking, budgets are shrinking, and the environment is seriously threatened, how to celebrate?

**Well, by learning about lots of healthy, inexpensive, environmentally friendly options for holiday buying, hospitality, dining and entertainment.

**It is a win-win strategy - saves money, pleases people, improves their health and preserves the planet.

THE HEALTHY HOLIDAYS HANDBOOK HELPS YOU FIGURE IT OUT! USE, ENJOY, AND IF YOU ARE STILL PUZZLED, CONTACT THE ORGANIZATION THAT PRODUCED IT - TOXICS INFORMATION PROJECT (TIP). THEY WELCOME QUERIES ABOUT HEALTHIER LIVING.

AND DON'T FORGET: TELL THEM YOU FOUND IT HERE!

EASY WAYS TO SUPPORT OUR WORK:

BENEFIT TIP WHILE SHOPPING ON THE WEB AT:

www.alonovo.com/community/affiliate/98 OR

www.igive.com/welcome/warmwelcome.cfm?c=38382&m=0

BUY A BOOK AT TIP'S WEBSITE: www.toxicsinfo.org/tipstore.htm

BENEFIT TIP WHILE SURFING THE WEB at:

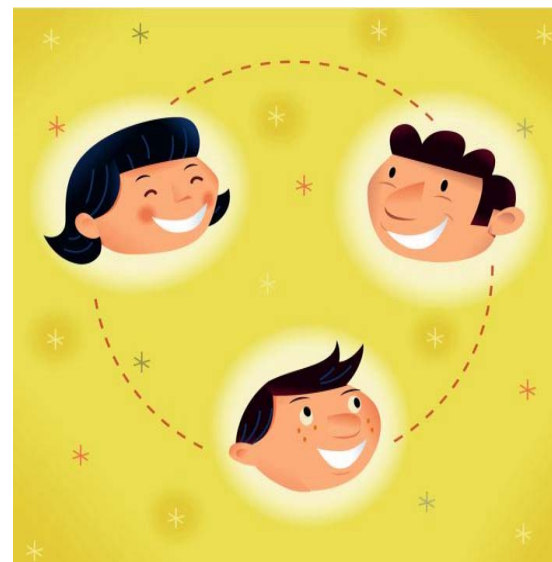
www.goodsearch.com/charityid=818190

MOST OF ALL, JOIN US OR MAKE A DONATION AT::

www.toxicsinfo.org/subscribe.htm

THE HEALTHY HOLIDAYS HANDBOOK

*FREE! QUICK TIPS FOR HEALTHY &
INEXPENSIVE HOLIDAYS & GIFT GIVING*



SEEKING HAPPY FACES AND HEALTHY PEOPLE!

**FROM: TOXICS INFORMATION PROJECT (TIP)
LIBERTY GOODWIN, DIRECTOR
P.O. Box 40441, Providence, RI 02940
TEL. 401-351-9193, E-MAIL: TIP@TOXICSINFO.ORG
WEBSITE: WWW.TOXICSINFO.ORG
(Lighting the Way to Less Toxic Living)**

TELL THEM YOU SAW IT IN THE HEALTHY HOLIDAYS HANDBOOK!

THE HEALTHY HOLIDAYS HANDBOOK

A TIP Less Toxic Living Guide

© 2008, Liberty Goodwin

NOTE: This Handbook Is Distributed Free By TIP To Enhance The Health And Well-Being Of All Readers. Please Consider Helping Our Organization With Your Shopping, Web Surfing, & Donations. See Back Cover, P. 2 & P. 9 for Ways to Support Our Efforts!

FINDING EVERYTHING YOU NEED
FOR HEALTHY CELEBRATION & GIFT-GIVING

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COME TO OUR GIFT IDEAS PARTY,
SATURDAY, NOVEMBER 29, 2008

12 TO 3 P.M., AT THE ROCHAMBEAU LIBRARY,
708 HOPE STREET, PROVIDENCE, RI

Help us pick the best gift ideas - and let us help you figure out what to get for your loved ones! (If you can't make the party, ask to be on our afterthoughts E-List).

NOTE: WHILE WE HAVE MADE EVERY EFFORT TO LIST REPUTABLE SOURCES FOR PRODUCTS & SERVICES, TIP IS NOT RESPONSIBLE FOR THE QUALITY OF ANY PRODUCTS OR SERVICES DESCRIBED IN THIS HANDBOOK.

**HELP US - AND HELP YOUR HEALTH
& PLANET AS WELL - JOIN US!**

Support TIP's important research and education efforts on toxics in everyday products and healthier alternatives! As a TIP member, you'll be part of a vital movement to create and sustain an earthly life support system friendly to people and other living beings. You will receive our quarterly newsletter, "TIP TALKS", with news of TIP activities, info on research into toxic products and health effects, and tips on healthy living. We welcome all concerned people as TIP members.

DONATE OR JOIN NOW! Please choose what you can afford to give from the suggested membership categories, fill out the form and enclose with your check: Or go to: www.toxicsinfo.org/subscribe.htm to pay by credit card or PayPal. Questions? Call 401-351-9193

MEMBERSHIP FORM

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E MAIL: _____

MEMBERSHIP

Individual Membership: \$25-40 ____ (Sliding Scale) Amount: _____

Contributor: \$50 ____ Supporter \$100 ____

Sponsor \$250 ____ Benefactor \$500 ____

Limited Income: \$10-20 (Sliding Scale) Amount: _____

DONATIONS

Donations of any amount are very needed for this young organization.
Please make checks out to: Toxics Information Project (TIP).

**TIP is an official 501C3 Non-Profit organization,
so all contributions are tax-deductible!**

Donation to TIP Amount

SPECIAL MEMBERSHIP OFFERS

With a membership/donation of \$40 or more, get a free subscription to "Pesticides & You" or E/The Environment Magazine (new subscribers only) or a copy of "Safer for Your Baby", a great guide to less toxic living for all. **NEW:** With \$30, get a sample issue of Mothering Magazine, including Best Natural Toys of 2007.

NOTES

*(A PLACE FOR YOUR OWN GREAT
GIFT IDEAS AND GIFT RECIPIENTS!)*

BENEFIT TIP WHILE SHOPPING ON THE WEB AT

www.alonovo.com/community/affiliate/98 OR
<http://www.igive.com/welcome/warmwelcome.cfm?c=38382&m=0>

PRODUCT: CARPET DEODORIZER

Note from someone who had a BAD experience with Arm & Hammer Pet Fresh carpet deodorizer: "My cockatiel died after I used it. The company admitted it's not recommended for use around birds. They said they didn't need to put a warning on the product. I'm just broken hearted, and her mate is just lost without her."

FELINE SAFETY

Holiday Safety Tips for Small Pets.

www.peteducation.com/article.cfm?cls=18&cat=1914&articleid=3031

Excerpted From:: Christmas Safety Tips for Cat Owners

www.cat-world.com.au/XmasSafety.htm

Pine needles can puncture internal organs if eaten, & are also toxic to cats. If you have a real tree, make sure it has plenty of water to prevent drying out & losing needles. It is important that your cat isn't able to get to this water & drink it as it could result in poisoning. The tree may also be coated with potentially harmful fire retardant, fertilizer, or insecticide. Tinsel, garland, flocking, and artificial snow can be dangerous. Never allow your pet access to poinsettia, holly (leaves and berries), mistletoe, or other plants holiday decorative plants. Perfumes, potpourri, adhesives, glues, aerosol sprays, and cleaning products can all be toxic.



This holiday season, the place to shop for the pets and pet lovers in your life is PSYCHIC KITTY. For your pets you'll find dog-gone fun & cat-tivating toys, snuggly beds & mats, leashes, collars, bowls, & diners plus irresistible snacks & treats galore. And for the pet lovers you'll find everything from clocks to collectibles, tablewear, home decor, books, frames and much more.

Shop early for the best selection. Gift Certificates Available.

Mon-Fri 10-7 • Sat 10-5 • Sun 12-5

Village at South County Commons
Rt. 1, South Kingstown, RI
401-234-0660
www.psychic-kitty.com

PSYCHIC KITTY

WHAT'S A LESS TOXIC HOLIDAY?

A less-toxic holiday is one which enhances health, quality of life and the environment on which we all depend for sustenance. It's one in which you are not rushing around, harried and anxious because of the overload of chores and many decisions needed – about entertaining, family visits or gift giving. Give yourself the gift of a more relaxed holiday, one you enjoy by doing things in a responsible, earth & people-friendly way.

THOUGHTS ON LESS TOXIC GIFT GIVING

People are besieged with piles of THINGS at holidays, and many homes become junk heaps of seldom-used items. Better gifts are practical gifts, gifts that are less toxic and don't take up too much space. Better gifts are fitted to the life style and needs of the giftee, sometimes helping them toward a healthier modus vivendi, but not aggressively. The ideal gift should be something the giver would like the giftee to have - and something the giftee would really appreciate. Concern is needed too for the reduction in sheer trash from wrapping paper and boxes used for a brief moment of glory.

WHAT TO AVOID WHEN CHOOSING GIFTS

1. Gifts that pollute the environment & expose the giftee to unhealthy chemicals: Fragranced items – as in cosmetics & candles and "air fresheners". Toxic art materials, including petroleum-based permanent markers. Plastic items containing toxic chemicals such as phthalates.
2. Gifts that will give a one-time pleased reaction – then never get used, or played with more than once or twice.
3. Gifts that encourage unhealthy, non-life enhancing habits, like sitting all day in front of the TV or computer playing games, overeating fatty and sweet foods.

A CORNUCOPIA OF HEALTHY GIFT IDEAS

1. God bless gift certificates! They can be very appropriate less-toxic gifts as long as the issuer is a basically non-toxic and natural type retailer, or at least neutral. Examples: Garden Grille or Whole Foods Market. Besides local retailers, there are lots of on-line stores selling natural products, who will be happy to provide such a certificate.

2. Think of giving a non-material gift such as a boat ride, some time at a gym, a bowling alley; a course at a local college?. You can give a membership to an organization which interests the giftee. One other often-welcome gift is a restaurant discount book (choose a healthy one) You can even give a "Surprise Day" combining various kinds of fun!

3. Think of giving services – we have several times given in-laws an evening of baby-sitting as a gift. If you are really dedicated, you could go in and give a thorough house cleaning (using natural cleaners). Or, provide snow removal for someone's driveway and walk. Think of what services your giftee could really use, that you can either do for them yourself or pay someone else to do. One of our sons greatly enjoyed a neck massage we gave him while visiting Newport.

4. Be environmentally friendly. Think of renewable-energy utilizing gifts like solar garden lights and solar radios. Send E-Cards, instead of paper. Available free or cheap with animation and music at: www.hallmark.com. Think odor-eating plants such as those described in the book, "How to Grow Fresh Air" – Areca palms, etc. Think chlorine and chemical-removing faucet or shower filters, electronic air cleaners.

5. Think gifts of healthy housewares, like Corning Ware, glass and ceramic casseroles, stainless steel or cast iron cookware. Think of a blender with a glass container instead of plastic.

6. Think books, which can educate on environmental or health concerns; be entertaining or informative on other subjects. Think magazine subscriptions to alternative publications such as E/The Environment Magazine, Utne Reader, Mothering, Natural Health... If these wouldn't appeal to your giftee, seek those that address their interests & at least don't promote toxic stuff or violence. Think videos –good & positive ones which would warm and uplift – & maybe cause to laugh, learn - or exercise!

7. Think of a NO SURPRISE gift! Share your gift ideas with the loved one to find out what they would prefer and will use. For some, getting a gift they really like is better than being "surprised" with one they don't.

9. Think things made of natural materials that are a bit different, or fun, or beautiful, to buy. Think of string hammocks. Think of gift baskets, either assembled yourself or put together by a retailer. Whole Foods Market, for example, will sell a gift basket of selected unscented personal care products (or other items).

HOLIDAY TIPS FOR HEALTHY PETS

BIRD SAFETY:

Excerpts From the Long Island Parrot Society Website
www.liparrotsociety.org/dangerous.htm

Susan Chamberlain, President, Long Island Parrot Society of NY, Inc. (3/01), P.O. Box 2754, North Babylon, NY 11703, Tel. (631) 957-1100 For a free copy of The Inside Story A Guide to Indoor Air Quality (Publication #450), send your name, address and request to: Publication Request, Office of Information & Public Affairs, US Consumer Product Safety Commission, Washington DC 20207. Website: www.cpsc.gov

PRODUCT: SCENTED CANDLES

According to the Indoor Air Quality Review, problems associated with scented candles may result from minute particulate matter dispersed by the candles. Essential oils & chemicals are added to these candles to create the scents, then dispersed into the air as the candles burn. The inhaled particles are small enough to pass through the human body's 'filter system' (lungs) & become lodged in the tissues. Grey marks called 'ghosting' may appear on interior walls when scented candles are used. UC Berkeley Wellness Letter (Feb. 2001) says, "Few studies have been done on whether burning of incense have any effect on human health.

Most studies have looked at compounds released into the air, including potent pollutants like benzene, toluene, formaldehyde, polyaromatic hydrocarbons. Nitrogen dioxide & carbon monoxide are also by-products of combustion. Burning candles can release fine particles as well as soot & even heavy metals from certain cores and pigments. Avoid candles with metal core wicks - they release lead. Keep rooms well ventilated. Because birds have complex and sensitive respiratory systems, don't use scented candles in closed areas where birds are present. There have been reports of birds dying after exposure to scented or 'room freshening' candles. Household products are not routinely tested on birds, so manufacturers can't certify that they are harmless to birds. If you err, do so on the side of caution.

PRODUCT: TEFLON®

Teflon® on non-stick pans and self cleaning ovens is DEADLY! It does NOT have to be burned to emit toxic fumes - overheating them kills! Opening windows when using Teflon® pans could cause fumes to waft through the house affecting birds in far off rooms so opening windows does not help. *More Teflon info at: www.ewg.org/reports/toxicteflon/toxictemps.php*

The researchers were surprised by the result, expecting more reaction from food coloring. But Melbourne ADHD researcher Peggy Brunet said she had already seen evidence linking perfume to ADHD. The Swinburne University PhD student works with children diagnosed with ADHD, autism and speech disorders. "I've seen the effect of perfume with my own eyes", she said. "Babies have developed ticks and twitches & all sorts of mannerisms as a result of perfume. "It can be really dangerous". Herald Sun, 23 August, 2000

SOLID AIR FRESHENERS MAY CAUSE LUNG DAMAGE

www.californialung.org/ALAC/enews0608.html

The American Lung Association of California helped raise awareness about the potential health hazard posed by solid air fresheners in an August 7 *Los Angeles Times* article. A study released in May by the California Air Resources Board warned that several compounds found in air fresheners and household cleansers can reach harmful concentrations inside homes, with paradichlorobenzene from slow-dissolving air fresheners and toilet-bowl deodorizers posing a particular problem because it releases a chemical (dichlorobenzene or 1,4-DCB) into the air over a long period.

American Lung Association of California spokesperson John Balmes, MD, said the study was in line with several studies that have warned of the respiratory dangers of many household cleaners. He told the reporter that when his patients ask about air fresheners, "I'd say if you can avoid it, not to use them. I don't see the need to introduce other chemicals into our environment when there're already so many bad actors."

ANOTHER THING THAT COULD SPOIL YOUR HOLIDAY - BUGS!
NOT TO WORRY - CALL THE LOCAL RI NON-TOXIC BUG EXPERT
(*Treatments That Are Safer for You, Your Family & The Environment*).

BioTechPestControls, David Jones, 42 Canal St., Westerly, RI
Tel. 401-315-2400, E-Mail: bugs@biotechpestcontrols.com
Web: www.biopestcontrol.com. Bio-Tech Services and advice have actually been used by Liberty G. They're very committed to environmentally and people-friendly pest management!

SAMPLE GIFT IDEAS & SOME ONLINE SOURCES

HEALTH-ENHANCING GIFTS

**AMERICAN LUNG ASSOCIATION OF RHODE ISLAND
Fight for healthy air (see www.lungne.org or call 401-421-6487)
Gift certificate for Freedom From Smoking® classes \$75.00 (8 sessions over 7 weeks. Next program offered at Memorial Hospital in February). Radon test kit (including analysis) \$12.00
Registration fee for Stair Climb event (in Providence on Feb. 28 or elsewhere in New England) and/or promise of pledge for Stair Climb event or Healthy Air Walk in May.

KEEPING ACTIVE

**PEDOMETER. OMRON HJ-151 HIP PEDOMETER FOR AEROBIC ACTIVITY. Measures: steps and minutes, calories and distance. Seven-day history lets you review a full week of exercise. Resets at midnight automatically - ready to go every morning. Large display and clock. AVAILABLE AT ALONOVO.COM: \$13.99
Go to: www.alonovo.com/community/affiliate/98 Enter "Pedometer" in the search engine. \$13.99. A percentage of the price will benefit TIP.

**BADMINTON SET. Fun for the whole family. Regulation set includes 4 nylon-strung racquets and 2 shuttlecocks, mesh net with 1"-dia. powdercoat steel poles for stability, instructions. 2.8Hx9.8Wx26.5L" Target, \$29.99, Free Shipping Go to: www.target.com & search badminton sets. Also browse: [Lawn Games](#), [All Racquet Sports](#).

GIVE THE GIFT OF HEALTHY WATER

FAUCET FILTER/SHOWER FILTER: In 2007, Environmental Working Group (EWG) in 2007, found tap water samples in the Washington, DC area contained toxic chlorination by-products at levels above federal health limits. Some turn to bottled water. But, there's a cheaper, more environmentally-friendly way, says EWG, to dramatically lower levels of these toxic byproducts: carbon filtration. In fact, it's 10 to 20 times less expensive than bottled water (\$100 vs. nearly \$2,000 annually) AND doesn't produce the waste and pollution bottled water does. Choose a faucet-mount, under-sink or whole-house model. Also, avoid absorbing chemicals such as chlorine byproducts while bathing, with an inexpensive shower filter.

HOW ABOUT THE GIFT OF "LIFE & BREATH": AIR FRESHENERS?

(NOT THE STINKY KIND - SEE THE "WHAT TO AVOID" SECTION.) Try two electronic fresh air devices used by Liberty Goodwin, Tip Director:

**SLANT FIN PURI-CLEAN 55 AIR PURIFIER PC-55



This desktop air purifier provides quality multi-stage air purification with a pre-filter, activated carbon filter, 3M Filtrete electrostatic filter and a negative ion generator. Price varies - shop around online. We found it for a "sale" price of \$63.99 at one site, but then for \$49.99 on sale elsewhere.

NOTE: Comes with a "fragrance dispenser" - Ignore that! It uses a RFP-55 Replacement Filter: \$8.99.

**WEIN AS-250 SANI-MATE IONIZER/ SANITIZER.

Destroy airborne odors, bacteria, viruses, molds, chemicals, smoke and allergens pennies a month. Using corona-discharge technology to neutralize air pollutants, *Sani-Mate* draws air inside at the rate of 70 feet per minute, then cleans & refreshes it using bursts of electricity - simulating the air-purifying effects of a lightning storm. Use in bathrooms, sick rooms and more.



Maintenance free with no parts to replace or filters to change. USA. Retail is \$49. We found sales online for \$44 and \$33.33. Liberty tested this on nasty bathroom smells - and it worked!

STILL SEEKING A HEALTHY BREATHING GIFT? Get them the book "How to Grow Fresh Air", on plants that absorb chemicals naturally. Buy it at the TIP Book Store! (See P. 9.)

CUT FLOWERS CAN BE UNHEALTHY - OR SUMPTUOUSLY ORGANIC

Because flowers are not food, the USDA doesn't regulate them or inspect them for pesticide residues. Yet, cut flowers are one of the most pesticide-intensive crops, causing compromised worker health & flowers laden with pesticide residues. Alternatives: Organic Bouquet flowers are sold at Whole Foods, Wild Oats, Trader Joe's other natural foods chains, and on the web. Two online purveyors of organic flowers are Manic Organics of Lawrenceville, Georgia, specializing in roses, and Seabreeze Organic Farm in San Diego. Local Harvest has an online store which helps small farms find markets for their products beyond local areas. Contacts: Organic Bouquet, (877) 899-2468, www.organicbouquet.com; Manic Organics Flowers, (678) 377-8258, www.manicorganicsflowers.com; SeaBreeze Organic Farm, (858) 481-0209, www.seabreezed.com; Local Harvest, (831) 475-8150, www.localharvest.org/organic-flowers.jsp.

UPHOLSTERY CLEANING

An environmentally friendly service in London, England reported: "We use the hot water extraction method also known as steam cleaning. This is the best and the most efficient upholstery cleaning method."

So, one option I'd suggest considering is getting a Scunci or other steamer and just doing it yourself with plain water. (The high heat of the steam has a sanitizing effect). Or, hire any cleaning person to do it with your Steamer (which has many other uses). Or, hire an upholstery cleaning company to do it with just steam and no chemicals. (Only caution - be sure to follow instructions to ensure proper drying) The problem with the latter is chemical residue in their equipment. However, a hopefully less toxic option is to call one of the companies that is a franchise using the Carbonated (Chem-dry) Cleaning Process.

They say: 'The Natural(R)', a patented general cleaner, combines ingredients copied from Mother Nature to produce millions of carbonating bubbles that clean carpets thoroughly, quickly and safely. Uses a fraction of the water of steam cleaning, & contains no soaps, detergents, solvents, enzymes, or other harsh chemicals. Can be used around your entire family, including your pets. That's why Chem-Dry is healthier.

TIP found one ChemDry in Rhode Island - serving the entire state: Lil Rhody Chem Dry, 3964 South County Train, Rte. 2, Charlestown, RI 02813. Tel. (401) 351-9220. When called, they said that every ingredient used is on the FDA GRAS list (Generally Recognized As Safe).

WHAT YOU DON'T NEED AT A HOLIDAY
GATHERING: ROWDY, REVVED UP KIDS!

"Scents Kids Go Wild For"

By Wendy Busfield, medical reporter, www.wannabee.org.au

Simple things such as perfume can trigger hyperactivity in children, a recent study has found. Researchers say mothers splashing on a fragrance can cause hyperactivity in their children. Toiletries and air fresheners can have the same effect, with possible links to attention deficit hyperactive disorder. A study of about 400 British families with hyperactive children showed perfume was one of the biggest triggers. More than 7-per cent of children reacted strongly to perfume worn by their mothers and scent in household products.

NATURAL DRY CLEANERS, RHODE ISLAND

NATURAL DRY CLEANERS LLC, 147 Elmgrove Ave, Providence, RI 02906, (401) 334-1840

NATURAL DRY CLEANERS, 616 George Washington Hwy, Lincoln, RI 02865, (401) 334-1840

YOUR HOME

CLEANERS & DETERGENTS

*THE BASICS: Cleaning. Vinegar & Baking Soda will handle 90% of your home cleaning, inexpensively and effectively. Laundry. Use fragrance-free, dye free detergents to avoid harmful chemicals and allergic reactions. Don't use bleach or fabric softener. See: for more information. Note: **Target** has started carrying the **Seventh Generation** cleaning supply line, which will reach a wider market. Also try **Shaklee's** products. RI Distributor Jeff Whittaker is a fine TIP supporter: www.OurHealthierWorld.com and www.CleanSaferUSA.com*

CLEANING SERVICES ADVERTISED AT WHOLE FOODS MARKET

Consider these for your own holiday cleaning - or as a gift of services to someone else. There are usually several ads by natural cleaning persons on the boards at WFMs. TIP can't vouch for the work of any, but we've talked with several that seemed experienced in natural cleaning methods and materials. Always ask for and check references!

Shaklee - Products & Opportunity	
Always Green - Always Natural - Always Works	
Natural Cleaners Economical Child Safe Guaranteed Results 401-732-2526 Green@CleanSaferUSA.com www.CleanSaferUSA.com	Worlds Best Cellular Anti-Aging Supplement FEEL Younger LIVE Longer Add YEARS to your LIFE And LIFE to your YEARS Health@LiveMoreYears.com www.LiveMoreYears.com

USE PHOTOS FOR PERSONALIZED GIFTS

What would they really like? Everyone loves pictures of themselves or family members. These can be applied to a wide variety of useful gifts for kids or adults! AVAILABLE FROM SNAPFISH: www.snapfish.com/store EXAMPLES: Notebook or Mug, \$9.99, T-Shirts, \$12.99, Apron: \$14.99, Pillowcase, Playing Cards or Teddy Bear: \$19.99, Tote Bag or Coasters (Set Of 6): \$24.99 Desk Organizer: \$26.99 Keepsake Box: \$29.99 Calendars: Range From \$18.99 To \$27.99, By Size.

BOOKS & GAMES FOR PARENTS

"Just A Stage" (humorous parenting columns)

Jan Butsch, Price: \$12.95.

www.schroderpr.com/schrodermedia/parenting_doorway.html

"The Secret of Parenting: How to Be in Charge of Today's Kids-from Toddlers to Preteens - Without Threats or Punishment", by Anthony E. Wolf, Price \$9.75

<http://www.amazon.com/exec/obidos/tg/detail/-/0374527083/102-7338075-9666553?v=glance>

Chicken Soup for the Soul Cartoons for Dads \$9.95

Chicken Soup for the Mother & Daughter Soul: Stories to Warm the Heart and Honor the Relationship - Jack Canfield \$9.72

Good Grief, It's Mother's Day! (Peanuts) - Alice Alfonsi \$3.99

Chicken Soup for the Couple's Soul - Jack Canfield \$3.79

MAGAZINE SUBSCRIPTIONS

THE FUNNY TIMES: A monthly forum for humor - funny jokes, political cartoons, news & columns - in a world totally insane. No matter what has you down: The War on Terror, HMO Waiting Rooms or Family Stress, FT's cartoonists and columnists will fill you with inspiration instead of despair. They read 1,000s of the funniest cartoons in order to find & collect the Best of the Best each month in their tabloid newspaper. To cheer someone with a gift subscription, you can go to: www.funnytimes.com/subscriptions.php or call 216-371-8600. The price is \$25 for a one-year (12 monthly issues).

SEE SPECIAL OFFERS FOR E/THE ENVIRONMENT MAGAZINE & OTHER USEFUL PUBLICATIONS ON THE TIP MEMBERSHIP PAGE, P. 2.

FOR THE HOME OFFICE

SOLAR CALCULATOR: Most basic calculators today combine solar and battery power. But Casio and Texas Instruments offer all-solar models that never need batteries. These can be found at selected office supply or electronics stores, or online.

CALENDAR: Close to Home: 2009 Day-to-Day Calendar Humor is healthy - lots here: inspired by the woman who throws herself onto a seafood case to relieve her hot flashes, the nurse offering to turn the surgical lamps to "tanning mode" for \$25, or the two men from Al's Car Wash who place bird poop decals on clean cars. Whatever the subject--John McPherson finds the humor in it.. List Price: \$12.99 Amazon Price: \$10.39

FOR SCHOOL

****LUNCHBOX.** Vinyl shows up in most soft insulated lunch boxes for kids, and independent tests found some of them contained high levels of lead. The greenest approach: Avoid vinyl. Lunchboxes.com carries dozens of metal lunch boxes, including some you may remember fondly from your youth.

****DRINK CONTAINER** Unfortunately, many reusable water bottles are made of polycarbonate plastic (look for #7 recycling symbol on the bottom). Bisphenol-A, an endocrine disruptor, could leach into liquids in these bottles, says the Institute for Children's Environmental Health. Avoid plastic, buy stainless steel. See: www.kleankanteen.com, www.healthykitchenware.com, or www.taraluna.com/garden/picnic.htm Try local stores as well. Second-best: non-leaching plastics such as high density polyethylene (HDPE, #2) or low density polyethylene (LDPE, #4). REI and Reusablebags.com offer many choices.

LESS-TOXIC ARTIST SUPPLIES:

Water Miscible Oils. Like regular oil colors, but with a modified oil binder you can thin & clean with water. Drying time is faster, clean-up easier. Once dry, the paint resists water like other oils. Users report fewer problems with odors & allergies.

Van Gogh H2Oil Colors Gift Sets: Water-soluble oil colors that need no solvents, are thinned with water, environmentally friendly, with the look & intensity of oil color. Basic Set of 10 Colors — The perfect introduction! Basic mixing colors in 20 ml tubes, in a covered box. [01537-1029](tel:01537-1029) Basic Set of 6, \$19.95 [01537-1039](tel:01537-1039) Basic Set of 10, \$31.05. Dick Blick, (800)-828-4548 or www.dickblick.com/categories/watermiscibleoils/

LOCAL ALTERNATIVE DRY CLEANING RESOURCES

ZOOTS DRY CLEANING, WWW.ZOOTS.COM

ZOOTS uses a non-toxic, odorless cleaning process that has been thoroughly tested and proven to cause no short or long term health risks. Their cleaning agent is 100% biodegradable so it's completely safe for the environment. The perc-free cleaning process is gentler on your clothes and leaves them without that "dry cleaning" smell.

RHODE ISLAND

ZOOTS (0065), 3803 Post Road, Warwick, RI, 401-885-5513
Hours: M-F: 7:30 AM-7 PM, Sat: 9 AM-5 PM, Sun: 11 AM-3 PM

MASSACHUSETTS

ZOOTS: 266 Washington Street, Attleboro, MA, Lisa Gecer, lisa_gecer@zoots.com 508-399-7011 or 877-558-9666,
Hours: M- F 7:30 AM-8 PM, Sat. 9 AM-5 PM, Sun : 11 AM-4 PM

ZOOTS: 288 Hartford Avenue, Bellingham, MA 508-966-2245,
Hours: M - F., 7:30 AM – 7 PM, Sat., 9:– 5 PM, Sun., 11 AM – 3 PM

GREEN EARTH DRY CLEANING

www.greenearthcleaning.com/default.asp

The GreenEarth Cleaning environmentally friendly, silicone-based, dry-cleaning solvent is chemically inert, does not chemically interact with your clothes in any way. Rather, it carries detergent to clothes & rinses away suspended dirt & oils trapped by detergent. It is odorless, biodegradable, does not irritate skin. It can clean clothes that are marked do not dry clean, like leather, vinyl and items with beading and sequins.

RHODE ISLAND: HUDSON SERVICES,
101 Cranston St., Providence, RI 401-521-6767, x102

MASSACHUSETTS: BUSH QUALITY CLEANERS, 800-BCLEAN9 (225-3269). Free Pickup & Delivery. VIP XPRESS SERVICE, www.bushqualitycleaners.com

NORTH DARTMOUTH, 23 Faunce Corner Rd, Best Buy/Super Stop & Shop Plaza, 508-993-1771, M-F 7:00am 7:00pm, Sat. 7 am–5 pm. 24-Hour VIP Xpress Drop Box.

FAIRHAVEN, 173 Spring Street, Tel. 508-993-0934, M–F, 7 AM – 6:30 PM, Sat: 7 AM–5PM, 24-Hour VIP Xpress Drop Box.

NEW BEDFORD, 518 County Street, Tel. 508-992-7622
M – F: 7 AM – 6:30 PM, Sat: 7AM

NEW BEDFORD, 446 Dartmouth St., 508-992-8537,
Sun–Sat: 7 AM – 10 PM Fully Attended Laundromat

Greenpeace (greenpeace.org.uk) and Women's Environmental Network (wen.org.uk) both have useful lists of products to avoid, as well as companies with good track records.

TO DYE OR NOT TO DYE? PERMANENT HAIR DYES,
www.care2.com/greenliving/permanent-hair-dye-dangers.html

by **Annie B. Bond**. If you use permanent hair dyes at least once a month you should know about a 2001 study from researchers at the University of Southern California that analyzed the association between hair dying activity and bladder cancer. There wasn't an association between semi-permanent or temporary hair dyes & the cancer. For info on Safer Ways to Color Your Hair, see: www.care2.com/greenliving/safer-ways-to-color-your-hair.html

HEALTHIER DRY CLEANING

IMPORTANT WARNING WHEN YOU BUY NEW CLOTHING & LINENS: Newly purchased garments & sheets come treated with chemicals for permanent press wrinkle resistance. To limit your children's exposure to these chemicals, WASH NEW CLOTHES BEFORE WEARING. Note that 100 per cent cotton flannel sheets are naturally wrinkle-resistant, so are less likely to have toxic residues in them.

FROM: ARTICLE ON HEALTHIER DRY CLEANING
ALTERNATIVES: YES! MAGAZINE, FALL, 2003
www.yesmagazine.org/article.asp?ID=628

(NOTE: Consider Yes! Magazine as a gift subscription option)

The best alternative is to buy clothes that do not require dry cleaning. That said, many things labeled "dry clean only" can be washed by hand. Natural fabrics, such as linen, silk, and wool, have been around much longer than dry cleaning & careful hand-washing will keep them in fine shape. Use a gentle, low-alkaline detergent such as Ecover Laundry Liquid Wash. Roll wet clothes in a clean towel to absorb excess water and then allow them to air dry. Never wring or twist delicate items. If you want a clean, pressed appearance, you can take your clean clothes to the dry cleaners & ask to have them pressed only.

If you do use a dry cleaner, three different technologies are emerging as substitutes to perc. About 30 percent of clothes labeled "dry clean only" can be cleaned using the Wet Cleaning method, using water in computer-controlled machines. The second alternative uses a silicone-based solvent in conventional dry-cleaning machines. The third choice is submerses clothing in liquid carbon dioxide. *Krista Camenzind*

THE TIP BOOK STORE: BUY THEM FROM US!

www.toxicsinfo.org/tipstore.htm

Exciting and Useful Books for Exciting Winter Reading & Gift-Giving

GARDENING BOOKS

NEW! Easy Care Guide to Houseplants, \$20
NEW! From Grass To Gardens, How to Reap Bounty from A Small Yard, \$17
NEW! Getting Started in Permaculture, \$15
NEW! Small Space Gardening, \$15
NEW! The War on Bugs, \$35
Building a Healthy Lawn, \$15
The Gardener's Guide to Plant Diseases, \$15
The Gardener's Weed Book, \$13
Massachusetts Gardener's Companion, \$15
Organic Lawn Care Manual, \$20
The Permaculture Garden, \$25
Rhode Island Gardener's Companion, \$15
Safe & Easy Lawn Care, The Complete Guide to Organic, Low-Maintenance Lawns, \$13
Solar Gardening: Growing Vegetables Year-Round the American Intensive Way, \$40

OTHER TOPICS:

(*Environmental Action, Natural Healing, Food, Healthy Homes*)
Green-Up Your Cleanup, \$17
The Organic Food Guide, \$9
How to Grow Fresh Air (50 Houseplants that Purify Your Home or Office) \$17
Safe Passage on City Streets, \$10
Victories Without Violence, \$6

DON'T FORGET ALL THE OTHER WAYS TIP IS THERE TO HELP YOU WITH A HEALTHIER, ENVIRONMENTALLY FRIENDLY LIFE STYLE!

Call or E-Mail us with a query, check out all the great info on our website at www.toxicsinfo.org, Buy interesting and useful books there at: www.toxicsinfo.org/tipstore.htm Sign up to receive information about our doings, publications, our toxic toys research & the legislation on green cleaning in schools we are supporting this year. CONTACT: Liberty Goodwin, TIP Director, Tel. 401-351-9193 or E-Mail: liberty@toxicsinfo.org

KIDS & TOYS

CAN KIDS PLAY IT SAFE WITH PLASTIC? A PUZZLE FOR PARENTS

Being a parent is challenging. The world we live in offers many and confusing choices. Being informed is key to protecting your family and keeping them healthy. Yet, just as the scare about lead paint and toys from China fades from headlines, another worry appears. Endocrine-disrupting chemicals in baby bottles and other children's products? What's a mother to do? Fortunately, some great non-profit groups are providing info on how to choose safer plastic products for your youngsters and your home. Below, some ways to protect your family:

WHAT'S THE PROBLEM? THE VILLAINS: PHTHALATES & BISPENOL-A

Phthalates and Bisphenol-A (BP-A) are chemicals known to be in many toys and products used by children. Studies show that these chemicals leach out of products during use, especially when heated. Young children are exposed by inhalation of fumes by mouthing and chewing toys and drinking from baby bottles and sippy cups. Research has also indicated that these chemicals are endocrine disrupters associated, even at extremely low doses, with a variety of reproductive and other health effects in animals. These include obesity, diabetes, thyroid disease, autism, breast cancer, prostate cancer and other illnesses. See: www.ehponline.org/members/2003/6601/6601.html Possible effects of BP-A in humans, as an estrogen mimic, include early puberty and possible later breast cancer in girls & other reproductive abnormalities in boys, such as possible low testosterone levels. Phthalates (pronounced "thal-ates") have been connected with liver and hormonal damage.

QUICK TIPS ON HOW TO IDENTIFY AND AVOID THE "BAD GUYS" AND ADOPT SAFER ALTERNATIVES



SEE THE ANIMATED "SAM SUDS" CARTOON ON AVOIDING PVC, at www.samsuds.org or www.besafe.org Poly Vinyl Chloride - PVC - is highly toxic, found in many household products, and contains phthalates.) This is a funny, short,

informative video also available as a DVD for showing to groups.

CHECK OUT RECYCLING SYMBOLS: On the bottom of plastic items you will find a triangle with a number inside it. This is an indicator of the type and toxicity of the plastic. DON'T BUY PLASTIC WITH RECYCLING NUMBERS 3, 6 OR 7.



DO LOOK FOR AND BUY TOYS & CHILDREN'S PRODUCTS WITH THE SYMBOL, "CE" ON THE BOX OR ITEM. That means compliance with the tougher European Union standards, with restrictions on phthalates, lead, & other chemicals.

PERSONAL CARE & CLOTHING

RESOURCES FOR CHOOSING SAFER COSMETICS FOR YOUR PERSONAL CARE & AS GIFTS

WHAT YOU SHOULD KNOW ABOUT CHEMICALS IN YOUR COSMETICS: Consumer Reports ShopSmart^(Sm), Winter 2007 Article: www.safecosmetics.org/newsroom/consumer_repts_1_07.cfm
More Information From This Issue: [Smarter Cosmetic Shopping](#)
[Take a Whiff of This](#), [Q&A With a Scientist](#),

ENVIRONMENTAL WORKING GROUP (EWG) SKIN DEEP LESS TOXIC COSMETICS DATABASE www.cosmeticsdatabase.com/index.php?nothanks=1

The Skin Deep product safety database provides safety ratings for nearly 25,000 personal care products - almost a quarter of all products on the market - and the 7,000 ingredients they contain. Due to gaping loopholes in federal law, companies can put virtually any ingredient into personal care products. Even worse, the government does not require pre-market safety tests for any of them. EWG's aim is to fill in where companies and the government left off. Skin Deep is the only tool available to consumers to assess and compare the safety of personal care products. *Also visit the EWG site:* www.ewg.org

ORGANIC CONSUMERS ASSOCIATION: 20 Ways to Reduce Your Intake of Chemicals in Body Care Products www.organicconsumers.org/bodycare/reduce052104.cfm

Excerpts

NAIL CARE: If you can't give up nail varnish, **protect the cuticles with oil**. Although the part of the nail you see is dead, it is still porous and can absorb the chemicals used in varnish and remover, such as toluene, acetone and formaldehyde.

SHAVING: **A thick coating of aloe vera gel is a good alternative to shaving foams and gels**. It has natural anti-inflammatory and skin-softening properties, without all the chemicals.

LIPSTICK: The average make-up wearing woman will eat two pounds of lipstick in her life-time. Most lipsticks contain petroleum derivatives. **Try brands based on beeswax, plant oils or vitamin E instead**.

HEALTHIER RESTAURANTS IN RI

**LOCAL 121

121 Washington Street, Providence, RI Tel.: (401) 274-2121
A restaurant that strives to be ecologically, culturally, and agriculturally sustainable, serving locally-raised foods - vegetables harvested by local farmers who care about the health of their land & your food. Meats raised with no inhumane confinement, antibiotics or growth hormones. Local 121 prioritizes purchasing to avoid serving anything genetically modified, packaged in a factory, or transported very far. They seek out small New England farmers, cheese makers, and other food artisans.

Garden Grille: 727 East Ave, Pawtucket, RI 02860 (401) 726-2826 www.gardengrillecafe.com Full service vegetarian, entrees, fresh juice bar, whole wheat tortilla roll-ups, soups, salads & sandwiches. Many vegan options, including desserts! Open 7 days a week.

Chipotle, 969 Bald Hill Road, Warwick, RI 821-3007 Open 11am-10pm. Serves some naturally raised meat, no longer serves cheese made with rBgh treated milk It also has organic milk at some of its locations.

Meeting Street Cafe *220 Meeting Street, Providence, RI 273-1066 Open 8 Am To 11 Pm, 7 Days A Week. Serves only 100% natural chicken, turkey & Angus beef raised without hormones & antibiotics.

Whole Foods Market: Pleasant tables for meeting & eating take-out food. Also think of a WFM gift certificate for someone. No antibiotics or hormones, pesticide residue limits.

IN DEFENSE OF PIZZA!

Pizza is commonly lumped in with various "junk" foods in diet talk - & we think it's gotten a bad rap. True, it is rare to find it organic & whole grain. But, realistically, one can only REDUCE intake of less healthy stuff, not escape it. And pizza has many pluses.

It has tomato sauce - and remember - Ronald Reagan decreed catsup was a vegetable! Which it actually is - a healthy one at that. It seems that the lycopene in tomatoes is more available when heated & accompanied by fat. And some studies indicate this can prevent various cancers. Also, pizza can be topped with green peppers, onions and/or mushrooms instead of meat - better for you than a Big Mac with french fries! So, eat up - in moderation! As for where to buy it - seek out a place with whole wheat crust - they're out there!

TELL THEM YOU SAW IT IN THE HEALTHY HOLIDAYS HANDBOOK!

SOURCES OF INFORMATION ABOUT TOXIC TOYS & PRODUCTS

TIME MAGAZINE: "Tips for Safe Toys and Other Household Products", by Margot Roosevelt. "Virtually all of us are regularly exposed to low levels of phthalates and BPA," says Shanna Swan, a Univ. of Rochester epidemiologist & expert on endocrine disruptors. "But there are measures we can take, until use of these chemicals in everyday materials & products is more aggressively restricted." www.time.com/time/health/article/0,8599,1566958,00.html

GREENPEACE: INFO ON INFANT TOYS CONTAINING PVC AND THOSE WITHOUT PVC Usually toys are NOT labeled as PVC or "vinyl", or marked with the PVC symbol. Similar products are made by the same company with and without PVC. For a list of both kinds, go to: <http://archive.greenpeace.org/comms/97/pvctoys/documents/list.html>

ECOLOGY CENTER: Confronting Toxic Toys: It's not just imported toys that carry harmful chemicals, but brand-name, U.S.-manufactured ones too. Now, a coalition of public interest groups led by the Ecology Center has made public a database showing how some 1,200 popular children's toys stack up in terms of lead content and other harmful chemicals. See "All I Want for Christmas Are Some Lead-Free Toys, By Mike Shriberg, Ecology Center, www.alternet.org/healthwellness/69272. Also see www.healthytoys.org, and www.healthytoys.org/chemicals.chlorine.php

MOTHERING MAGAZINE: PVC Update, By Lois Gibbs www.mothering.com/sections/action_alerts/december2007.html#pvc
With all the toxic toy recalls, more and more parents feel like they're rolling the dice with their children's health when they go shopping. One thing to avoid is polyvinyl chloride (PVC), vinyl, the worst type of plastic for the environment & our health. While regulations limit lead in paint on toys, there is no standard for lead in PVC. Also, children who play with some vinyl toys such as rubber duckies & bath books are exposed to lead, and phthalates as well, When a child puts a PVC toy in his or her mouth, it's like sucking on a toxic lollipop. Last month, California joined the European Union & 14 countries in banning the use of phthalates in children's & infant's products.

MORE NEWS, ACTION & INFO ON TOXIC TOYS & PRODUCTS

1. CENTER FOR HEALTH, ENVIRONMENT & JUSTICE: www.chej.org and the Be Safe PVC Campaign: www.besafenet.com/pvc/
2. CONSUMERS UNION: Not in My Cart, www.notinmycart.org Includes recall information.
3. FOR MORE INFORMATION & RESOURCES ON SAFER CHILDREN'S PRODUCTS, GO TO: www.toxicsinfo.org/tips_kids.htm

SOURCES FOR SAFER TOYS & SAMPLE GIFT IDEAS FOR KIDS

LOCAL SOURCE FOR TOYS

Creatoyvity (Has many CE approved and safer plastic toys)
 Providence: 808 Hope Street, Providence, RI, 401-351-5718
 Wickford Village, 68 Brown Street, N. Kingstown, RI, -294-9011
 Store Hours: 10 am -6 pm Mon. - Sat.; 11:30 am – 3:30 pm Sun. Email:
sales@creatoyvity.com, Website: www.creatoyvity.com

CREATIVE, HEALTHY TOYS ONLINE

WILLOW TREE TOYS

www.willowtreetoys.com

All Willow Tree Toys products are lead-free, non-toxic, and have passed European and American safety tests, including EC Toy Safety Directive European Standard EN71 and ASTM (American) International Standards. They purchase from smaller companies who personally implement and oversee a structured safety program.



Wooden Paddle Boat: Perfect for the bathtub. The boat is "fueled" by a replaceable rubber band, which will enable the boat to race all the way around the bathtub. A simple and fun toy. Ages 3+. Price: \$7.95

www.willowtreetoys.com/product/DDW100/Wooden_Paddle_Boat.html

Magnifying Glass in a Tin Has an attached cord, so can be worn as a necklace during exploring adventures! No worries about losing it. Stores in a tin container 3" square. Magnifying glass measures approximately 2" in diameter. Imported from Germany. Ages 3 and up. Price: \$11.95

www.willowtreetoys.com/product/HB1694/Magnifying_Glass_in_a_Tin.html

Watery Blue Silk Parachute. This pure silk parachute is easy to throw & doesn't tangle as the chute opens and glides down. Attached pouch contains a bouncy ball for weight. The ball can be swapped out for a small doll or figure to ride in the pouch. Ages 3+. Silk fabric from China; parachute dyed & made in the U.S.A. by work-at-home moms. \$24.95

www.willowtreetoys.com/product/SS1003/Watery_Blue_Silk_Parachute.html

Haba Wooden Compass in a Tin. A real working compass with a North marker, disk with cardinal points, a magnetic needle, and an instruction booklet explaining how to use the compass and how a compass works. Great fun for your little explorer. Comes on a sturdy cord and stores neatly in a tin container. Disk measures 2.7" diameter. Metal tin measures 3" square. Made in China under the close supervision of Haba of Germany. Ages 3+. Price: 14.95.

www.willowtreetoys.com/product/HB1728/Haba_Wooden_Compass_in_a_Tin.html

PREPARING FOR PARTYING

Food & Dining, Household, Clothes, Personal Care

Points To Consider, If Entertaining at Home

CLEAN YOUR HOME WITH NATURAL, NON-TOXIC CLEANERS.

USE LESS-TOXIC COOKWARE AND TABLEWARE – stainless steel, ceramic, cast iron or glass instead of aluminum or non-stick pans, plastic dishes and drinkware.

AVOID "AIR FRESHENERS", that only hide odors with artificial scents laced with toxic chemicals, that offend or even sicken many people.

AVOID HOT PLASTIC! Don't microwave in plastic - chemicals leach out when heated. Don't pour hot liquid or food into plastic containers.

DO WARM FOOD IN GLASS OR CERAMIC. You can even do so on your plate, bowl or glass, with or without a cover.

LIMIT PURCHASE OF CANNED GOODS. Bisphenol-A is used in the lining of most food cans.

Serve healthy, natural food, & don't overload guests with rich foods & sweets. Moderation, and creative cooking & seasoning, will leave them happier than excesses that lead to indigestion! If going somewhere as a guest, don't douse yourself with perfume. Those with asthma will appreciate it - as well as the many other people offended by fragrance chemicals - even if they are too polite to tell you so.

LOCAL & ORGANIC FARM FOOD SOURCES

NEW! Trader Joe's 1000 Bald Hill Rd, Warwick, RI (401) 821-5368, Trading Hours: 9 am - 9 pm Long-awaited competition to Whole Foods Market! www.traderjoes.com

Whole Food Market, Providence: North Main St.& Waterman St. stores, Garden City, Cranston. www.wholefoodsmarket.com

Providence Wintertime Farmers' Market! Saturday: 12-3 PM December 1 to May 31, 2008. Call for location. Organizer: Sheri Griffin, Farm Fresh Rhode Island, (401) 480-0102

Little Rhody Foods Customer List – Rhode Island. Locally produced, hormone-free milk and eggs, found in many markets statewide! For a list of stores that carry Little Rhody see: www.rhodyfresh.com/storelist.htu.

Eastern Fish Farm (Hydroponic lettuce, not fish) 401-419-4800 E-Mail: easternfish@surfglobal.net, Call to buy year-round. Produce is free from toxins. www.hydroboston.com

Seven Arrows Herb Farm, 346 Oakhill Avenue, Attleboro, MA, www.sevenarrowsfarm.com, 508-399-7860 Gardening services, certified organic & chemical-free flowering plants & shrubs. Organic honey.

Broadview Garden & Gift Floral Center, Sherry & Mark Koswaski, Owners, 5 Langworthy Road, Westerly, RI broadview@gardener.com Website: www.broadviewgardencenter.com Tel. 401-322-0390. Potted plants & herbs, poinsettias. Organically grown plants bought wholesale.

BREAKING THE "PREVIOUSLY OWNED" BARRIER

Thrift Shops Thrive Amid Economic Downturn

http://news.yahoo.com/s/ap/20081007/ap_on_bi_ge/uneasy_economy_thrift_shops_2;_ylt=AuHCAX8mK93.YNSX52BXFixv24cA Forget about the outdated notion of thrift shops as the refuge of the working poor, the down and out or the vintage fashion hipster. In these troubled times, the powerful lure of a secondhand retail bargain is attracting a whole new breed of customer. Consumers "can't change the price of gas. They can't change the price of food. They can't make the stock market go up again," said Adele Meyer, executive director of the National Association of Resale & Thrift Shops. "But they can control the price of clothes and furniture by being a savvy shopper."

WHAT KIND OF GIFT CAN BE PURCHASED "USED"?

The short answer - any that's usable, works well, looks good, & is sanitary. Jewelry & knickknacks. Wood, metal, glass, ceramic, small appliances, sports equipment. Avoid: clothing and stuffed furniture.

**ZACKS CAMERA REPAIR

791 Hope Street, Providence, RI 02906, 401-273-7247, www.zackscamerarepair.com Zacks sells (starting at \$50) and repairs used digital & film cameras and accessories. They also transfer 8mm, Super 8, VHS, DV, & Hi-8 to DVD, as well as LPs and audio tape to CD. A gift certificate for any of their products or services would make a truly unique holiday present for your loved one. TIP heard about Zacks from an enthusiastic customer.



2ND TIME AROUND SPORTS,
328 Atwood Ave. Cranston, RI
Tel. 401-944-9380,
E-mail 2ndtime@cox.net.

Great Gifts for the Holidays.
Save 40-80 percent.

All used equipment sanitized with an eco-friendly process using ozone and tea tree oil.

A PHYSICALLY ACTIVE BOARD GAME? (Find it at multiple websites).

Scavenger Hunt For Kids Board Game #01427 University Games Sale Price: \$14.98 Take the Hunt *inside* with this indoor search board game. Can you find a tape measure, an ugly shirt, something beginning with the letter C - all somewhere in your house? In each round, 6 cards show objects to be found. The timer is set, & each player has 2 minutes to find everything. When time's up, players move their pawns 1 space for each object found. First to reach the "You Win" space, wins the game. Worried about a messy house? After the 4th Round is a Captain Cleanup round. Players race to return all items to where found, & when done, spin for a chance to move ahead. For 2 - 4 players, Ages 6 & Up.

BACK TO BASICS TOYS

Rubber Horse Shoe Set, Item #: 6297, Price: \$10.99

www.backtobasicstoys.com/item/productid/6297/txt/Rubber_Horse_Shoe_Set

It's a Ringer! Soft rubber horseshoes and pins keep floors and kids safe indoors, & outdoor play portable and convenient. Includes 2 sets of lightweight horseshoes & 2 pins. Box size 7½"l x 12¼"w. (Age 3+)

Animal Croquet Set, Item #: 5012, Price: \$30.99

www.backtobasicstoys.com/item/productid/5012/txt/Animal_Croquet_Set

A Favorite Family Game Now Sized for Younger Players. This brightly-colored wooden Animal Croquet Set can be played indoors or out. Charming animal theme. Comes with 6 oversized animal wickets, 4 wooden mallets, 4 wooden balls, and 12 wooden wicket stands. Size of mallets 19½"h. (Age 3+)

QUINCY SHOP



Classic Plan Toys Wooden Rocking Horse The classic fun toy for children ages 2 to 3 to develop balance and strengthen their arm & leg muscles. Safely made of pesticide free rubberwood and natural dyes.

www.quincyshop.com/wooden-rocking-horse.html

click to enlarge

Metal Music Boxes With Crank www.quincyshop.com/musicbox.html

These hip little (3 x 1.5 x 1) music boxes are the original crank version. Very popular novelties. Perfect desk-top toys. Choose songs: Happy Birthday, Beatles-Let It Be, Hey Jude, Imagine, Yesterday, Yellow Submarine, La Vie En Rose, If I Had A Brain, Love Me Tender, Fur Elise, What a Wonderful World, , Sound of Music, Here Comes the Sun. Fun musical toys for ages 6 to adults. Price: \$8.95. [See more gift items \\$10 and Under!](#)



TELL THEM YOU SAW IT IN THE HEALTHY HOLIDAYS HANDBOOK!

COTTON ORGANIC BABY CLOTHES

Greenbabies. Made in the USA

www.cottonorganicbabyclothes.com/organicbabyclothes

GreenBabies Give Peas a Chance Long Sleeve Romper,
Sale Price: \$30.00 And Give Peas a Chance Romper Topper! ,
Sale Price: \$9.95

Veggie Hats/Kelly Green or Veggie Hats/Orange or Veggie Hats/Red Sale Price: \$9.95 or Dragonflies Pull On Hat Sale Price: \$11.00 or Chili Peppers Pull On Hat: Price: \$14.00

Pumpkin Ls Lap-Over T-Shirt/Long Sleeve Sale Price: \$13.50

Cranberry Kensington Tapestry Day Hat Picture perfect when matched with the romper! Sale Price: \$15.50

Carrot Baby Bag or Chili Pepper Baby Bag Our most popular and currently in stock in limited supply. or Cranberry Tapestry Bootleg Romper, Sale Price: \$32.00

FITNESS, SPORTS, DANCING

FITNESS BEGINNINGS: FITNESS VIDEOS FOR KIDS

Range around \$15 to \$25

www.fitnessbeginnings.com/everybody-dance-dvd.html

Kids Fitness Videos: [Kids Exercise Videos](#), [Kids Yoga Videos](#), [Kids Pilates Videos](#), [Kids Rope Jumping](#)

Kids Dance Videos: [Kids Hip Hop Dance](#), [Kids Dance Party Videos](#), [Kids Ballet Videos](#), [Kids Tap Videos](#), [Kids Jazz Dance](#), [Dance and Sing Along Videos](#), [The Wiggles Videos](#), [Kids Hula Videos](#)

Kids Yoga Mats & Kits

Instructional Sports Videos, [Kids Baseball Videos](#), [Kids Soccer Videos](#), [Kids Basketball Videos](#), [Kids Rope Jumping](#), [Toddler Swimming Instruction](#), [Other Kids Sports Videos](#)

Good Sportsmanship Videos

Infant Fitness Videos: [Infant Development Videos](#), [Infant Massage Videos](#), [Infant Calming Videos](#), [Infant Swimming Videos](#)

Kids Fitness CDs: [Musical Play Activities](#), [Aerobics / Fitness](#), [Dances The Learning Station](#), [Greg and Steve - Music CDs](#), [Rhythm Stick Activity](#)

FOR MOMS: [Pregnancy Fitness Videos](#) & [Prenatal Exercise Videos](#)

Most Naturally
ORGANIC LIFESTYLE STORE

24A Pier Marketplace, Narragansett, RI 02882

401-788-9077 www.mostnaturally.com

- Bamboo and Organic Cotton Clothing for Babies, Children, and Adults
- Organic Cotton Linens •Natural Skincare •Recycled Jewelry
- Soy Candles •Natural Pet Products •Organic Tea •Recycled Glassware

Most Naturally supports products made in the U.S.A.,
as well as Fair Trade Certified merchandise.

**RED HORSE FARM, Exeter, RI 401-439-1047


Raise Shetland Sheep, offer homespun yarn, handcrafted wooly sheep ornaments, wool for spinning or felting, hand-made dog toys with wool stuffing & sheep skins. The Adopt-A-Sheep program makes a great \$60 gift! The sheep stays at the farm. You get an adoption certificate, picture of and letter from the sheep, a wooly ornament & monthly farm visits by appointment. The "Spinners" adoption adds an invitation to shearing day & raw fleece. Also, Fresh Christmas wreaths & arrangements.

**THE GOOD EARTH ORGANIC GARDENING CENTER,
Joyce & John Holscher 1800 Scituate Ave., Hope, RI
401-826-3130 E-Mail: info@goodearthorganicgardencenter.com
RI's only certified organic gardening center. Premium grade cut & Live Christmas Trees, Wreaths & Roping, Poinsettias & other plants to beautify your home for the holidays. Special Gourmet Delights. Gift baskets ready made or made to order. Unscented Beeswax Candles. other Local & Fair Trade gifts that celebrate the art of gardening. www.goodearthorganicgardencenter.com

**THE WORM LADIES OF CHARLESTOWN,
Lois Fulton, PO Box 397, Charlestown, RI (401) 364-9673 or
Nancy Warner, 161 East Beach Road, Charlestown, RI, 322-7675.
Teach children the importance of "living green" with their very own Worm Kit, just \$35. Find books on vermiculture for children and adults as well as hand-made Angora gifts & wool. Red Wiggler Worms "Our Green Friends" for Vermicomposting. Nutrient rich castings (soil enhancer) make a terrific gift for the avid gardener. Custom-made gifts for any budget. www.angoraandworms.com

TELL THEM YOU SAW IT IN THE HEALTHY HOLIDAYS HANDBOOK!

RETAIL SOURCES FOR CREATIVE GIFTS



*retail therapy for the
mind, body & spirit...*

Come browse and be inspired!
Everyone loves our Gift Cards, they're good
for classes, healthcare and products.

ALL THAT *Matters*

315 Main St Wakefield RI 782.2126 allthatmatters.com

**SEVEN STORY MARKET

Shop with a conscience? Then explore Seven Story Market. Owner Susan Letendre travels to Guatemala and returns with beautiful & elegant beaded jewelry, shawls, table-runners, sustainable-wood puzzle boxes, & more... all hand-made, all fair trade, each purchase means Mayan women are building better lives. E-Mail: Susan@SevenStoryMarket.com, call 401-268-9810, or visit the website: www.sevenstorymarket.com Based in Rhode Island, offering online, personal, or group sales.

**PSYCHIC KITTY

The Village at South County Commons, Rte. 1, South Kingstown, Rhode Island. Tel. 401-284-0660, Web: www.psychic-kitty.com, Hours: Mon-Fri 10 am - 7 pm, Sat. 10 am - 5 pm, Sunday Closed. A unique source for holistic pet care to help your dogs and cats thrive. They welcome you to learn about their many offerings including certified organic food & treats, herbal & natural options, collars/harnesses, beds & bowls, toys, coats & sweaters and much more plus gifts for the discriminating pet lover.

**THE DID YOU KNOW? STORE,

www.thedidyouknowstore.com 326 Main Street, Wakefield, RI, 401-284-1109 & 533 Main Street, East Greenwich, RI, 398-7444. Claire Hall, Owner. E-Mail; TheDidYouKnowStore@gmail.com, Environmentally conscious alternatives to everyday products; support recycling & re-use, organic farming, fair trade, offer affordable eco-friendly products and focusing on educating the consumer on ways to be more eco-conscious in everyday choices.
.....
Wholy Earth, Franklin, MA (508) 520-0064, Natural pet foods, books on natural health, teas, homeopathic remedies for pets.

RHODE ISLAND RESOURCES

Where To Get Gifts Locally

ACTIVITIES

BOWLING

Bowling gift certificates are usually available in any amount. Check with lanes near your giftee for rates, to see how much bowling they can receive for the amount you want to spend. Rates vary with time and day: Examples from a brief survey: \$3.95 per game per person; Sun. to Thurs. \$1.99 each per game. M-F before 5 p.m. \$3.25 or \$3.50 per person per game.. By the lane: \$10 per 1/2 hour for a lane, up to five persons. \$25 for a lane for an hour. Shoe rental ranges from \$2 to \$4.50. Figure out whether Ten Pin or Duckpin Bowling might be preferred. Ask a spouse!

AMF Cranston Lanes, 1450 Elmwood Ave.
Cranston, RI 02910, (401) 467-8850

AMF Lang's Lanes, 225 Niantic Ave.,
Cranston, RI 02907, (401) 944-0500

Legion Bowl & Billiards, 661 Park Ave, Cranston, RI
(401) 781-8888

East Providence Lanes, 80 Newport Ave., East Providence, RI
Tel. 401-438-2300, Contact: Maggie Curvelo, Assistant Manager,
E-Mail: info@eastprovidencelanes.com 60 Lanes, Billiards

Sand Bagger's Lounge, 6125 Post Rd
North Kingstown, RI 02852 (401) 884-4450

Old Mountain Bowling Lanes, 756 Kingstown Rd
Wakefield, RI 02879 - (401) 783-5511 3

DUCKPIN LANES

Bowling Academy, Inc., 354 Taunton Avenue, East Providence, RI
02914 (401) 434-5839, <http://bowlingacademy.2gobowl.com>
Offers Duckpin & Ten Pin Bowling. bowlingacademy@yahoo.com
10-28-08 Spoke to male, they have gift certificates

Town Hall Bowling Lanes, 1463 Atwood Ave, Johnston RI 02919
(401) 831-6940, E-Mail: THLBowl@aol.com
Website: www.townhalllanes.com Duckpin Bowling.

Dudek Lanes, 409 Child Street, Warren, R.I., 401 - 245 - 9471

Mac's Bowlaway, 890 Main Street, W. Warwick, R.I. 401-828-3279

CONTRA DANCE IN RI & NEARBY

(Group dancing that welcomes Beginners of all ages, singles, couples, & families. Partners not necessary.)

Free Sunday Night Jammers' Dances!

One Sunday each month:

Potluck Supper: 6 p.m.

Dancing (with teaching, as needed): 7 to 9 p.m.

Waltz, Polka, Contradance

Israeli, English, Scandinavian, Italian...

Goff Hall, 124 Bay State Road, Rehoboth, MA

Nov. 23, Dec. 21

2009 dates to be announced

Brown University, Sayles Hall, 79-81 Waterman Street on the Green, Providence, RI. Usually held the 1st & 3rd Fridays when Brown is in session. Time: 8pm - 11pm, Price: \$7.00 general, \$5 students. Email: contradance@brown.edu. Website: [Brown Contra Dance](http://BrownContraDance.com)

Rehoboth, Massachusetts, 8:00 p.m. to 11:00 p.m. at Goff Hall, Bay State Road, Rehoboth. General admission is \$7.00; \$4 for ages 16 and under; \$15 for families with children under 16.. All dances taught. Call Shawn at 508-252-6375 or E-Mail: shawnkendrick@comcast.net. Check out their website at: <http://www.contradancelinks.com/rehoboth.html>.

Rehoboth, Massachusetts. Musicians play every Sunday. Once a month, usually on Second Sundays, a potluck at 6 pm precedes a "Community Dance", at which dances are taught. Admission is free. For schedule & information, call Bob Elliott, at 508-669-5656, or E-Mail Judith, schrierwilde@gmail.com. Website: www.contradancelinks.com/jammers.html

YMCA FACILITIES (Ask re: Gift Certificates)

YMCA OF PAWTUCKET, 660 Roosevelt Ave. - Level 2, Pawtucket, RI Tel. 401-727-7900, Contact: David Souza or Belen Velasquez, bvelasquez@ymcapawt.org

YMCA OF GREATER PROVIDENCE, 222 Richmond St. Suite 302, Providence, RI Tel. 401-521-9622, Fax: 401-421-6431 Contact: Hugh Minor, hminor@gpymca.org

TELL THEM YOU SAW IT IN THE HEALTHY HOLIDAYS HANDBOOK!

EDUCATIONAL & CULTURAL FUN****SAVE THE BAY SEAL WATCH TOUR**

These one-hour cruises depart Newport November – early April. \$20 for adults; \$15 for seniors and children 5-12. Get Seal Watch details and more at <http://www.newportseals.org>. To purchase gift certificates, call Save The Bay at 401-324-6020.

Roger Williams Park Zoo, 1000 Elmwood Avenue. Providence, RI Consider giving a Gift Membership -- the Fun will last all year. Contact membership@rwpzoo.org or call (401) 941-3910, X 375 . Grandparent & Family: \$79 (2 adults and 4 kids) Individual Membership: \$49.

Providence Children's Museum, 100 South Street, Providence, RI membership@childrenmuseum.org, 273-5437, Ext. 221. Interactive activities: learning about pets, people, teeth, a walk-in kaleidoscope, RI historical displays, woodlands environment, waterways room.

AS 220, 115 Empire St., Providence, RI. Give a Membership or a Gift Certificate for classes in the AS220 Print Shop (non-toxic solvents used) or buy local artwork at the on- line store or galleries. For more info visit the website, www.as220.org or call AS220 at 401.831.9327.

MUSIC LESSONS****FISHEL BRESLER'S MUSIC LESSONS:**

Clarinet, Flute, Guitar, Mandolin,

Harmonica, Ukulele, Saxophone.

Children, adults, beginners, advanced.

Basics, Kezmer, Bluegrass.

East Side, Providence. For details, call 401-273-9814.

Private Lessons.com Connects the public with independent music teachers across the U.S. & Canada. For some in Rhode Island: go to www.privatelessons.com and select the state, then Music Lessons.

Play An Instrument? Read Music?

Join the Sunday Night Jammers!

Every Sunday evening from 7 to 9 p.m., we play dance music from around the world.

Not good enough for us? Too good for us?

Just try us once, and decide!

Goff Hall, 124 Bay State Road, Rehoboth, MA

See www.contradancelinks.com/jammers.html for details or contact Judith 401-751-4554; schrierwilde@gmail.com