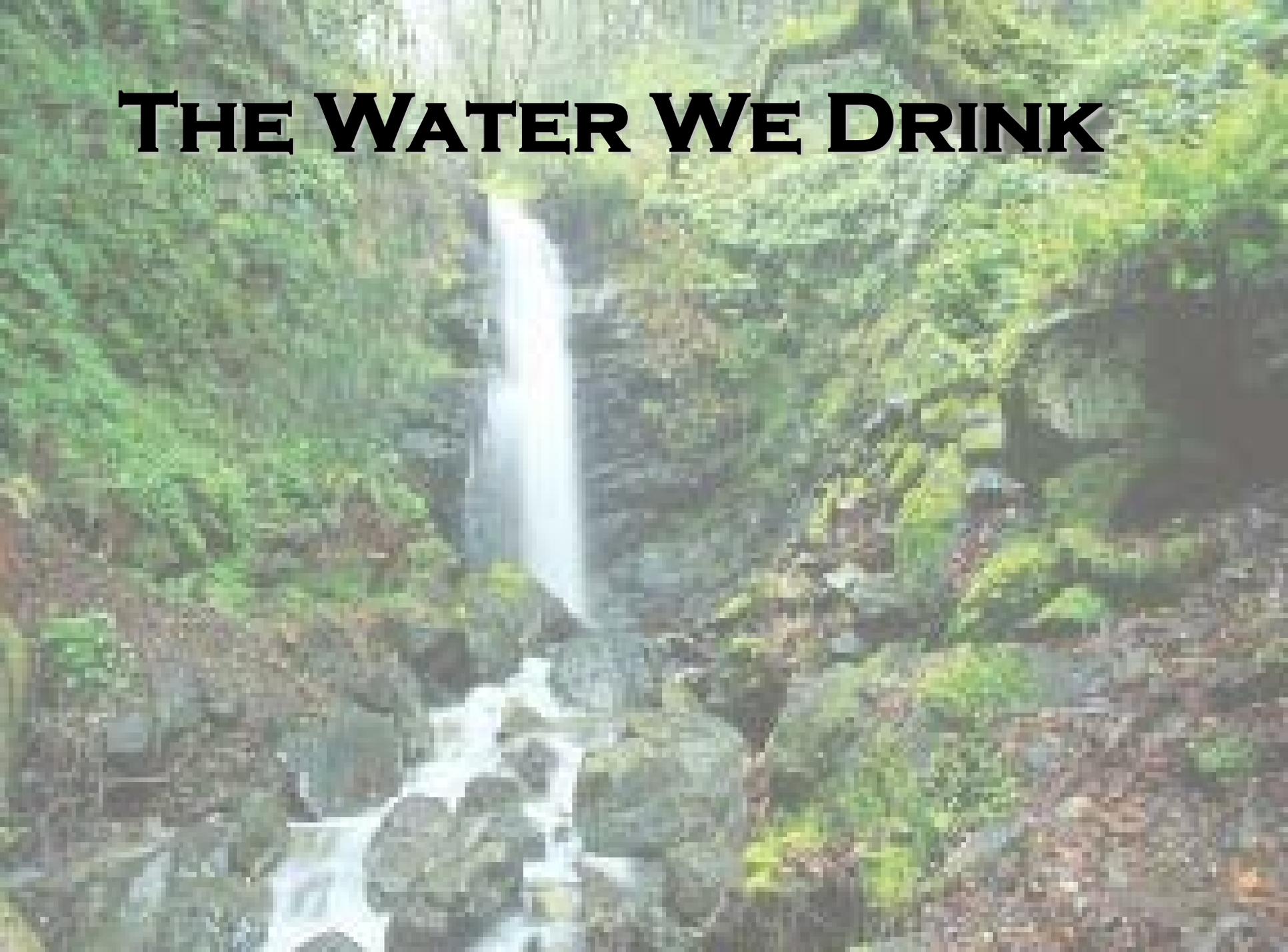


# THE WATER WE DRINK



A vibrant rainbow arches across a blue sky with soft, white clouds. The rainbow's colors are bright and distinct, transitioning from red at the top to violet at the bottom. The sky is a clear, light blue, and the clouds are wispy and white, adding a serene and peaceful atmosphere to the scene.

# **THE AIR WE BREATHE**

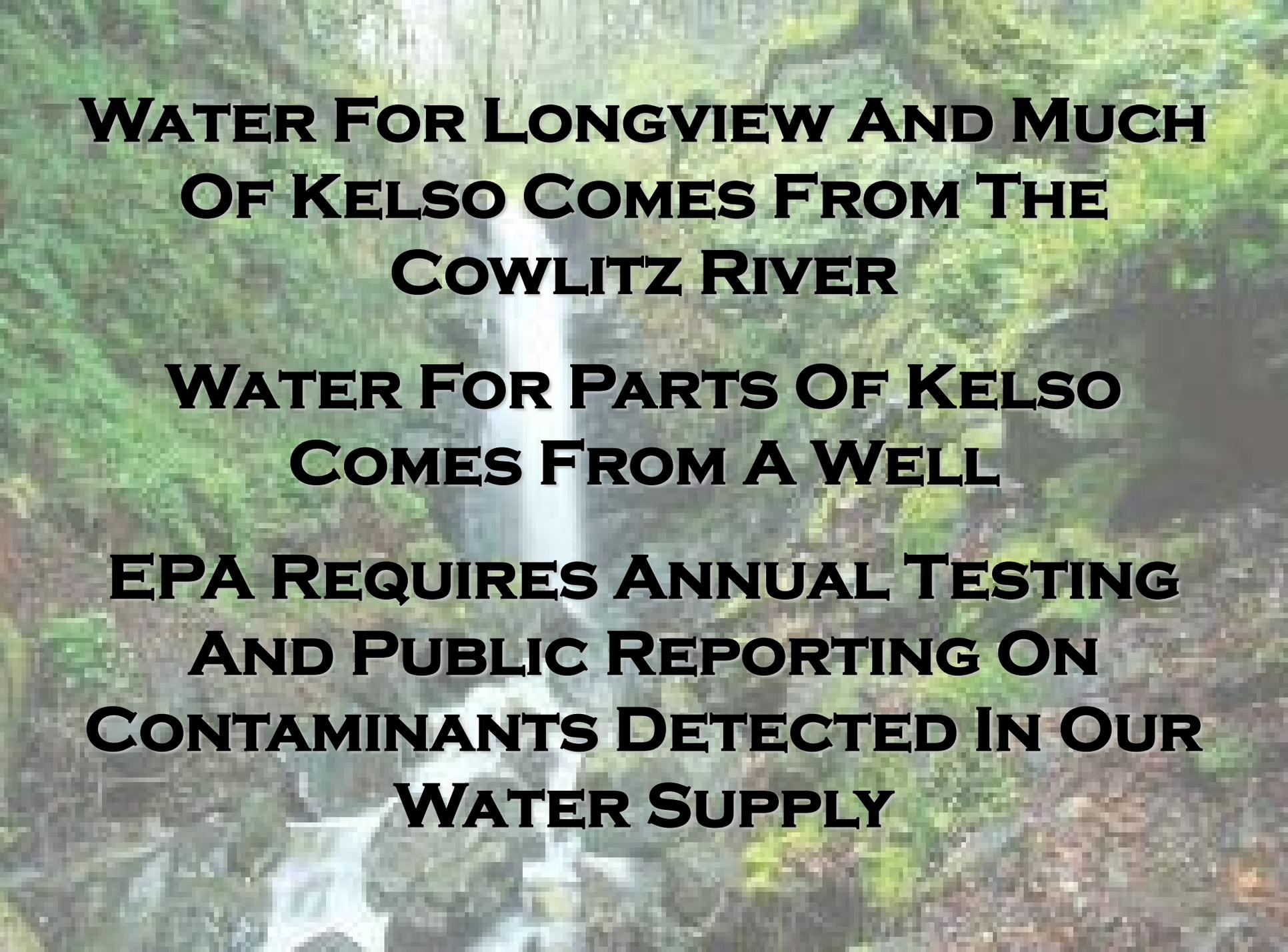


**THE ENVIRONMENT  
AND DISEASE**

# **WHAT'S IN YOUR WATER?**

A photograph of a waterfall in a lush, green forest. The water is white and foamy as it falls over dark, moss-covered rocks. The surrounding vegetation is dense and vibrant green, creating a natural and serene setting.





**WATER FOR LONGVIEW AND MUCH  
OF KELSO COMES FROM THE  
COWLITZ RIVER**

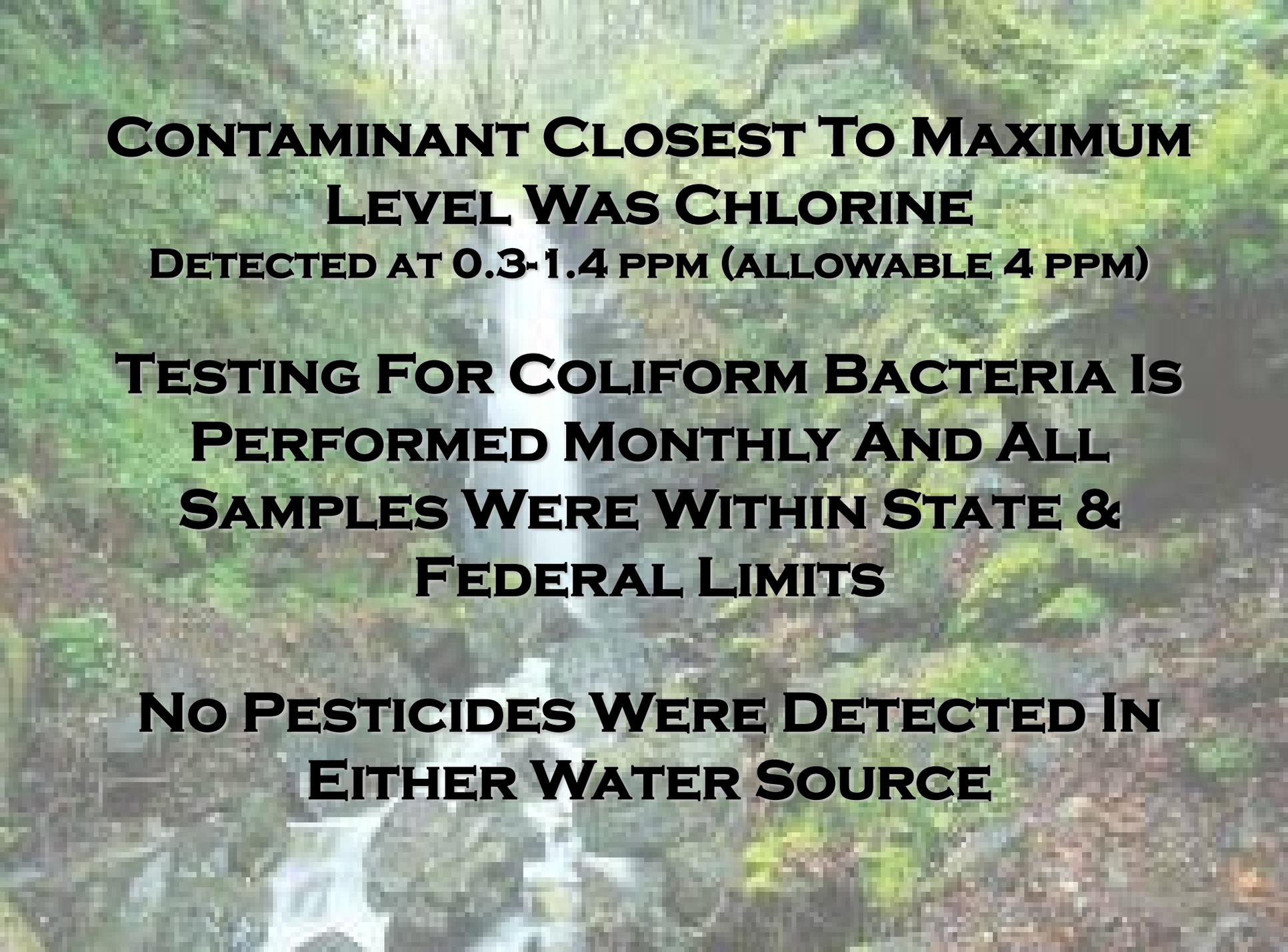
**WATER FOR PARTS OF KELSO  
COMES FROM A WELL**

**EPA REQUIRES ANNUAL TESTING  
AND PUBLIC REPORTING ON  
CONTAMINANTS DETECTED IN OUR  
WATER SUPPLY**



**2007 REPORT IDENTIFIED 22  
CONTAMINANTS IN LONGVIEW'S  
WATER AND 26 CONTAMINANTS IN  
KELSO'S WELL WATER**

**ALL WERE WELL BELOW  
ESTABLISHED ACTION LEVELS AND  
MAXIMUM CONTAMINANT LEVEL.**

A background image of a waterfall cascading over rocks in a lush, green forest. The water is white and frothy as it falls, surrounded by dense foliage and moss-covered rocks.

**CONTAMINANT CLOSEST TO MAXIMUM  
LEVEL WAS CHLORINE**

**DETECTED AT 0.3-1.4 PPM (ALLOWABLE 4 PPM)**

**TESTING FOR COLIFORM BACTERIA IS  
PERFORMED MONTHLY AND ALL  
SAMPLES WERE WITHIN STATE &  
FEDERAL LIMITS**

**NO PESTICIDES WERE DETECTED IN  
EITHER WATER SOURCE**

# **WHAT ELSE?**

**NO REQUIREMENT FOR DRUG TESTING ON  
DRINKING WATER**

**SMALL CONCENTRATIONS OF ANTIBIOTICS,  
PAIN MEDS, PSYCHIATRIC MEDS,  
ANTISEIZURE MEDS, AND HEART MEDS  
DETECTED IN DRINKING WATER SUPPLIES  
ACROSS THE COUNTRY**

**HOW DOES IT GET THERE?**

**WHAT CAN BE DONE TO REDUCE IT?**

A photograph of a waterfall in a forest. The water is white and foamy as it falls over dark, mossy rocks. The surrounding area is filled with vibrant green foliage and trees, creating a dense, natural setting. The lighting is soft, suggesting a shaded forest environment.

# **WHAT ABOUT BOTTLED WATER?**

**OFTEN NO MORE THAN FILTERED TAP WATER  
+ A PLASTIC BOTTLE**

**BEST CHOICE IS TO FILTER YOUR OWN WATER  
INTO THE RE-USABLE CONTAINER OF YOUR  
CHOICE**



A vibrant rainbow arches across a blue sky with soft, white clouds. The rainbow's colors are bright and distinct, transitioning from red at the top to violet at the bottom. The sky is a clear, light blue, and the clouds are wispy and white, adding a serene and natural background to the text.

# **WHAT'S IN YOUR AIR?**





**IN 2004 – 2005 THE EPA  
CONDUCTED AIR MONITORING IN THE  
LONGVIEW INDUSTRIAL AREA**

**TEST SITE – 254 OREGON WAY**

**AIR WAS MONITORED FOR 106 TOXIC SUBSTANCES**

**ARSENIC, LEAD, MANGANESE, FORMALDEHYDE,  
ACETALDEHYDE, AND BENZENE WERE IDENTIFIED  
AT CONCENTRATIONS THAT EXCEEDED HEALTH  
RISK SCREENING LEVELS**

**ARSENIC – TOXIC TO THE NERVOUS SYSTEM  
LINKED TO CANCER OF THE SKIN, URINARY TRACT,  
AND LIVER**

**PRODUCED BY BURNING FUEL OIL, **TOBACCO**  
SMOKE, PULP & PAPER MILLS, VOLCANOES**

**LEAD – TOXIC TO THE NERVOUS SYSTEM, BLOOD  
FORMING CELLS, URINARY TRACT, REPRODUCTIVE  
SYSTEM**

**PRODUCED BY COMBUSTION  
TYPICAL SOURCES ARE METAL PROCESSING,  
BATTERY MANUFACTURING, AVIATION FUEL**

**MANGANESE – TOXIC TO THE KIDNEYS, LIVER,  
AND NERVOUS SYSTEM (MANGANISM)  
PRODUCED BY WELDING FUMES, BUT SOURCE IN  
LONGVIEW IS UNKNOWN**

**FORMALDEHYDE – RESPIRATORY & EYE  
IRRITANT LINKED TO CANCER OF THE NASAL  
CAVITY AND LEUKEMIA**

**PRODUCED BY VEHICLE EXHAUST, **TOBACCO**  
SMOKE, WOOD BURNING, PULP & PAPER MILLS,  
PAINT & VARNISH, BUILDING MATERIALS**

**ACETALDEHYDE – RESPIRATORY & EYE IRRITANT  
(ALSO THE BY-PRODUCT OF ALCOHOL METABOLISM  
RESPONSIBLE FOR HANGOVERS!)  
LINKED TO CANCER OF THE NASAL CAVITY,  
LARYNX, AND LUNG  
PRODUCED BY VEHICLE EXHAUST, WOOD BURNING**

**BENZENE – DAMAGE TO BLOOD FORMING CELLS  
LINKED TO SEVERE ANEMIA AND LEUKEMIA  
PRODUCED BY VEHICLE EXHAUST, **TOBACCO**  
SMOKE, GASOLINE FUELING**

**WHAT'S INSIDE?**





# **TOBACCO SMOKE!!!**

**ACETONE, ACETYLENE, AMMONIA,  
ARSENIC, BENZENE, BUTANE, CADMIUM,  
CARBON MONOXIDE, CYANIDE,  
FORMALDEHYDE, METHANOL, RADON**

# **MOLD**

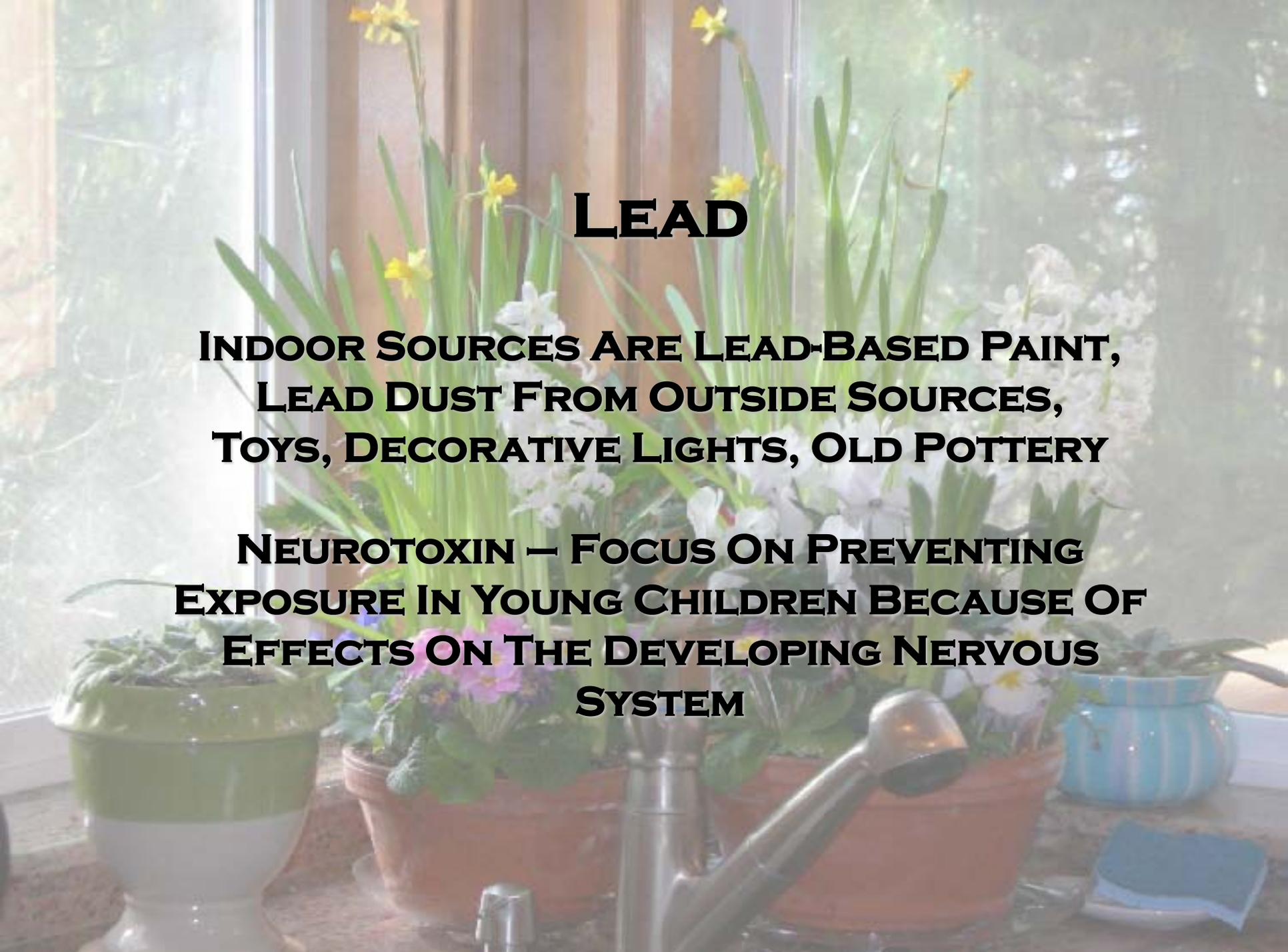
**FUNGUS THAT THRIVES IN WARM MOIST PLACES**

**EXPOSURE BY WAY OF AIR, DIRECT HANDLING,  
EATING CONTAMINATED FOOD**

**CAN CAUSE FATIGUE, NAUSEA, HEADACHES,  
RUNNY NOSE & EYES, COUGH, SKIN RASH**

**ASTHMA ATTACKS**

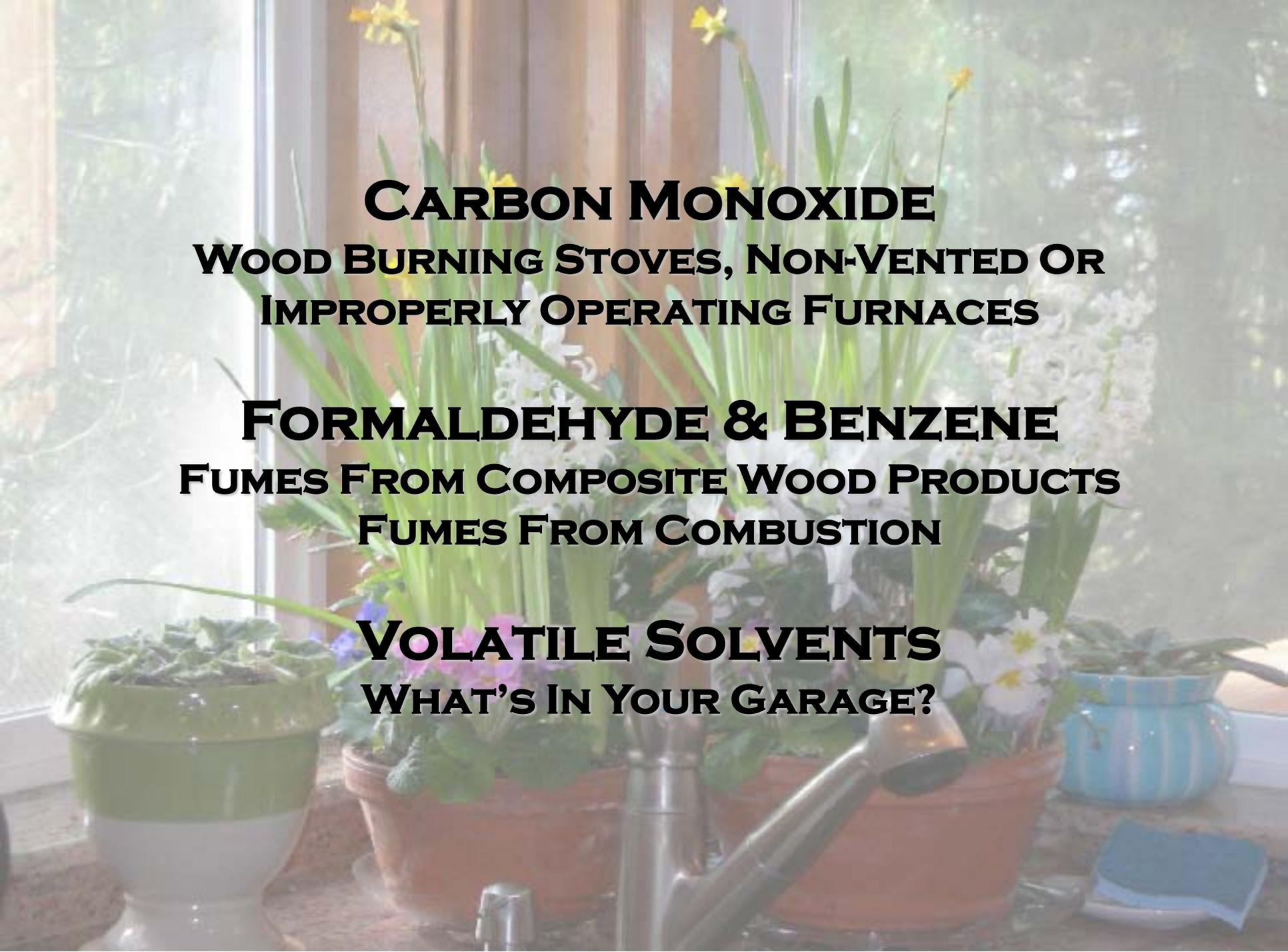
**IMMUNE COMPROMISED INDIVIDUALS ARE AT RISK  
FOR LIFE THREATENING FUNGAL INFECTIONS**



# **LEAD**

**INDOOR SOURCES ARE LEAD-BASED PAINT,  
LEAD DUST FROM OUTSIDE SOURCES,  
TOYS, DECORATIVE LIGHTS, OLD POTTERY**

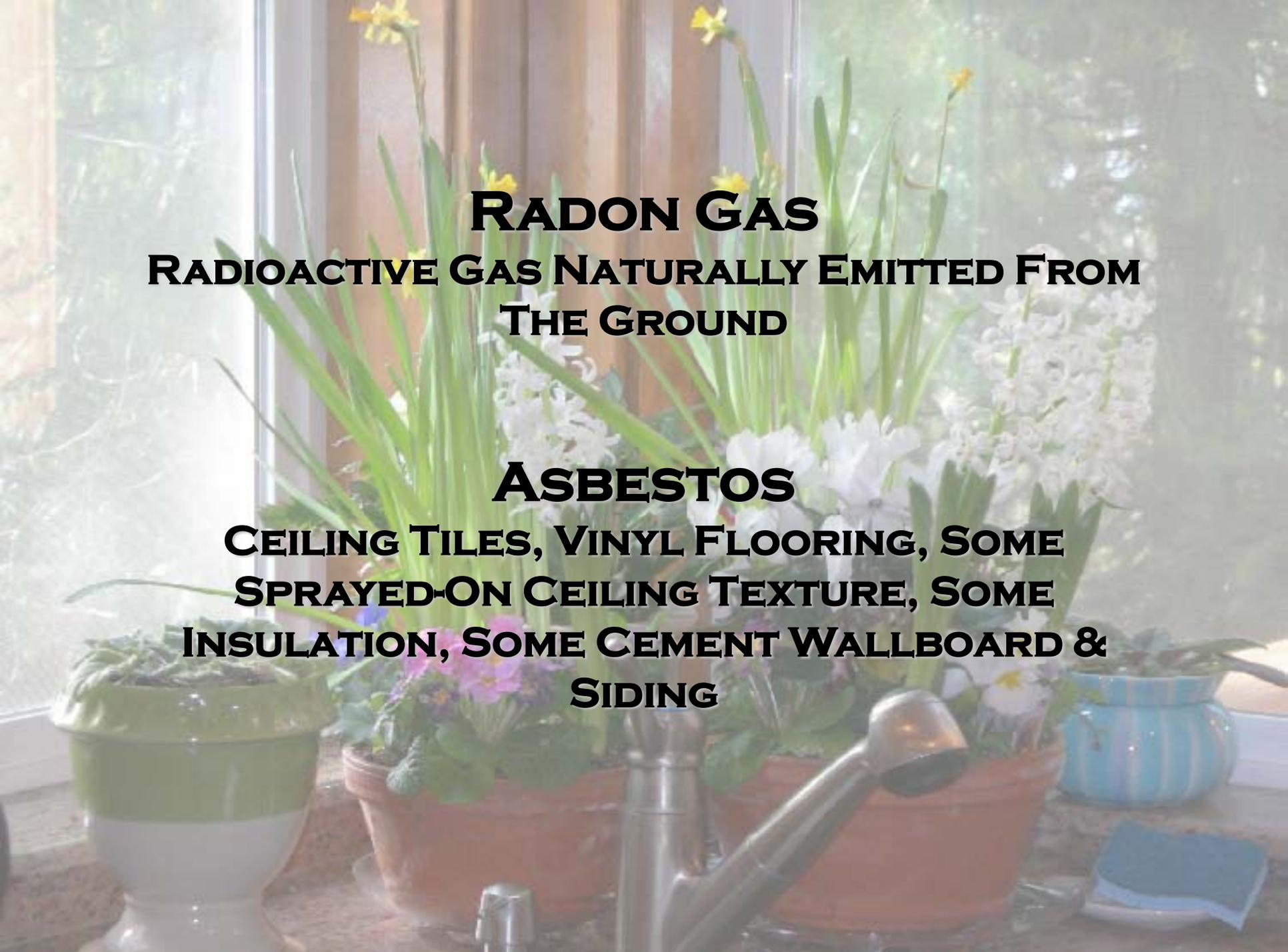
**NEUROTOXIN – FOCUS ON PREVENTING  
EXPOSURE IN YOUNG CHILDREN BECAUSE OF  
EFFECTS ON THE DEVELOPING NERVOUS  
SYSTEM**

A window sill with several potted plants, including yellow and white flowers, and a vacuum cleaner. The background is a window with a view of greenery outside.

**CARBON MONOXIDE**  
**WOOD BURNING STOVES, NON-VENTED OR**  
**IMPROPERLY OPERATING FURNACES**

**FORMALDEHYDE & BENZENE**  
**FUMES FROM COMPOSITE WOOD PRODUCTS**  
**FUMES FROM COMBUSTION**

**VOLATILE SOLVENTS**  
**WHAT'S IN YOUR GARAGE?**



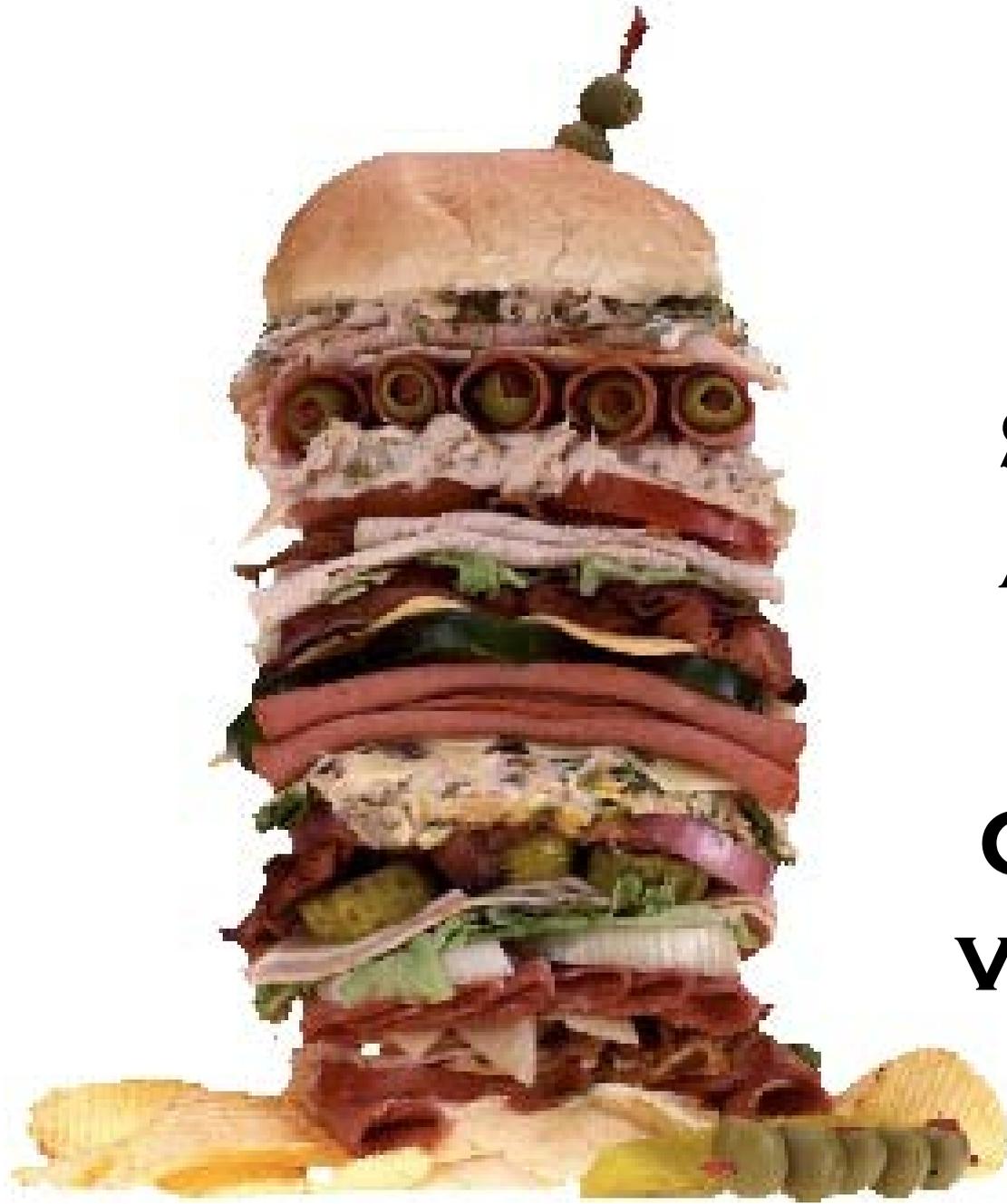
**RADON GAS**  
**RADIOACTIVE GAS NATURALLY EMITTED FROM**  
**THE GROUND**

**ASBESTOS**  
**CEILING TILES, VINYL FLOORING, SOME**  
**SPRAYED-ON CEILING TEXTURE, SOME**  
**INSULATION, SOME CEMENT WALLBOARD &**  
**SIDING**



# WHAT'S IN YOUR FOOD?





**SUGAR**

**SALT**

**SATURATED  
AND TRANS  
FATS**

**CALORIES IN  
VS. CALORIES  
OUT**



**BACTERIA? PARASITES? VIRUSES?**

**PESTICIDES?**

**ANTIBIOTICS? STEROIDS?**

**TOXIC METALS?**

**MERCURY, LEAD, CADMIUM**

**IRON, COPPER, CHROMIUM, NICKEL**

**ALUMINUM (IMPAIRED KIDNEY FUNCTION)**

**OTHER TOXIC CHEMICALS?**





**WHAT CAN YOU DO?**



**USE A GOOD QUALITY WATER FILTER FOR  
YOUR DRINKING AND COOKING WATER**

**DISPOSE OF CHEMICAL WASTE PROPERLY**

**EDUCATE YOURSELF AND BECOME  
INVOLVED IN LOCAL, STATE, AND FEDERAL  
WATER QUALITY LEGISLATION**

**DON'T SMOKE!!!**

**KEEP YOUR VEHICLE IN OPTIMAL  
RUNNING CONDITION AND ORGANIZE &  
BATCH YOUR TRIPS**

**EDUCATE YOURSELF AND BECOME  
INVOLVED IN LOCAL, STATE, AND  
FEDERAL WATER QUALITY LEGISLATION**

# **DON'T SMOKE!!!**

**REMOVE MOLDY CARPETS, PADS, WALLBOARD, OR WOOD WITH CARE AND WEAR PROTECTIVE GEAR**

**KEEP YOUR FURNACE IN GOOD OPERATING CONDITION**

**OPEN WINDOWS TO ALLOW AIR CIRCULATION**

**SEEK PROFESSIONAL ASSISTANCE WITH REMOVAL OF ASBESTOS OR LEAD CONTAINING MATERIALS FROM YOUR HOME**



**THOROUGHLY WASH PRODUCE**  
**COOK MEAT ADEQUATELY**  
**BE AWARE OF SUGAR, SALT, AND FAT**  
**CONTENT OF THE FOOD YOU EAT**

**COMMERCIALY GROWN FOODS?**

**LOCALLY GROWN FOODS?**

**ORGANICALLY GROWN FOODS?**

**READ LABELS & ASK QUESTIONS**

# RESOURCES

AMERICAN CANCER SOCIETY

[WWW.CANCER.ORG](http://WWW.CANCER.ORG)

NATIONAL CANCER INSTITUTE

[WWW.CANCER.GOV](http://WWW.CANCER.GOV)

WATER QUALITY

[WWW.COWLITZ.PUD.ORG](http://WWW.COWLITZ.PUD.ORG)

OUTDOOR AIR QUALITY

[WWW.SWCLEANAIR.ORG](http://WWW.SWCLEANAIR.ORG)

INDOOR AIR QUALITY

[WWW.CO.COWLITZ.WA.US](http://WWW.CO.COWLITZ.WA.US)

**THANKS!**

