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Alive With Pride

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The 10 Most Toxic items at Dollar Stores Part II

Special points of interest:

- The 10 most Toxic Items Part II cont.
- Water experiment Part II cont.
- Manager's Corner

If you have a water emergency after-hours, weekends or on holidays, please call us at

870.633.1571



Alanna McCleod 04/02

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ASK ABOUT GETTING YOUR WATER BILL SENT TO YOU BY EMAIL:

FCWU IS GOING **GREEN!!**

Last month I had an article that talked about toxic items many of us may buy in the Dollar Store.

When it comes to safety, dollar-store deals might not be a bargain after all. Recent testing of their products found that 81% contained one or more hazardous chemicals. The tests, conducted by the consumer testing group [Healthy Stuff](#), found chemicals associated with cancer, obesity, diabetes, asthma, thyroid and kidney diseases, learning problems, lower IQ, birth defects and early puberty.

Holiday Light Strings
Handling such products as you style your tree could spread toxic dust to your hands, and then you might ingest it. Hard to swallow, considering the high levels of chlorine and bromine (and therefore PVC and flame-retardant chemicals) in these have been linked to cancer and [thyroid problems](#). When buying holiday lights, check the tag to make sure they are RoHS-compliant "[Restriction of Hazardous Substances](#)" is a [European toxics standard](#) that limits some

flame retardants in electronics).

Metal Children's Jewelry

Lead can leak out of jewelry when children suck or scratch it, and ingesting even tiny amounts of the heavy metal can harm children's brain development. Since most products never get screened for toxins, and can slip through even when they surpass federal safety standards, skip jewelry like this completely. All that glitters is not safe: Recent tests

Experiment: The top 10 things I learned drinking only water for a month

Part Two of this experiment (The Conclusion)

Continuing on with what I learned from drinking only water for a month; I learned that:

8. Caffeine boosts your athletic performance

According to research, caffeine significantly improves your performance in both aerobic and weight exercises:

7. What you drink profoundly affects your energy

Especially when energy serves as the fuel that you burn to be productive throughout the day, it's worth reducing your dependence on sugary, caffeinated, and alcoholic drinks to regain control over how much energy you have throughout the day.

6. Food has a huge impact on your energy levels as well

Just like with what you drink, what you **eat** has a huge impact on your energy levels.

- Eat smaller portions, more frequently.
- Stay away from processed, sugary foods
- Slow the down. It takes your brain about

The 10 Most Toxic Items At Dollar Stores cont.

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showed earrings from dollar stores with high lead levels, exceeding [Consumer Product Safety Commission Regulations](#)

Metallic Beads

Mardi Gras may mean Fat Tuesday, but throw in some dollar-store garlands, and it's Toxic Tuesday instead. These necklaces tested high in bromine, indicating that [recycled plastic was probably the filler ingredient for the beads](#). It has been estimated that "a single

year's inventory of Mardi Gras beads may contain up to 900,000 pounds of hazardous flame retardants and 10,000 pounds of lead." Unless you are partying in the French Quarter, just say no to metallic beads.



Window Clings and Removable Wall Stickers

Whether life-size photos of favorite sports stars or colorful holiday graphics, don't be tempted to redecorate your children's walls or windows with these. They tend to contain PVC, which the

American Public Health Association has called "among the most hazardous of plastic materials" and [urges action to phase out the material](#) from homes, schools, hospitals and

daycare centers. Discount retailers can do better – [Walmart and Target are responding to consumer demand](#) for safer products, requiring their suppliers to phase out the most harmful chemicals—but so far [top dollar store CEOs haven't responded to requests](#) to get toxic chemicals off their shelves.

This is the conclusion about toxic items that can be purchased at the local Dollar Store. Please be mindful of the things that your purchases for you and your family. It may be cheap on your wallet but it

Experiment: The top 10 things I learned drinking only water for a month

- 20 minutes to know when your body is full, so slow down!
- Constantly ask yourself whether you're hungry
- 5. Coffee and tea are just as hydrating as water**
- 4. Take time to be grateful for everything you have**

3. Water is up there with one of the best things ever

- Water fires up your metabolism
- Water helps you think
- You'll eat less
- Water helps the body flush out toxins
- Water reduce the risk of many diseases and ailments

- Water clears up your complexion
- Water saves you money
- 2. To become more productive, drink caffeine strategically, not habitually**

1. Caffeine boosts your focus, but compromises your creativity

- Caffeine boosts your focus
- Caffeine compromises your creativity.

The relationship between caffeine and productivity is a muddled one, but I think the best advice I can give you is this: if you need to be creative in your work, try to reduce your dependence on caffeine so you give your mind a chance to wander. But if increasing your focus will help you become more productive than increasing your creativity, continue drinking caffeine.

And at the same time, don't forget how wonderful water can be for you.



Arkansas One Call



Know what's below. Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

W.H. Calvin Murdock,
Manager