Celebrating Nearly 20 Years, Huntington Breast Cancer Action Coalition, Inc. Promotes Public Health Through Prolific Programs, Services & Products.
IMPORTANT REFERRAL INFORMATION

L. I. Community Breast Cancer Groups
- Babylon B.C. Coalition
  - Website: www.babylonbreastcancer.org
- Brentwood/Bayshore B.C. Coalition
  - Website: www.bbbcc.org
- Great Neck B.C. Coalition
  - Website: www.greatneckbc.org
- Huntington B.C. Action Coalition
  - Website: www.hbcac.org
- Islip B.C. Coalition
  - Website: www.islipleadbc.com
- Long Beach B.C. Coalition
  - Website: www.longbeachbc.org
- North Fork B.C. Coalition
  - Website: www.northforkcanceroptions.org
- South Fork B.C. Coalition
  - Website: www.southforkbreastcancer.com
- South Fork Ground Water Task Force
  - Website: www.southgroundwatertaskforce.org
- West Islip B.C. Coalition
  - Website: www.wibcc.org

Breast Cancer Support Groups
- Adelphi NYS Support Program and B.C. Hotline 800.887.8077
  - Website: www.adelphi.edu/nysbreastcancer/index.html
  - Website: www.ahedfoundation.org
- Breast Cancer Options
  - Website: 845.657.8222
- Breast Cancer Coalition of Rochester
  - Website: www.bccrc.org
- B.C. Net. of West. NY
  - Website: 800.533.6825 x4233
- C.R.A.A.B. Capital Region Action Against Breast Cancer (CRAAB)
  - Website: 518.435.1055
- Huntington Hospital Support Group
  - Website: 631.351.2568
- IBCA Ithaca B.C. All. www.ibca.net
- Latino Health Initiative
  - Website: 631.273.4074
- LI Chapter, Nat’l Ovarian Coalition
  - Website: 631.672-2027
- LI Lesbian Cancer Init. www.liliqi.org
- New York State B.C. Support & Education Network
  - Website: www.nysbcen.org
- North Shore University Hospital
  - Website: 516.926.HELP
- SHARESHERET www.sharesheret.org
- Sisters Network of Greater N.Y.
  - Website: 631.462-9800
- Suffolk YJCC Breast & Ovarian
  - Website: www.suffolkyjcc.org
- University Hospital at Stony Brook
  - Website: 631.444.4550
- B.C.Ctr.
- Women’s Outreach Network
  - Website: 800.564.6868
- Young Survival Coalition
  - Website: 212.206.6610

Cancer Information Services
- Cancer Action NY
  - Website: www.canceractionny.org
- Cancer Awareness Coalition
  - Website: www.cacinfo.org
- Children’s Hifh. Ctr.
  - Website: 866-265-6201
  - Website: 631.760.2169
- Huntington Hospital Women’s Center
  - Website: 631.351.2564
- L. I. OCEAN, Ovarian Cancer Ed. & Adv.
  - Network/Support
  - Website: 631.928.0298
- Memorial Sloan Kettering Patient Referrals
  - Website: 800.525.2225
- Nassau Healthcare Corp. Breast & Cervical Screening Program
  - Website: www.nucmc.edu
- Nassau-Suffolk Law Services (B.C. Legal Advisor)
  - Website: 516.292.8299
- North Shore LIJ Health System
  - Website: www.northshoreli.org
- SHARE www.sharercancersupport.org (Bilingual)
  - Website: 212.719.0364
- SUNY University at Stony Brook
  - Website: 800.UMC.2215

National Organizations
- American Cancer Society
  - Website: www.cancer.org
- American Heart Association
  - Website: www.americanheart.org
- American Lung Association of NY
  - Website: www.lunasa.org
- Cancer Care
  - L.I.Division www.cancercare.com
- Cancer Information Services www.mskcc.org
- DES Action www.desaction.org
- NCI Cancer Trials
  - Website: http://cancertrials.nci.nih.gov
- National Institute of Environmental Health Sciences
  - Website: www.niehs.nih.gov
- National Cancer Institute
  - Website: www.nci.nih.gov
- NY State Dept. of Health
  - Website: www.health.state.ny.us
- National Alliance of B.C. Org. (NABCO)
  - Website: www.nabco.org
- National B.C. Coalition (NBCC)
  - Website: 212.889.0606

Resource Websites
- Annie Appleseed Project www.annieappleseedproject.org
- Birth Defects Res. for Children www.birthdefects.org
- Breast Cancer Answers www.biostat.wisc.edu/bca.html
- Breast Cancer Fund www.breastcancerfund.org
- Breast Cancer & the Environment Research Centers www.bccrc.org
- Breast Cancer Options www.thebreastscape.com
- Cancer Links www.cancerlinks.com
- Cancer Treatments www.cancerhelp.com
- Centers for Disease Control & Prevention www.cdc.gov
- Children’s Health and the Environment www.childrenenvironment.org
- CIRCARE Citizen’s for Responsible Care and Research www.circare.org
- Collaboration on Health & the Environment CHE www.healthandenvironment.org
- Cornell Univ. Program on B.C. & Environmental Risk Factors in NYS BCERF www.cfar.cornell.edu/bcfers
- Environmental Advocates www.cdy.org
- Endocrine Disruptors www.endocrinedisruption.org
- Environ. Health Perspectives www.ehp.niehs.nih.gov
- EPA’s National Pesticide Telecommunications Network www.ace.orst.edu/info/nptn
- Healthcare Choices www.healthcarechoices.org
- Health Finder www.healthfinder.gov
- Healthy Envr. Healthy Econ. HEHE www.hehe-ny.org
- Healthy Planet www.healthylifeplanet.org
- Male Breast Cancer www.infobreastcancr.ca/malebc.html
- National Lymphedema Network www.wenet.net/users/lymphnet/
- Neighborhood Network www.neighborhood-network.org
- N.Y. Coalition for Healthy School Lunch www.circare.org
- Office of Environmental Health & Safety Cancer Research Centers www.cancer.gov/occam
- Ovarian Cancer www.ovarian.org
- Pregnancy Information Network www.breastcancer.org/ovarian
- Prevention is The Cure: www.sharingcancer.com
- “When Smoke Ran Like Water” by Devra Lee Davis www.womensmokeranlikewater.com
- X-rays & Health Project www.x-rayandhealth.org

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HBCAC • P.O. Box 1446, Huntington, NY 11743 • 631.547.1518 • fax 631.547.1520 • Website: www.hbcac.org • email:friends@hbcac.org
By Karen Joy Miller

On behalf of the Huntington Breast Cancer Action Coalition, Inc. and Prevention Is The Cure campaign, I want to thank our community for your continued support, and to share some of our initiatives and goals. We take the word “action” seriously. For nearly 20 years, our actions have inspired many public health outcomes. HBCAC’s survey mapping project documented the incidences of breast cancer in the Huntington Township. This local effort brought the important issue of breast health awareness to national attention. We were instrumental in providing testimony to secure a Congressional mandate directing the National Institutes of Health (NIH) to conduct a breast cancer study. The Long Island Breast Cancer Study Project (LIBCSP) was a science based peer reviewed study that explored environmental triggers of disease.

As President of the coalition, I have had the opportunity to serve for New York State on multiple advisory boards including the Breast Cancer Detection and Cervical Education Council, the Governor’s Sustainability the Green Procurement Council and the Pollution Prevention Institute. I am also an active contributor for the following working groups: the National Conversation on Public Health and Chemical Exposures Education and Communication, a Centers for Disease Control project, the Breast Cancer and Environment Research Centers, a National Institute of Environmental Health Sciences (NIEHS) and National Cancer Institute project, in addition to serving as co-chair for the Public Interest Partners through the NIEHS. On a local level, I serve as the chair to Suffolk County’s Cancer Awareness Task Force and as co-chair to Suffolk County’s Prevention and Education Committee.

Over the years, my coalition has created and disseminated resource information through our newsletter publication and other environmental educational products, namely the Toxic Trigger environmental guide and the I Am Fed Naturally booklet. At the community level we offer breast cancer survivor support services through the Lend A Helping Hand (LAHH) program, providing free services to residents diagnosed with breast cancer; and we launched an Integrative Health Network (IHN) promoting the importance of both traditional and integrative health care. We initiated a Breast Awareness Training (BAT) program geared toward teenage girls with emphasis on health and growing up female. Along with our partners, the Prevention Is The Cure (PITC) educational series conducted public health forums emphasizing the precautionary principle.

Our Students and Scientists Environmental Research Scholarship Program encourages local high school students with an interest in environmental science and public health, to participate in internships at world-renowned research laboratories.

We have helped to secure the establishment of the Mount Sinai’s Children’s Environmental Health Centers of Excellence, for which I am also an advisor, across New York State. These pediatric clinics are dedicated to protecting children from diseases caused by environmental toxins. This effort led to developing Look Before You L.E.A.P. health educational materials focused on lead, endocrine disruptors, air pollution and pesticides. Additionally, I presented at a symposium with a panel of leading experts at the Mount Sinai School of Medicine to discuss Breast Cancer, Endocrine Disruptors and Early Puberty.

Our philosophy has always been to work in concert with everyone to foster personal and environment health initiatives. Within that framework we have been instrumental in developing Local, State and National laws that protect our health and insure patient rights. Recently our efforts supported the first in the nation ban on the sale of baby bottles and sippy cups containing the chemical Bisphenol A (BPA). The Toxin Free Toddlers and Babies Act unprecedented legislation sponsored by Suffolk County Legislator Steve Stern passed unanimously by the County Legislature and signed into law by Suffolk County Executive, Steve Levy.

Most recently, U.S. Senator Charles Schumer (D-New York), U.S. Senator Dianne Feinstein (D-Calif.), Rep. Edward Markey (D-Mass.), have introduced companion legislation to establish a federal ban on the chemical Bisphenol A in all food and beverage containers. These groundbreaking measures have been put in place to protect the most vulnerable among us...our children.

On behalf of our organization it is a privilege and honor to contribute to local and national efforts to lower the incidence of diseases, and to share with you some of the work and accomplishments of which we can all be proud.

I am gratified for all we have achieved together and I know with your support we will continue to make a positive difference in public health for our children and grandchildren.

Karen Joy Miller
Founder & President
VOLUNTEER CORNER

By Diane Bullock

At the age of 61 years, I have had many experiences and jobs throughout my life. As a wife, mother of four, and grandmother, I have always valued family and the community. After separating from my last job, I decided that I wanted to utilize my life to help impact people and make a positive difference. As I made a career change, I began my direction in financial education. In a short amount of time, it became so apparent to me how peoples’ health and well-being were being affected by the current economy and the huge amount of stress it generates. As I began to meet with individuals and families and educate them on how to get out of debt, budget, and become financially independent, I saw the positive effects this had on their health and psyche. The more people I met with, the more I began to get to know them, and find out about the extremely high amount of people with breast cancer. I figured that since I couldn’t cure cancer, maybe I could somehow reduce their stress and bring some peace of mind so they might be able to cope, or better yet, eliminate the cancer.

Over the past few months I have had the opportunity to offer my services to HBCAC as a volunteer and I can’t say enough about the rewards this experience has provided me. My only hope is that my efforts have provided some value to HBCAC in their quest to get a very important message out. Having had first-hand experience with breast cancer through my mother, I know the damaging effect it can have on everyone involved. Hence, it is the enlightenment that HBCAC offers that has attracted me to them. HBCAC’s quest to communicate proactive ways to control the environment and ultimately limit one’s exposure to breast cancer is a concept that I wholeheartedly support.

After I was introduced to HBCAC, I found that I could really bring value to the community and make a truly positive impact on peoples’ lives. Volunteering at HBCAC has allowed me to use my skills and knowledge in a positive way and has given me a rewarding satisfaction. If we can bring more happiness and reduce the stress that people encounter on a daily basis, we might be one step closer in the prevention of cancer.

I am truly grateful for the opportunity to volunteer with the HBCAC and am hopeful for an ongoing mutually rewarding relationship.

Support BPA-Free Kids Act

By Maria Adcock

Many thanks, to Maria Adcock local resident who’s been following our efforts. Please read the below article that appeared on www.examiner.com website in support of legislation to ban the use of BPA in children’s products. Our friend and advocate, Laura Sposato introduced HBCAC’s work to Maria, and we applaud her dedication to educating new moms about the dangers of chemicals.

SUPPORT THE BPA-FREE KIDS ACT OF 2009
By Long Island New Moms Examiner, Maria Adcock

The (FDA) recently expressed heightened concern about the health risks of bisphenol-A, or BPA, a chemical used in the production of many plastic household goods.

Most concerning are the potential effects of BPA on fetuses, infants, and children. The FDA stated that it had, “some concern about the potential effects of BPA on the brain, behavior and prostate gland” regarding these especially vulnerable groups. BPA can leech into food, baby formula, and breast milk from scratches in plastic. This can occur when placing very hot liquids in bottles or sippy cups, or heating up containers made with BPA in the microwave. In general, plastics marked with a 7 on the bottom usually contain BPA.

The good news is that the major baby bottle manufacturers have switched to non-BPA plastics, including Avent, Gerber, Dr. Browns, Born Free, Playtex, and Evenflo. However, until all manufacturers of children’s goods stop using plastics with BPA, our children’s health remains at risk.

The BPA-Free Kids Act of 2009

Parents are encouraged to support the passing of The BPA-Free Kids Act of 2009 (S.753) introduced by U.S. Senator Charles Schumer and Representative Anthony Weiner. The bill prohibits the manufacture, sale, or distribution of children’s food and beverage containers composed of bisphenol-A. Products include items that regularly come into contact with children’s mouths such as baby bottles, sippy cups, bowls, plates and utensils.

According to a newsletter issued by Karen Joy Miller, President of Huntington Breast Cancer Action Coalition, Inc., the BPA-Free Kids Act of 2009 “mandates testing and certification by plastics and container manufacturers, and requires that each children’s food and beverage container be labeled as a ‘BPA-Free Product.’ The Consumer Product Safety Commission would be required to test these products to ensure that they are BPA-free. The BPA-Free Kids Act of 2009 will appropriate additional funding for research conducted under the National Institute of Environmental Health Sciences that was established in 1986 to reduce human illness caused by hazardous substances in the environment.”

To find your local congressional leader, visit http://writerep.house.gov.
Since the inception of the Students and Scientists Environmental Research Scholarship Program, during the summer of 2007, our exemplary program has expanded to include 4 high schools. Proudly we have chosen 4 exceptional students in 2009, Aliyah Cohen, Huntington High School; Farooq Ansari, Commack High School; Travis Fishstein, Northport High School, and Rubab Rehman, Walt Whitman High School.

Year after year, our young men and women rise to the highest challenge, while studying environmental triggers of disease potentially contributing to breast cancer and an array of other illnesses. During the time spent conducting hands-on laboratory research or epidemiological studies, our students intensely devote many hours to the task at hand. Under the guidance of principal investigators, our students directly conduct the research and are held accountable to fully explain the results of their course of study. Throughout the coming school year, these same individuals reach out to peers, student bodies, and the community at large, spreading their new found knowledge. The work does not stop there.

Once again, this past November, our four student researchers, along with a Great Neck student researcher, were asked to present their investigative findings at a national breast cancer conference, known as BCERC, held in Sausalito, California. Each individual presented explicit research methods and findings during a poster presentation session amongst leading scientists from across the country. Many accolades were given to our student researchers for their poise, maturity, and comprehensive understanding of their research.

Taking full advantage of the experience, we remained in San Francisco for the weekend, enjoying the sights and sounds of a great city. Best of all, new friendships were forged. Memories of summer research experiences, BCERC, and time spent in San Francisco will long be remembered. We couldn’t be prouder of the determination, drive, maturity, and intellect of our candidates.

Congratulations Aliyah Cohen and all Huntington High School fashion students who were personally invited by First Lady Michelle Obama to Washington DC for a presentation of her inaugural gown into the Smithsonian National Museum of American History.
Sprague Dawley Rat tissue samples. The TEBs are a target of undergoing Mitosis observed in the Mammary Glands of amount of Terminal End Buds (TEBs) and amount of cells it was a key component in Agent Orange during the Vietnam War.

TCDD is also considered the most notorious of the dioxins since it was a key component in Agent Orange during the Vietnam War. TCDD is also considered the most notorious of the dioxins since it was a key component in Agent Orange during the Vietnam War. TCDD belongs to the family of Polychlorinated dibenzodioxins (PCDDs), which are some of the most toxic and abundant forms of environmental pollutants. TCDD, the most toxic of the PCDDs, has been identified as a possible carcinogen and exhibits both xenoestrogenic and antiestrogenic effects in various biological environments. As well as being regarded as the most toxic, TCDD is also considered the most notorious of the dioxins since it was a key component in Agent Orange during the Vietnam War.

While conducting research, I collected counts for both the amount of Terminal End Buds (TEBs) and amount of cells undergoing Mitosis observed in the Mammary Glands of Sprague Dawley Rat tissue samples. The TEBs are a target of

(Continued on page 19)

2009 Students & Scientists Internship Experience

By Travis Fishstein,
Northport High School

This summer, I was granted the privilege to participate in the Huntington Breast Cancer Action Coalition’s (HBCAC) Students and Scientists Environmental Research Program. This program gave me the opportunity to take part in a month long internship at the Fox Chase Cancer Center in Dr. Jose Russo’s lab.

My internship at the Fox Chase Cancer Center involved researching the effect of Tetrachlorodibenzo-p-dioxin (TCDD) on The Mammary Gland of the Sprague Dawley Rat. TCDD belongs to the family of Polychlorinated dibenzodioxins (PCDDs), which are some of the most toxic and abundant forms of environmental pollutants. TCDD, the most toxic of the PCDDs, has been identified as a possible carcinogen and exhibits both xenoestrogenic and antiestrogenic effects in various biological environments. As well as being regarded as the most toxic, TCDD is also considered the most notorious of the dioxins since it was a key component in Agent Orange during the Vietnam War.

While conducting research, I collected counts for both the amount of Terminal End Buds (TEBs) and amount of cells undergoing Mitosis observed in the Mammary Glands of Sprague Dawley Rat tissue samples. The TEBs are a target of

(Continued on page 19)

BCERC Conference 2009

By Travis Fishstein

Following my internship at the Fox Chase Cancer in Philadelphia, granted by the HBCAC Students and Scientists Environmental Research Program, I had the distinct opportunity to attend the BCERC conference in Sausalito, California. At the conference, I was able to meet with world-renowned scientists in the field of Breast Cancer Environmental Research and reuni

(Continued on page 19)

By Farooq Ansari

During the summer, I was fortunate enough to be able to participate in an exciting and vigorous program at the Fox Chase Cancer Center thanks to the Huntington Breast Cancer Action Coalition. Participating in this program has taught me an immense amount of knowledge about breast cancer.

This was an unforgettable experience that was both interactive and stimulating.

The internship that I participated in at the Fox Chase Cancer Center, in Philadelphia focused primarily on breast cancer. The environment of the lab was very welcoming and straightforward. In other words, there was always someone to turn to when assistance was required.

It was a very work-friendly environment, which was enjoyable and satisfying. The workers in the lab were truly kind and knowledgeable and were always at hand for any assistance. The exhilarating work began on the very first day where my partner and I were able to utilize our own rats and learn the distinctive process involved in each step. We also learned about the significance of the mammary gland. The mammary gland consists of several struc-

(Continued on page 21)
2009 Students & Scientists Internship Experience

By Aliyah Cohen,
Huntington High School

Silent Spring Institute is named in honor of Rachel Carson’s book, which is thought to have introduced the concept of prevention rather than dependence on a cure. The Silent Spring Institute is an organization of scientists, researchers and others dedicated to studying the links between the environment and negative health effects, particularly breast cancer.

Various steps are being taken by the Institute to better understand the impact the environment can have on human health. Research is being conducted in order to find ways to reduce exposure to these possibly harmful compounds. Among their multiple studies including those dealing with chemical tests and epidemiology, the Institute hopes to carry out an intervention study where researchers would swap products in homes in order to reduce exposure to potential health hazards. This project proves difficult at this time since researchers are unsure of what is actually contained in these products as manufacturers are not required to disclose a complete list of ingredients on their products labels. While product tests are in progress, Silent Spring Institute has developed a criteria list to helpfully assist consumers in purchasing possibly healthier alternative products.

(Continued on page 1)

By Rubab Rehman,
Walt Whitman High School

It is a commonly known fact that smoking augments the risk of developing lung cancer. However, most people are unaware of the link between smoking and breast cancer, which is a topic I was able to delve into further during my summer internship at Stony Brook University. My project involved determining the effects of long-term nicotine exposure on breast epithelial cells. This project held a special interest for me as my dad is a heavy cigarette smoker who has had difficulty quitting. Not only did I conduct ongoing breast cancer research this summer, but I was also given the opportunity to dorm for the first time, which certainly made it one of the best experiences of my life.

During my first week with Dr. Evinger, I was taught to perform standard lab protocols and was introduced to several pieces of lab equipment that were never available to me in school. Working in the laboratory was extremely laid-back as I was never given a certain time-frame to complete my experiments. I found it very easy to familiarize myself in the laboratory environment as my mentor and partner were available to answer whatever questions I had. I was
determined by the Institute to better understand the impact the environment can have on human health. Research is being conducted in order to find ways to reduce exposure to these possibly harmful compounds. Among their multiple studies including those dealing with chemical tests and epidemiology, the Institute hopes to carry out an intervention study where researchers would swap products in homes in order to reduce exposure to potential health hazards. This project proves difficult at this time since researchers are unsure of what is actually contained in these products as manufacturers are not required to disclose a complete list of ingredients on their products labels. While product tests are in progress, Silent Spring Institute has developed a criteria list to helpfully assist consumers in purchasing possibly healthier alternative products.

(Continued on page 2)

BCERC Conference 2009

By Aliyah Cohen

Upon acceptance into the BCERC conference I felt an exhilarating sense of accomplishment. I was beyond astonished that the work that I had conducted on Mammary Gland Carcinogens and Endocrine Disrupters was worthy of such high applause. But then, my ego deflated abruptly as I realized what was ahead. Presenting to a group of highly venerated researchers and activists was something I had anticipated and hoped for, but now that it was no longer a dream, but a reality, I became hesitant.

When the students and scientists congregated in the airport, all very antsy to embark on our journey, I finally felt that this was going to be something that would change my life. It occurred to me that this isn’t something every student gets the opportunity to do. This was not only a learning experience academically, but one experientially. It was a small peek at what it would be like to hold this role in research as a profession. Flying out to various destinations and functions to present my work that I had conducted on Mammary Gland Carcinogens and Endocrine Disrupters was worthy of such high applause. But then, my ego deflated abruptly as I realized what was ahead. Presenting to a group of highly venerated researchers and activists was something I had anticipated and hoped for, but now that it was no longer a dream, but a reality, I became hesitant.

When the students and scientists congregated in the airport, all very antsy to embark on our journey, I finally felt that this was going to be something that would change my life. It occurred to me that this isn’t something every student gets the opportunity to do. This was not only a learning experience academically, but one experientially. It was a small peek at what it would be like to hold this role in research as a profession. Flying out to various destinations and functions to present valid and thought provoking research is something expected in the everyday life of a researcher, and now I could take a walk in a researcher’s shoes and see what that is like.

(Continued on page 21)

By Rubab Rehman

The sixth annual BCERC conference was held in Sausalito, California — a city of breathtaking beauty. The conference exposed me to ongoing biological and epidemiological studies investigating the influence of environmental factors on pubertal maturation and mammary gland development. Abnormalities in development may cause a hormonal imbalance in cells, potentially heightening the risk of breast cancer. At times, the terminology of the research was difficult to comprehend. However, the presentations nevertheless brought up some truly interesting studies, such as the impact of soy products on the incidence of breast cancer. The conference integrated the advocate community with the scientist community, allowing members of the audience to express their concerns and ask questions after the presentations.

The final part of the conference was the poster presentations, a collaboration of the work of both researchers and advocates. My poster highlighted the achievements of the Long Island Teen Environmental Activists (LITEA), a com-

(Continued on page 22)
Marge Yaspan

*Marge Yaspan,* has been a Town of Huntington resident for more than 30 years, remaining an active volunteer and familiar face in the community. She has worked with at-risk children, women and families and currently co-chairs our Lend A Helping Hand program. She is a licensed clinical social worker and currently maintains a private clinical practice. *Congratulations Marge! You’re “In The Spotlight.”*

Rosalyn Haber

*Rosalyn Haber,* has been a member of our Lend a Helping Hand program for almost 15 years, joining with a friend who was diagnosed with breast cancer. Rosalyn has represented the Huntington Breast Cancer Action Coalition in Washington D.C. and in Albany, N.Y. She currently co-chairs LAHH, where she brings her friendly demeanor and positive attitude. She also serves as secretary for our executive board. *Take a look Roz, you’re “In The Spotlight.”*

Pat Draser

*Pat Draser,* has been a Town of Huntington resident for more than 30 years. She is a breast cancer survivor and has been involved with the Huntington Breast Cancer Action Coalition for more than 10 years, providing valuable support for our Lend A Helping Hand clients. She is also an active member of her church in addition to running a blood drive twice a year for the Long Island Blood Service. *Work it Pat, you’re “In The Spotlight.”*

Rhonda Weinman

*Rhonda Weinman,* has been a Town of Huntington resident for 20 years and she is an active volunteer and well-recognized community leader, serving on the Board of Directors for the Suffolk Y Jewish Community Center as a Vice President. Rhonda is a proud supporter of HBCAC, Prevention Is The Cure, and was the honoree at our 2009 Bag Ladies Benefit as a result of her passion, energy and commitment to our community. She is currently a Senior Vice President and Wealth Management Advisor with Raymond James & Associates in Melville, N.Y. *Rhonda; you’re “In The Spotlight.”*

Long Island Teen Environmental Activists

*Long Island Teen Environmental Activists (LITEA),* is an after school program we sponsor for local high school students who have an interest environmental health. These intelligent and highly-motivated students are helping to raise public awareness about our health. Students from this program recently attended the Sixth Annual BCERC (Breast Cancer and the Environment Research Centers) conference in California where they successfully showcased their work to top research scientists. *Take the stage LITEA; you’re “In The Spotlight.”*
It's Not Just About the Bracelets

By Laura Sposato

For almost two years, Laura & JoAnn of EmBraceable You have been working hard collaborating on designs for bracelets and accessories, attending many outreach events, and joining forces with people and organizations that work tirelessly to improve the quality of life for others in the community. They have met so many wonderful people and made amazing connections. Part of their mission is to be a beacon of hope for those who need to see what healthy looks like after the journey through a cancer diagnosis. The bracelets are a symbol of support and encouragement for our sisters, mothers, daughter, and friends.

EmBraceable You is launching a web site www.embraceableyou.org that will soon include a blog. There are so many wonderful and inspiring stories of women and men who persevere, survive, and thrive. Please send us your story and we will get it out there. Every person going through the journey of cancer needs a lighthouse. You are EmBraceable.

If you are interested in purchasing a bracelet there is an online store or you can contact Laura or JoAnn directly. This is the time of year that gets busy for many of us. Easter, Mother’s Day and Graduation will be here before you know it. They make deliveries to your home or workplace and donate 30% of sales to Huntington Breast Cancer Action Coalition. Please support the ones you love who may be struggling with cancer and also the programs offered by the HBCAC.

Contact Laura at 516-672-3263 or Lsposato@aol.com.

Do You Need A Hand?
Do You Need Someone to Lean On?
Our Lend A Helping Hand services can help you!

Medical Transportation, House Cleaning, Emergency Medication, Medical Supplies, And more …

If you are a Huntington Township resident undergoing treatment for breast cancer

Contact the Huntington Breast Cancer Action Coalition
For more information: (631) 547-1518

Dear HBCAC staff,
Your kindness meant so much! Words cannot express how helpful your generosity was to my mom in this difficult time. Thank you to everyone at the Huntington Breast Cancer Coalition.
HBCAC HAPPENINGS

CHILDREN’S ENVIRONMENTAL HEALTH CENTER (CEHC), HUNTINGTON LAUNCH EVENT – OCTOBER 15, 2009

Dr. Philip Landrigan, Pediatrician at Mt. Sinai School of Medicine pays a visit to Long Island. Our sincere thank you to NYS Senator Carl Marcellino for providing initial funding toward the satellite clinic located at North Shore Medical Group.

NO FAMILY HISTORY documentary screening premièred October 19th in Suffolk County. This film by Sabrina McCormick, PhD, provides a stark look on how as a woman, she and her family coped with breast cancer. The SC Cancer Awareness Task Force hosted this provocative film premiere and reception. Shown here is Suffolk County Commissioner, Environment & Energy, Carrie Meek-Gallagher; Producer, Sabrina McCormick; PhD, Cancer Awareness, Department of Environment & Energy, Amy Juchatz, MPH.

Karen Miller proudly showcased the “Look Before You LEAP” kits and distributed to all attendees at the launch. LEAP materials have been well received by the public.

Our CEHC partners – Damiris Perez, Mt. Sinai; Stephen Boese, Learning Disabilities Association of NYS; Dr. Phil Landrigan, Mt. Sinai; Karen Miller, HBCAC; Dr. Joel Forman, Mt. Sinai; Beth Fiteni, Neighborhood Network; Dr. Maida Galvez, Mt. Sinai.

Rainbow Chimes “a sincere appreciation” … offering the sweetest venue for our CEHC launch. The children honored us with a special song.

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6th Annual Early Environmental Exposures BCERC Conference 2009

“Guardians for the Future” Students & Scientist Environmental Research Program

Our outstanding students received an opportunity to meet NIEHS Director, Linda Birnbaum.


Taking a break in San Francisco, California

Silent Spring Institute representatives Ruthann Rudel & Julia Brody with Karen Miller … “enjoying a job well done”
Our partners at Commack High School provided a valuable opportunity to address members of their PTA.

We are always grateful that we can count on our friends, the Huntington Rotary Club. For so many years, they have been a valuable champion! Thank you, Andrew Ellsworth, Tom Finnegan and all members for hosting another successful luncheon … good friends, good food, each year!!

Congratulations to our very own Judith Enck appointed Regional Administrator for the US EPA, Region 2. Karen attended the swearing in ceremony, shown here with Judith Enck (center) and Michael Seilback, American Lung Association.

Recently, Town of Huntington’s Women Advisory Council and HBCAC presented a program “How Toxins in our Environment Affect our Health.” Thank you Rhonda Shepardson, Jillian Guthman-Ahado, Ester Bivona and the various member agencies who attended this program.

Mt. Sinai’s Dr. Phil Landrigan a pre-eminent figure in the world of public health! A caring guardian for our children across the world…HBCAC applauds his tireless efforts!!

Student & scientists graduate and Commack student, Farooq Ansari eloquently spoke about environmental issues and health to PTA members.

Over the years, Prime Restaurant has been “primary” supporter of HBCAC. This year’s “Think Pink 2009” fundraiser sponsored by the Bohlsen’s held during October benefited our coalition and West Islip. You Rock …Kurt and Michael Bohlsen, shown here with Pat Licata, W. Islip BC Coalition and Karen Miller.

Our partnership with Suffolk County Childcare Council continues to grow with over 15 outreach programs focused on “How to Minimize Environmental Risk and Optimize Children’s Health.”

US Senator Charles Schumer “sets the tone” for the opening ceremony and provides a warm welcome to new EPA Administrator, Judith Enck.

US Congressman Gary Ackerman looks fabulous at a recent holiday celebration. Gary mandated the LIBSCP in 1993 bringing the issue of breast cancer to the national forefront … we forever grateful!
U.S. Representative Steve Israel funds ...

Road Map for Prevention

The need is urgent. Most people are not aware of basic cancer incidence facts, such as:

At least 50 percent of all cancer cases are caused or promoted by lifestyle & environmental factors; exposure to toxic contaminants during vulnerable pre-natal, childhood & puberty periods can result in developmental disabilities and health disorders, including cancer, later in life; and weight gain is a risk factor for many cancers, and diet & exercise can reduce risk for cancer.

With increasing rates of many types of cancer, obesity, and other diseases, as well as rising health care costs, it’s time for prevention to become a primary approach for healthcare in New York State. “Road Map for Prevention” is a vigorous statewide public education campaign, a collaborative effort among breast cancer organizations across New York state. The focus is on modifiable risk factors for breast and other cancers, including weight gain, alcohol consumption, smoking, unhealthy diets, lack of exercise, and exposure to environmental toxins and endocrine disruptors, such as Bisphenol A. This educational program promotes the flow of knowledge among students and scientists, cancer survivors and citizens, providing evidence-based knowledge to diverse populations about how to reduce their risk for disease and optimize their health. The Next Generation (Guardians of the Future) Science Education Program promotes science education by placing high school and college students in cancer research labs for summer study where they will work along side prominent scientists and present posters at the National Institute of Environmental Health Sciences’ (NIEHS).

Road Map for Prevention will help thousands of citizens, including underserved and high-risk communities in rural and urban areas, to form healthier lifestyle habits and take simple steps to reduce toxic exposures that may reduce their risk and the risk of their children getting serious illnesses later in life. By promoting science education for students we will help inspire and train the next generation of cancer researchers.

Huntington Breast Cancer Action Coalition is forever grateful to our Congressman Steve Israel for providing the resources for Road Map for Prevention.

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FAST TRACK INFORMATION:

Fish Women Should Avoid

Avoid if Pregnant
Shark, Swordfish, King mackerel, Tilefish, Tuna steaks, Canned tuna, Sea bass, Gulf Coast Oysters, Marlin, Halibut, Pike, Walleye, White croaker, Largemouth bass

Eat no more than one serving per month
Mahi mahi, Blue mussel, Eastern oyster, Cod, Pollock, Great Lakes salmon, Gulf Coast blue crab, Channel catfish (wild), Lake whitefish

For further information on mercury in fish visit EWG website (Environmental Working Group) http://www.ewg.org/safefishlist
LEGISLATIVE ALERTS:

Household Product Labeling Act of 2009
H.R.3057 – Representative Steve Israel

This legislation will require any household cleaning product or related product to carry a label on the container or packaging containing a full and accurate list of all of the product’s ingredients. According to Rep. Israel’s legislation. A household cleaning product that is manufactured for sale, offered for sale, distributed in commerce, or imported to the United States without the proper label will be treated as a as misbranded hazardous substance under the Federal Hazardous Substances Act. The bill defines a household cleaning product or similar product as “Any substance which is customarily produced and distributed for use in or about the household as a cleaning agent, pesticide, epoxy, paint or stain, or similar substance.” You have the right to know what ingredients are present in the household cleaning products you use and the substances in these products that you and your family are exposed to on a regular basis.


BPA-Free Kids Act of 2009
S.753 – U.S. Senator Charles Schumer

The bill prohibits the manufacturing and sale of food and beverage containers intended for children 3 and younger that are composed of the endocrine-disrupting chemical BPA. These products include baby bottles, sippy cups, bowls, plates and utensils. This ban would take effect 180 days from enactment of the legislation and will be enforced by the Consumer Product Safety Commission. The bill mandates testing and certification by plastics and container manufacturers, and BPA-free children’s food and beverage containers must display the label “BPA-Free Product”. The Consumer Product Safety Commission would be required to test these products to ensure that they are BPA-free. This legislation is enforceable and violations will be met with civil and criminal penalties. The BPA-Free Kids Act acknowledges and seeks to provide chemical safety information upon the Administrator’s request. Prohibits the manufacture, importation, or distribution in commerce of a chemical substance if the Administrator determines that the manufacturer has failed to comply with this Act or that the substance does not meet applicable safety standards. Authorizes the Administrator to prohibit a specified use of a chemical substance in consumer products if the use of the product in the home results in human exposure that does not meet the safety standard.

– Please contact Senator Frank Lautenberg’s Washington office at (202) 224-3224, showing your support of this important legislation.

The Child Safe Playing Fields Act
Senate #4983 (Sen. Foley) and Assembly #7937 (Assem. Englebright)

The purpose of this bill is to minimize the harmful effects of pesticides on children by limiting the aesthetic use of pesticides on school and daycare outdoor playing fields. Evidence suggests that children are particularly susceptible to adverse effects of pesticides and these chemicals can contribute to causation of childhood leukemia as well as neuro developmental disorders. It is critical that the NYS Legislature pass the Childs Safe Playing Fields Act. S.4983d/A.7937—Prohibiting the use of toxic pesticides and using readily available affordable alternatives.

– Please contact Senator Brian Foley’s district office at (631) 360-3356 and Assembly member Steven Englebright’s (631) 751-3094, showing your support for this legislation.
Playing with friends is a lot of fun, but wash your hands when you’re done.

When you must cough or sneeze, place your face in your elbow please.

If you wash your hands before you eat, mom may give you a special treat.

Keep dirty hands away from your face, germs call it their favorite place.

To learn more healthy ways to protect your children against health threats and for more information on LEAP educational materials visit www.ribbet.org

**WORDS TO KNOW:**

**Endocrine Disruptors** – a diverse group of environmental chemicals that are capable of interfering with natural hormones in the body.

**Exposure** – contact of a biologic, chemical, or physical agent with the outer part of the human body, such as skin, mouth, or nostrils.

**Family History** – a record of a patient’s current and past illnesses and those of his or her family members. A family history shows the pattern of certain diseases in a family and helps to determine risk factors for certain diseases.

**Hormone** – an endocrine secretion produced in one organ and transmitted by the blood to another tissue on which it has a specific effect.

**Incidence** – the number of people who develop a disease divided by the number of people at risk of developing the disease in a specific time period.

**Puberty** – the stage of adolescence in which an individual become physiologically capable of sexual reproduction.

**Precocious puberty** – the onset of puberty before the age of eight.

**Phthalates** – a class of industrial compounds used widely as plastic softeners, additives to perfumes and hairsprays, lubricants, and wood finishers, among other things.
Our very own “Ribbet” invites you to come up to the HBCAC office. Get a free “Look Before You L.E.A.P.” tote filled with environmental educational materials ... games, puzzles. Ribbet says - “Let’s acknowledge Earth Day 2010 with a commitment to Go Green.”

Our finest NYS Assembly members Jim Conte and Andy Raia focus on the health issues with the NYS Breast Cancer Network.
QUESTIONS TO ASK YOUR DOCTOR
When Breast Cancer is Diagnosed

Answers to these questions will help you understand your diagnosis.

What did my biopsy or needle aspiration show?
What kind of breast cancer do I have? What is the stage of my disease? What is the size of the tumor?
Has the cancer spread to my lymph nodes or other parts of my body (metastasized)?

What tests were done on the tumor and what were the results (i.e. estrogen and progesterone receptor status)?
What effect will the results of these tests have on my treatment options?

What is the next step?
Who will coordinate my care?

What tests will I have before surgery to see if the cancer has spread to any other organs (livers, lungs, bones)?

What do you recommend for treatment? What integrative / complementary healthcare do you suggest?

How can I get a copy of my pathology report?

Where can I go for support group resources?

For more information on breast cancer support services and programs, contact:
American Cancer Society 800 ACS-2345
Huntington’s Lend A Helping Hand program 631 547-1518

New York State Dept. of Health Cancer Services Program
CANCER SCREENINGS CALL TO ACTION!
Available cancer screening services for uninsured men and women.

WHO IS ELIGIBLE FOR SERVICES?
Women 40-64 years old * and men 50-64 years old who are uninsured or underinsured

* Women < 40 at high risk or with clinically significant findings for breast cancer and men
and women < 40 at high risk for colorectal cancer may be eligible for services.

WHAT SERVICES ARE AVAILABLE?
Mammograms & Clinical Breast Exams, Pap tests & Pelvic Exams, Colorectal Cancer
Screenings,
Medicaid Cancer Treatment Program for Eligible Men and Women

TO ACCESS THESE SERVICES CALL 1-866-442-CANCER (2262)
http://www.nyhealth.gov/nysdoh/cancer/center/publication.htm
It’s in the Bag!
The 5th Annual Bag Ladies Benefit
The Hamlet Golf & Country Club, Commack, N.Y
Thursday, May 6, 2010
6-10 pm

Honorees: Joan and Lauren Kulchinsky, Mayfair Jewelers
Food, Friends, Fashion & Fun!
Buy Tickets Now!
$85 per person

For tickets, sponsorship and donations
Call (631) 547-1518 or email friends@hbcac.org

Join HBCAC’s 1st Annual Golf Outing

Thursday, June 17, 2010
Stonebridge Golf Links & Country Club
Smithtown, NY 11787

Honoree: Beth Gilman
HBCAC Board Member

For more information and to book tee times
Contact HBCAC office 631 547-1518 or
Email friends@hbcac.org

Sponsorships available and donations welcomed!
Event sponsor Edge Electronics

Are you concerned about:

Indoor Air Pollution? Pesticides, Tobacco Smoke, Carbon Monoxide, Mold, Asbestos
Heavy Metals? Lead, Mercury, Arsenic.

The Center for Excellence in Children’s Environmental Health provides:
• Medical evaluations for children
• Consultations through toll-free telephone line
• Referral to families for specialists when needed
• Presentations & educational materials for schools, community organizations

North Shore Medical Group, Children’s Environmental Health Center a satellite of Mount Sinai.
Supported by Senator Carl L. Marcellino

To speak with a health expert Call 1-866-265-6201
**Male Call**
*By James Engeldrum Commack High School*

As a teacher, science enthusiast, science education supporter, and Commack community member, I find these community/school partnerships to be a wonderful opportunity for all of us to connect. The educational awareness that your group provides, for both our physical and social/emotional health, is outstanding. More importantly, it is truly motivational. It was great to put a face and a name to all of the Long Island breast cancer studies that I had read about over the years in the local and national newspapers. Guess how many plastic storage tubs my wife threw out recently after she learned of their potentially harmful effects? The resources provided, coming from a very dedicated “non-expert”, as you say, gives the message more meaning and all of us more hope ... in the power of the people (wasn’t that a 60’s slogan?!) to effect positive change. In the end, we have choices; how and where we live our lives, what we choose to eat, how we take care of our planet.

On behalf of all of us in the community, thank you HBCAC for the inspirational message. I look forward the time when I will be able to give back by volunteering at an organization such as yours that has given so much to others. ’Til then, we appreciate all the work you do. And speaking as the Director of Science for the Commack School District, we appreciate all of the efforts that Karen Miller and Lisa Kratter have gone to in order to provide our students with the opportunity to engage in cutting edge science research (*Students & Scientists Environmental Research Program*). We have so many brilliant and dedicated students that it can be a challenge to provide these wonderful experiences for all them. Thank you again HBCAC for all that you do.

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**Personal Care Products, Cosmetics and Your Health**
*By: Emilie Schneider*

Plan to wear that gorgeous red lipstick you picked up? Stop! Some of the ingredients may be harmful to your health.

The ingredients in certain cosmetics and personal care products have the potential to mimic the effects of the hormone estrogen and scientists are concerned that even at low levels, these environmental estrogens may combine with the body’s own estrogen to increase the risk of breast cancer.

Did You Know? The products that may be composed of these chemicals are fragrances, shampoos, deodorants and lotions, bath products, nail products and lipsticks—Items we use EVERY DAY!

The Campaign for Safe Cosmetics tested 33 popular brands of lipstick for lead content in October 2007 and the results found that 61 percent of them contained lead. Lead is linked to behavioral and learning problems in children and studies have found that no level of lead exposure is safe.

The $35 billion-cosmetics industry plays an important role in women’s daily lives. We learn at a young age to use make-up and personal care products to enhance our beauty and our youth, but many of us purchase these products without our health in mind.

Only 11 percent of the ingredients in personal care products are tested for safety, many of which contain carcinogens and other toxic chemicals, according to the Campaign for Safe Cosmetics, a coalition launched in 2004 that works to protect consumer’s health from potential dangerous chemicals in cosmetics and personal care products.

This means 89 percent of the 10,500 ingredients used in personal care products have not been evaluated for safety by the CIR, the FDA, or any other publicly accountable institution, according to an analysis conducted by the Environmental Working Group, a nonprofit environmental research organization and a partner of the Campaign for Safe Cosmetics.

One of every 120 cosmetic products on the market including shampoos, lotions, make up foundations and lip balm contain ingredients certified by the US government as “known or probable carcinogens” according to the Environmental Working Group. This boils down to one of every 13 women and one of every 23 men who are exposed to these ingredients every day through their use of personal care products.

The chemicals consumers should be aware of that are suspected links to long-term health problems such as cancer and reproductive problems include Formaldehyde and Formaldehyde-releasing Preservatives, Nitrosamines, Lead and Other Heavy Metals, Parabens, Phthalates, Hydroquinone and 1,4-dioxane, according to the Campaign for Safe Cosmetics.

Parabens are chemical preservatives that are estrogenic and disruptive of normal hormone function and phthalates are also known to be hormone-mimicking chemicals, which raise concern about their association to increased breast cancer risk.

Want more information about the chemicals in your products? Visit Skin Deep, an online safety guide to cosmetics and personal care products, at www.cosmeticsdatabase.com. Skin Deep was launched in 2004 by the Environmental Working Group. Skin Deep provides information and online safety assessments for more than 50,000 products, more than 8500 ingredients, more than 2000 brands and more than 1500 companies, according to the website.

Don’t shop for cosmetics or personal care products without reading their labels. You can look and feel fabulous, but Protect Your Health!
The Clean Energy Leadership Task Force also produced the 2009 Leading the Way report, documenting what each local municipality is doing to implement clean energy projects. For example, Town of Hempstead is using alternative fuels in its vehicles, and installed a large solar array on Town Hall. See report at si.molloy.edu.

The SI also issued a special report in August on avoiding mosquitos without using toxic pesticides.

Finally, SI staff are helping to coordinate Earth Week activities for the campus and will be teaching a class on Environmental Policy 390 this semester.

To contact Sustainable Institute at Molloy College, call 516 678-5000 x7562 or visit www.si.molloy.edu

2009 Students & Scientists Internship Experience: Travis Fishstein
(Continued from page 6)

The lab experience was truly eye opening for me. Not only was I working in a very professional and hands on environment, but the staff of Dr. Russo’s lab made it a very comfortable and fun filled experience. Dr. Russo placed the same set of expectations on his interns that he places on his own staff, and despite the heavy workload we took on, we were able to finish all of our work and still put together a presentation for the staff and himself. This presentation went over extremely well and I believe has readied us for any conferences and/or competitions we might attend in the future. Not only has this experience provided me an opportunity to expand my research further, it has expanded my horizons as well. I am now adamant that I will pursue a career in the field of science and this experience has more than prepared me for research that I may conduct beyond high school.

The internship has matured me as a person, teaching me what it is like to live away from home and work in a laboratory setting. All of this was made possible by the wonderful people at the Huntington Breast Cancer Action Coalition and I would like to once again thank them as well as my acquaintances at Dr. Russo’s Lab in the Fox Chase Cancer Center.

BCERC Conference 2009: Travis Fishstein
(Continued from page 6)

young age.

Overall, it was an absolute honor to have been invited to the BCERC conference. The level of professionalism was like none other. From the moment we arrived, my colleagues and I were welcomed and treated like any of the other scientists in attendance. Despite being high school students, we were greatly respected by the scientific community. The information presented at the forums was world class, and gave a great look at the way in which combating breast cancer is changing in today’s society. The experience was absolutely amazing in an intellectual perspective, and a degree of maturity accompanied it as well. It was humbling to present research which I am so passionate about in front of scientists to whom I respect and admire. I truly believe that the BCERC conference will remain a defining moment in my life for years to come and influence my future scientific pursuits; for my experience, I am grateful.
Interview with Robert Meinke
Of Greener Country

HBCAC is proud to have strong partnerships with many community minded businesses and residents who share our philosophy. The following interview with Robert Meinke, Greener Country proprietor was conducted by Tehreem Rehman, first alumni of our Students & Scientists Environmental Research Program.

Upon first entering the Greener Country store, it seemed as if the air that was entering your lungs had abruptly become more pure and fresh. This wasn’t surprising since looking around, you sensed that the whole store was constructed out of organic and environmentally-friendly materials. You would be right. The owner, Robert Meinke, graciously gave us a tour of his store and briefly described the myriad of products he was selling. He discussed the utility and benefits of his products while passionately waving his arms about and clearly demonstrating that he had done much research on each item he was promoting. Mr. Meinke is definitely someone who has not opened the first store of its kind on Long Island simply due to a “going green” fad. He has overtly altered his own lifestyle and is open to constantly learning new things. HBCAC was fortunate enough to get answers from him to a couple of questions, while sitting on a comfy, all-natural bed displayed in his store.

What standards do you use to determine which green products you will sell at your store?
One of my biggest sources is the National Green Pages – the nation’s only directory of screened and approved green businesses – which is released annually by Green America. Green America is a non-profit group that is based in Washington D.C. and has existed for over twenty years. I also have my own screening process. I look for vendors who are interested in more than just “being green”. I strive to work with vendors who are also socially conscious and sell products that abide by fair trade guidelines. I request a materials safety data sheet from them as well. Unfortunately, sometimes I’ll encounter people who try to convince me that their products are environmentally-friendly when they clearly aren’t. However, I don’t compromise my standards and ultimately my goal is to create a green community.

What do you think are some of the challenges that prevent green businesses from being established or expanding here on Long Island?
I think the main challenge that is preventing green businesses from coming here on Long Island is a lack of education. Unfortunately, businesses aren’t seeing the importance of changing their own practices and becoming more environmentally-friendly. I don’t think financial reasons are playing a major role in hindering the formation of green businesses on Long Island. However, I was disappointed when the stimulus plan failed to promote the installation of solar panels among American families. It could have easily enticed many Americans by providing low-interest loans that can be paid back with monthly installments.

What can advocacy groups do to provide green companies more incentives to come to Long Island?
I honestly think they’re already doing all they can. However, I think that in the end it will be consumer demand which will drive green businesses to Long Island. Businesses will push the envelope forward and bring green business to the mainstream.

What finally compelled you to create your store, Greener Country?
My wife, Maria Brandis, had seen my interest in a more sustainable environment and encouraged me to pursue my passion. She had convinced me to attend this green festival in Chicago two years ago where I realized that the path of being less green is no longer a choice. I was shocked to learn that there was no store solely selling environmentally-friendly products here on Long Island, and the only one in New York was Green Depot in Brooklyn whose focus was on green construction materials. Subsequently, I decided to place my business here on Long Island - where I felt people were more progressive - in a location that was easy to find, near Whole Foods on Jericho, Long Island. The stores here do not compete, but rather, complement each other.

How exactly is a greener economy a better economy?
A greener economy is more efficient and results in less waste. While safer alternatives certainly can cost a bit more in the short-run, their sustainable properties pay off in the long-run by enabling us to provide a healthier planet for our children and grandchildren.

Greener Country
Website www.greenercountry.com.
Located at 457 North Broadway, Jericho.

Note: Tehreem Rehman is currently studying Earth and Environmental Engineering on a full scholarship at Columbia University.
2009 Students & Scientists Internship Experience: Aliyah Cohen
(Continued from page 7)
Upon arrival at the Institute, I began working to determine whether or not it is possible for the average consumer to follow the criteria list while shopping for both cleaning and personal care products. My research partner and I studied product labels in both a conventional store and alternative store while referring to the criteria list of ingredients that may potentially be either a Mammary Gland Carcinogen or Endocrine Disrupting Compound. In addition to marking whether or not a product contained a specific ingredient, information regarding product size, price and eco-claims that may persuade consumers into purchasing the product were also recorded. Each product was tracked using a Universal Product Code scanner (UPC) as well. By the end of our data collection, which lasted approximately two and a half weeks, we presented our findings to the whole crew at the Institute through a Power Point presentation. Our results reflected surprising and some concerning findings that may shift the way one perceives the marketing of cleaning and personal care products.

During my stay in Massachusetts, I learned what it is like to be a science researcher and complete a rigorous project. I developed an understanding of self-reliance and independence while going out on my own. I met great inspiring people, both at the Institute and in my host home. The best part about my internship was that throughout the whole process I knew that every step I took was one closer to the ultimate goal of prevention.

BCERC Conference 2009: Aliyah Cohen
(Continued from page 7)
It was absolutely spectacular! Being able to share my new found knowledge was so refreshing when compared to keeping the results to only myself and my partner to save for analysis. The scientists and outreach specialists were not only welcoming, but inspiring and helpful. They welcomed all of the students with open arms and expressed great enthusiasm in the idea of us just being at the conference. We received helpful feedback and they offered different possible approaches regarding our topic of research. I grew through this program from a relatively naïve scientist to a determined one; blossoming into a well rounded researcher. I had the tools and the training necessary to carry myself successfully and elegantly through a research and outreach conference. I realized that no matter how much training a person endures, there is always more to learn.

Not only was I enlightened by the people, but also by the surroundings. Even though I have been to California a good number of times before, my eyes were still amazed by the beauty the land provides. I went on a hike with my peers and explored the facility that we were so lucky to be staying in. It overlooked the gorgeous bay of San Francisco with the Golden Gate Bridge right on our porch and the unique contour of the island of Alcatraz on our horizon. After the conference we explored the nearby town and moved on to sightseeing in the beautiful city of San Francisco. We learned from the natives about the local hotspots and also about the history of the city. I became closer each day to my peers as well as my adult colleagues. I made connections that will hopefully last a lifetime. Most importantly, I built a memory that will provide me with inspiration for the future.

2009 Students & Scientists Internship Experience: Farooq Ansari
(Continued from page 6)

Increasing the amount of terminal end buds can lead to an increase in the probability of mutations, which can then become carcinogenic. Having a decreased number of terminal ducts and an increased number of lobule ones can alter the normal mammary gland development.

My overall experience at the Fox Chase Cancer Center was something that I will always carry around with me wherever I go. The knowledge I have gained in this breathtaking experience will be used for a strong purpose of prevention. Aside from the research, my stay at the Rubin’s, my host family, was also an unforgettable experience. Living hundreds of miles away from home in such a changed environment was exciting and fun to go through. I was very fortunate to have a host family like the Rubin’s, a family that was very welcoming and who included my roommate and me in their activities.

BCERC Conference 2009: Farooq Ansari
(Continued from page 6)
Through presentations or through basic colloquial techniques, I can use what I learned for my own personal life by not using products that contain these harmful chemicals and also keeping up-to-date and aware about new things that are coming out that can leave a harmful impact. I have even taken all the information that I learned and helped apply it to my family. For example, a new change that we took upon was using plastic water bottles. Hopefully, I will be able to encourage others to follow such practices in order to better their health.

Altogether, the trip to California was memorable and something I will always be proud to look back upon. After the conference, we were fortunate enough to spend the weekend in San Francisco and tour famous attractions such the island of Alcatraz. All in all, it was a wonderful, informative experience that has impacted me in a life-changing way.
taught to perform Caspase and Bradford assays, prepare cer-
tain reagents, and use machines such as the luminometer,
spectrophotometer, and analytical balance. Two different
breast cancer lines were used in my experiments: MCF-7
and MCF-10As. One set of cells would serve as the control
while the other set of cells were exposed to nicotine. I would
measure the amount of protein in the cell extracts and record
the number of cells that underwent apoptosis, or pro-
grammed cell death. As chemotherapy causes cell to die, my
experimental findings were aimed at determining whether
nicotine alters the efficacy of chemotherapeutic drugs.

My experience at Stony Brook University was not only
confined to the lab. My stay in the campus dorms was every-
thing I imagined it to be and more. After a strenuous day in
the lab, I would relax by watching a movie with some
friends in the lounge or running on the treadmill in the
Fitness Center, which was located just a few steps away
from the residential building. I got the full taste of dorm life-
meeting new people, eating food at university cafeteria,
checking books out from the campus library. When I had
difficulty accessing the internet from my room, I received
the assistance from a free tech-support, which was available
at the university for all students. My partner and I became
extremely close as well, constantly spending time together
both inside and outside the lab. In fact, she lived only two
rooms away from me. I never got too homesick either, as I
would return home on the weekends by train. The residen-
tial assistants would even escort me to the train station every
Friday to ensure I boarded it safely.

This unique opportunity would not have been possible
without the endorsement provided by the Huntington Breast
Cancer Action Coalition. I intend to spread the knowledge I
gained this summer with my peers in school and the local
community. Ninety percent of smokers start during adoles-
cence so it is crucial that teenagers learn this information
early on to avoid having to cope with an addiction that can
radically alter their physical and mental well-being.

BCERC Conference 2009: Rubab Rehman
(Continued from page 7)

community based organization comprised of like-minded high
school students who wish to increase the public’s awareness
on environmental pollutants and their effects on human
health. The opportunity to present our information gave me
a sense of pride and accomplishment.

The purpose of the conference was clear: translating the
research findings into action. As the head of a group dedi-
cated to environmental advocacy, I intended to educate my
peers and local community members with my newfound
knowledge. One activist presented his ongoing project of
situating computer kiosks in local areas, stressing the impor-
tance of mammograms. Perhaps the group members can
push for the placement of similar kiosks in their schools and
libraries. Furthermore, LITEA members plan to hold a pres-
entation for middle school students this year to educate the
younger generation on purchasing products that are truly
toxin-free. The conference has lengthened my list of chemi-
cals and I am on the look out for them when reading ingre-
dient labels. The BCERC conference yielded tangible
results which I am certain will stimulate public health pro-
grams for breast cancer prevention.
The following organizations, agencies and individuals have been supportive of HBCAC’s mission and we are grateful for their contributions:


PATRONIZE OUR SUPPORTERS

A Personal Touch Boutique
80 Larkfield Rd., E. Northport

Aromatherapy
326 Main Street, Huntington

A Rise Above Bakery
333 Main Street, Huntington

Arkwin Industries
686 Main St., Westbury

Arbonne, Independent Consultant
Mary Blum, Commack

Barnes & Noble Bookstore
380 Walt Whitman Rd., Huntington Sta.

Be Jeweled by Laura & JoAnn
Greenlawn, NY

Cactus Salon
Main Street, Rte. 25, Huntington village

Breast Surgery Assoc., PLLS
152 E. Main St., Huntington

Damian Barker Graphic Designs
746 New York Ave., Huntington

Friedman & Friedman Insurance
900 Merchants Concourse, Westbury

Graf Insurance Agency
1573 New York Ave., Huntington

H2O Seafood Grill
215 W. Main St., Smithtown

The Hamlet Golf & Country Club
1 Clubhouse Drive, Commack

Harbor Lights Yoga
125 West Shore Rd., Huntington

Hopeful Stars
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270 Park Ave., Huntington

IslandGuide.com
P.O. Box 432, Greenlawn

Islandwide Taxi
651 New York Ave., Huntington

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Oheka Management Corp.
135 West Gate Dr., Huntington

Prime Restaurant
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Raymond James & Associates, Inc.
1300 Walt Whitman Rd., Melville

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496 New York Ave, Huntington

Stone to Water Therapy
10 Ganna Ln., Huntington Sta.

Townwide Fund of Huntington
52 Elm St., Huntington

Tellers American Restaurant
605 Main St., Islip

Tropical Smoothie Café
532 Larkfield Rd., E. Northport

Utopia Home Care
60 E. Main St., Kings Park

WALK FM Radio
66 Colonial Dr., Patchogue

Whole Foods
429 N. Broadway, Jericho

YMCA of Huntington
60 Main St., Huntington
The Huntington Breast Cancer Action Coalition

We are a not-for-profit grassroots organization dedicated to the ultimate eradication of breast cancer through education and awareness. Our mission is to focus on prevention methods while actively helping those who are faced with a positive diagnosis.

“Change happens when people get involved.”

HBCAC Office Location
746 New York Avenue
2nd floor
Huntington, NY 11743

Epicenter Location
900 Walt Whitman Road
Lower Level 2
Melville, NY 11747

Phone: 631.547.1518
Fax: 631.547.1520
Email: friends@hbcac.org
Website: www.hbcac.org

PLEASE NOTE OUR NEW MAILING ADDRESS:
Huntington Breast Cancer Action Coalition • P.O. Box 1446 • Huntington, NY 11743

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