

President: Kacy Hibdon
 Sponsors: Dr. Steven Mackie and Janet Valencia
 CORE is published quarterly to inform students and employees of environmental issues.



WELCOME

CORE's purpose is to raise awareness of environmental issues within the university community and Northwest Oklahoma.

Buy Green: Cleaning Supplies

By Jasmin Malik Chua

Jersey City, NJ, USA | Thu Sep 25 14:31:00 EDT 2008 | <http://planetgreen.discovery.com/buying-guides/green-cleaning-supplies.html>

Achieve a greener clean by dumping hazardous synthetic-chemical-based cleaning supplies for one of these six cleaning kits. Engineered to transform your home into the nontoxic haven your family deserves, each kit offers a budget-friendly package deal on products far gentler on the environment—not to mention your health. Persistent exposure to the toxic chemicals many common household products contain can wreak havoc with your central nervous system, leading to brain fog, breathing difficulties, and even sudden mood changes. And, because their bodies are still developing, babies and children are particularly vulnerable to low levels of neurotoxins, which have been linked to everything from developmental abnormalities to cancer.

BIOKLEEN CLEANING KIT

Tough on dirt, yet gentle on your skin, Biokleen's plant and mineral-based laundry detergent, soy cream cleaner, all-purpose cleaner, and dish soap won't overpower your home with noxious fumes or sully the environment with phosphates, chlorine bleaches, or synthetic dyes and fragrances. Most of Biokleen's products are also super-concentrated, which means less packaging waste for the planet and more for your money.

Big families will appreciate the second bottles of laundry detergent and dish soap included in this set of six. You can purchase these products at www.greenhome.com for \$32.

METHOD DETOX YOUR HOME KIT

Method's efficient staff of eight—consisting of all-purpose surface cleaner, glass cleaner, two bottles of hand wash, biodegradable cleaning wipes, dish soap, a microfiber cloth, and a tote bag—promises zero phthalates, parabens, or any other synthetic chemical nastiness that might foul up your definition of clean. Meanwhile, your nose gets a treat with an olfactory smorgasbord of fragrances like pink grapefruit and French lavender.

Method scores extra points for design-savvy labeling and packaging—reducing refills. You can purchase these products at www.HSN.com and Target for around \$20.

MRS. MEYER'S CLEAN DAY SPRING CLEANING KIT

This kit from Mrs. Meyer's is packed full of everything you'll need to jump-start that green cleaning streak—and the only emission is a tangy limited-

Upcoming NWOSU & Earth Friendly Events

- First CORE Meet/Election of Officers..... August 26
Pizza in rooms CH209 in Alva and Room 221 in Enid
- Car Free Day (ride your bike).....September 22
- NWOSU Science Fair.....March 3
- World Water Day.....March 22
- Earth HourMarch 28
- THE BIG EVENT.....April 3
- NAS Art Show April 10-24
- Earth Day (40th Anniversary)April 22
- Arbor DayApril 30
- World Environment Day..... June 5

75% of the Earth's surface is covered by water.
What percentage is fresh water?

- A. 0.03% B. 2.5% C. 11.9% D. 36.7%

Answer: B 2.5%



edition rhubarb scent. The well-rounded selection includes window spray, liquid dish soap, all-purpose cleaner, and countertop spray. All Mrs. Meyer's products are biodegradable and phosphate-free, and the company does not test on animals.

The natural essential oils perk up your cleaning routine with a little aromatherapy. These products can be purchased at www.drugstore.com for \$11.

OPTIONSFORLIFE TIME TO DETOX SET

Nontoxic, hypoallergenic, and biodegradable, Optionsforlife's quartet of naturally derived cleaners includes a kitchen and bathroom cleaner, a multi-surface cleaner, a tub and tile cleaner, and a glass and window cleaner. As part of its commitment to environmental stewardship, the company has swapped out chlorine bleach for hydrogen peroxide, traditional acids for organic salt solutions, and non-biodegradable alcohol for less-irritating biodegradable solvents. Plus, refills are available as concentrates.

All products are Green Seal certified, which means they're rated for both performance and reduced human/aquatic toxicity and smog-production potential. These products can be purchased at www.Optionsforlife.com for \$14.95.

SEVENTH GENERATION FREE & CLEAR AND LIVING HOME STARTER KITS

Get a selection of Seventh Generation's fragrance-free goods with the Free & Clear Starter Kit, which includes glass cleaner, all-purpose cleaner, dish liquid, laundry detergent, and tote bag. Or, go the whole hog with the Living Home Starter Kit's super-sized assortment of six naturally scented cleaners, 100 percent recycled paper towels, and tote bag. Nontoxic, biodegradable, and free of phosphates, chlorine bleaches, and harsh chemical fumes, Seventh Generation's environmentally responsible line of household and personal products have been sought out by green-conscious consumers for nearly 20 years.

The tote bag, encouraging plastic bag-free shopping excursions, is made of 100 percent organic cotton. These products can be purchased at www.seventhgeneration.com for \$40 (Free & Clear); \$45 (Living Home).

SHAKLEE GET CLEAN STARTER KIT

Shaklee's Get Clean line of 13 nontoxic and hypoallergenic products outperforms 12 national brands—or your money back. The ultra-concentrated formulas, says the manufacturer, contain the cleaning equivalent of 60 bottles of Fantastic Multipurpose cleaner, 32 bottles of Mop & Glo Triple Action Floor Shine Cleaner, and 728 bottles of Windex. What does that mean? Choose the Get Clean Starter Kit over ready-to-use products, and you can save 108 pounds of packaging waste from landfills, as well as 248 pounds of greenhouse gases.

The kit comes with a nifty caddy organizer packed to the brim with empty spray bottles, microfiber cleaning cloths and sponges, and measuring supplies. These products can be purchased at www.shaklee.com for \$170.

Conventional Cleaning Products

By Blythe Copeland

Great Neck, NY, USA | Tue Mar 03 13:30:00 EST 2009

So what's wrong with conventional cleaning products? On the surface, they're great at what they do, repelling dirt, dust, and grime with nothing more than a spritz and some elbow grease. But many of these cleaners contain toxic ingredients that, while safe in small amounts, could have unknown long-term side effects—like phthalates, which help products hold onto fragrances, but may cause birth defects; volatile organic compounds (VOCs), which lower indoor air quality and can be connected to respiratory problems; phosphates, which break down dirt but can also affect algae when they enter the water supply; petrochemicals, or petroleum-based by-products that have been linked to cancer; and chlorine bleach, which disinfects but can cause serious health problems.

Many of these ingredients are the same compounds you are working to eliminate from your furniture, beauty routine, and laundry processes; if they don't have a place in your living room, medicine cabinet, or closet, they shouldn't be in your cleaning supplies, either.

Since the EPA doesn't require manufacturers to list every ingredient in a household cleaner, it can be hard to know exactly what you're getting. Look for supplies or kits that are plant-based and fragrance-free, and that promise to not contain the chemicals listed above. Products that don't test on animals are a plus, as are ones that are biodegradable as well as biocompatible (biodegradable means they'll break down into their original ingredients, which is fine unless those ingredients aren't natural; biocompatible products break down into water that's safe for reuse). And be wary of companies that claim their product is "99% natural"—there's no way of knowing what might be in that unlisted 1%.