



City Council Meeting Minutes

Vancouver City Hall | Council Chambers | 415 W. 6th St.
PO Box 1995 | Vancouver, WA 98668-1995
cityofvancouver.us

Anne McEnery-Ogle, Mayor • Bart Hansen • Ty Stober • Erik Paulsen • Sarah J. Fox • Diana H. Perez • Kim D. Harless

May 19, 2025

Workshops: 4:00-6:00 p.m.

Vancouver City Hall - Council Chambers - 415 W 6th Street, Vancouver WA

The City Council Meeting was held on 5/19/2025 at 4:00 PM in the Vancouver City Hall, Council Chambers 415 West 6th Street, Vancouver, WA 98660.

Workshops were conducted in person in the Council Chambers of City Hall. Members of the public were invited to view the meeting in person, via the live broadcast on www.cvtv.org and CVTV cable channels 23 or HD 323, or on the City's Facebook page, or www.facebook.com/VancouverUS.

View the CVTV video recording, including presentations and discussion, for workshops at: <https://www.cvtv.org/vid/link/37913?startStreamAt=0&stopStreamAt=5193>

Districting Charter Amendment

(Approximately 1 hour)

Aaron Lande, Program and Policy Development Manager,
aaron.lande@cityofvancouver.us

Staff led Council through a discussion of the Districting Charter Amendment.

Councilmembers Hansen and Stober joined the workshop remotely.

Cultural Access Program Introduction

(Approximately 45 minutes, to immediately follow the previous workshop)

David Perlick, Director of Parks, Recreation and Cultural Services,
david.perlick@cityofvancouver.us

Staff led Council through a discussion of the Cultural Access Program Introduction.

***Councilmember Stober was absent from the workshop.
Councilmember Hansen joined the workshop remotely.***

Council Dinner / Administrative Updates (6:00 - 6:30 PM)

Regular Council Meeting

6:30 PM

Vancouver City Hall - Council Chambers - 415 W 6th Street, Vancouver WA

This meeting was conducted as a hybrid meeting with in person and remote viewing and participation over video conference utilizing a GoToMeeting platform. Members of the public were invited to view the meeting in person, via the live broadcast on www.cvtv.org and CVTV cable channels 23 or HD 323, or on the City's Facebook page, www.facebook.com/VancouverUS. Public access and testimony on Consent Agenda items and under the Community Forum were also facilitated in person and via the GoToMeeting conference call.

Vancouver City Council meeting minutes are a record of the action taken by Council. To view the CVTV video recording, including presentations, testimony and discussion, for this meeting please visit:

[https://www.cvtv.org/vid link/37915?startStreamAt=0&stopStreamAt=8516](https://www.cvtv.org/vid_link/37915?startStreamAt=0&stopStreamAt=8516)

Electronic audio recording of City Council meetings are kept on file in the office of the City Clerk for a period of six years.

Pledge of Allegiance

Call to Order and Roll Call

The regular meeting of the Vancouver City Council was called to order at 6:30 p.m. by Mayor McEnerny-Ogle. This meeting was conducted as a hybrid meeting, including both in person and remotely over video conference.

Present: Councilmember Harless, Councilmember Perez, Councilmember Fox, Councilmember Paulsen, Councilmember Hansen, Mayor McEnerny-Ogle

Absent: Councilmember Stober

Motion by Councilmember Paulsen, seconded by Councilmember Harless, and Yes: 6, No: 0, Abstaining: 0, to excuse Councilmember Stober from the meeting. Absent from vote: Councilmember Stober.

Councilmember Hansen joined the meeting remotely.

Approval of Minutes

Minutes - May 12, 2025

Motion by Councilmember Paulsen, seconded by Councilmember Perez, and Yes: 6, No: 0, Abstaining: 0, to approve the May 12, 2025, Meeting Minutes. Absent from vote: Councilmember Stober.

Proclamations

National Public Works Week

Mayor McEnerny-Ogle read and presented a proclamation to Patrick Hanley, GIS Supervisor for the City of Vancouver, proclaiming May 18-24, 2025, as National Public Works Week.

Taiwanese American Heritage Week

Mayor McEnerny-Ogle read and presented a proclamation to Sylvia Lin, President of Taiwanese Chamber of Commerce of Orgeon and Southwest Washington, proclaiming May 11-17, 2025, as Taiwanese American Heritage Week.

Community Communication

This is the place on the agenda where the public is invited to speak to Council regarding any matter on the Agenda not already scheduled for Public Hearing. (Separate instructions are provided for offering testimony on Public Hearing when applicable.) This includes the option to testify about Workshops. Members of the public addressing Council are requested to give their name and city of residence for the audio record. Speakers are to limit their testimony to a total of three minutes for all items combined.

Mayor McEnerny-Ogle opened Community Communication and received testimony from the following community members regarding any matter on the agenda not scheduled for a Public Hearing:

- *Kimberlee Goheen Elbon, La Center, WA*
- *Carmen DeLeon, Vancouver*

There being no further testimony, Mayor McEnerny-Ogle closed Community Communication.

Consent Agenda

The following items will be passed by a single motion to approve all listed actions and resolutions. There will be no discussion on these items unless requested by Council. If discussion is requested, the item will be moved from the Consent Agenda and considered separately – after the motion has been made and passed to approve the remaining items.

***Motion by Councilmember Paulsen, seconded by Councilmember Fox, and
Yes: 6, No: 0, Abstaining: 0, to approve Items 1-3 on the Consent Agenda.
Absent from vote: Councilmember Stober.***

1. Celebrate Freedom Program Agreement Between the City of Vancouver and The Historic Trust

Staff Report: 102-25

Request: On Monday, May 19, 2025, authorize the City Manager, or designee, to sign the Celebrate Freedom Agreement.

David Perlick, Director of Parks, Recreation and Cultural Services,
david.perlick@cityofvancouver.us

Motion approved the request.

2. Resolution Amending Waterfront Gateway Impact Fee Waiver

A RESOLUTION of the City Council of the City of Vancouver amending the partial impact fee exemption approved by Resolution M-4332.

Staff Report: 103-25

Request: On Monday May 19, 2025, adopt an amended resolution modifying the 80% exemption to park and traffic impact fees for the Vancouver Waterfront Gateway affordable housing project.

Bryan Monroe, Associate Housing Project Coordinator,
bryan.monroe@cityofvancouver.us

Motion adopted Resolution M-4338 to approve the request.

3. Approval of Claim Vouchers

Request: Approve claim vouchers for May 19, 2025.

Motion approved claim vouchers in the amount of \$10,118,062.06.

Public Hearings

The following item(s) are scheduled for public hearing. Members of the public addressing Council are requested to give their name and city of residence for the audio record. Unless otherwise announced by the Presiding Officer, speakers are to limit their testimony to three minutes for each public hearing.

4. Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility and Parking Plan

AN ORDINANCE relating to the Parking Code for the City of Vancouver under Vancouver Municipal Code (VMC) Titles 19 and 9; amending VMC sections 19.040.070 relating to On-Street Permits; 19.13.010 relating to payment transferability; 19.11.030 relating to parking meter fees designated; 9.92.10 relating to Carpool permit eligibility; 9.92.020 relating to Carpool permit parking hours; 9.92.040 relating to Carpool Permit rate; providing for severability; and setting an immediate effective date.

Staff Report: 100-25

Request: On Monday, May 12, 2025, upon second reading and a public hearing, approve the ordinance, amending the Vancouver Municipal Parking Code to implement the Downtown Access Mobility and Parking Plan.

Gabe Montez, Parking District Manager,
Gabriel.Montez@cityofvancouver.us

Gabe Montez, Parking District Manager, provided an overview of the Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility and Parking Plan.

Council discussed the item briefly with staff.

Mayor McEnerny-Ogle opened the public hearing and received testimony from the following community members:

- *Bruce Barnes, Vancouver*
- *Tabor Kelly, Vancouver*
- *Matt Elzie, Vancouver*
- *Jerrilyn Greener, Vancouver*
- *Adam Kravitz, Vancouver*
- *James Wu, Vancouver*
- *Alyssa Wheeler, Vancouver*
- *Carmen DeLeon, Vancouver*
- *Madeleine Dulemba, Vancouver*
- *David Slocum, Vancouver*
- *Kari Jackson, Vancouver*
- *Linda Marousek, Vancouver*
- *Kimberlee Goheen Elbon, La Center, WA*

There being no further testimony, Mayor McEnerny-Ogle closed the public hearing.

Councilmember Fox motioned to amend the ordinance to strike section 19.13.010. Motion by Councilmember Fox, seconded by Councilmember Harless, and Yes: 3, No: 3, Abstaining: 0, to amend the ordinance and strike section 19.13.010. Absent from vote: Councilmember Stober. Motion fails.

Motion by Councilmember Fox, seconded by Councilmember Paulsen, and Yes: 5, No: 1, Abstaining: 0, to approve Ordinance M-4502. Absent from vote: Councilmember Stober. Councilmember Hansen voted No.

Communications

A. From the Council

B. From the Mayor

C. From the City Manager

Homeless Situation Report

Jamie Spinelli, Homeless Response Manager, discussed the Homeless Situation Report.

Community Forum

This is the place on the agenda where the public is invited to speak to Council regarding any matter. Members of the public addressing Council are requested to give their name and city of residence for the record. Speakers are to limit their testimony to a total of three minutes. Up to 90 minutes will be allotted for the Community Forum.

Mayor McEnerny-Ogle opened the Community Forum and received testimony from the following community members regarding any matter:

- Sarah Stroh, Vancouver
- Marcus Griffith, Vancouver
- Margie Barilla, Vancouver
- Carmen DeLeon, Vancouver
- Kimberlee Goheen Elbon, La Center, WA

There being no further testimony, Mayor McEnerny-Ogle closed Community Forum.

Adjournment

9:13 p.m.

DocuSigned by:

Anne McEnerny-Ogle

6C89D9089EC5424...

Anne McEnerny-Ogle, Mayor

Attest:

DocuSigned by:

Natasha Ramras

493E940414AE4BD...

Natasha Ramras, City Clerk

The written comments below are those of the submitter alone and are not representative of the views of CVTV or the City of Vancouver, its elected or appointed officials, or its employees.

From: [Crystal Humble](#)
To: [City Council](#)
Subject: Proposed parking implementation!
Date: Monday, May 19, 2025 12:02:37 PM

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CAUTION: This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hello and greetings!!

My name is Crystal and I own Eryngium Papeterie at [REDACTED]. I have mixed feelings about the proposed parking plan. I can see the necessity of the change, but the timing and manner in which it will be implemented could create hardships on small businesses.

My business is located just north of the line for the proposed weekend payment. I'm concerned the weekend paid parking will cause a mass migration of parking from across lower downtown to the free blocks. This will likely result in an inability for my customers, including those with disabilities and mobility impairments, from locating parking in a reasonable distance from my business.

I am also concerned that implementing this change during the Main Street Promise construction is adding further hardship to the parking needs of downtown customers. I acknowledge that paid parking was coming down the pipeline and will help with flow and turnaround times, but strongly feel this should wait until main st promise wraps up. New meters, new parking, new experience!

Thank you for your time.

Regards,
Crystal Humble Lary
---END--

[Yahoo Mail: Search, Organize, Conquer](#)

From: [Nina Rydalch](#)
To: [City Council](#)
Subject: Opposition to May 19 agenda item 4 regarding parking
Date: Monday, May 19, 2025 11:58:01 AM

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Dear Vancouver Council,

I am writing to express my concern regarding agenda item 4 for the May 19 council meeting: Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility and Parking Plan. I am out of town this week and unable to attend in person.

I am a frequent weekend visitor of downtown during the weekend. My husband and I enjoy going to the farmers market and we often eat lunch afterward at a restaurant on the Waterfront, or visit I Like Comics or other local shops. We typically park in an area with many available spaces and never struggle to find parking.

This bill would significantly reduce the time and money we spend downtown, since we could instead go to other farmers markets in the area (Portland, for example) without paying for parking. If we go to the Vancouver farmers market, we will probably not stay to visit a restaurant or shops in the area. That is just how this personally affects me and my husband, however.

On a community level, I am concerned this change will reduce access to the beautiful recreational spaces available downtown-the gorgeous Waterfront walk and Esther Short Park, for example. I often see families enjoying time outside in these spaces during the weekend. Free community events are also often held downtown. Implementing parking fees will reduce access to these spaces and events for low-income families who may most benefit and rely on them. If weekend parking fees must be implemented, I would like to see a well-publicized permit option for low-income Vancouver residents that allows them to continue freely or affordably accessing these spaces and events on the weekend (if possible).

Thank you for your time and consideration.

Sincerely,
-Nina Rydalch

From: steve.themightybowl.com
To: [City Council](#)
Subject: Support for Weekend Metered Parking in Downtown Vancouver -- CoV Meeting Monday 5/19/25
Date: Monday, May 19, 2025 11:55:17 AM

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Dear Mayor and City Council,

My name is Steve Valenta, and I'm the owner of The Mighty Bowl, located at 8th and Washington in downtown Vancouver. I'm writing today in support of the proposal to extend metered parking enforcement to weekends in our downtown core.

As a local business owner, I fully understand that no one *likes* paying for parking—including myself. But I also understand that the question before us isn't about what's popular—it's about what's *effective* in supporting the long-term vitality and accessibility of our downtown.

Downtown Vancouver is growing. So great! With that growth comes increased demand for parking, especially on weekends when foot traffic and events surge. When street parking is free and unmanaged, it often encourages long stays, poor turnover, and a frustrating experience for visitors and customers who are just trying to find a spot. I see it firsthand: customers circling the block or giving up altogether because they can't park. I also see far too many residences overstay the meters on the weekends.

While metering may feel like a burden to some, I see it as a grown-up city decision—one that aligns with what thriving cities across the country are doing to ensure accessibility, encourage turnover, and reduce congestion. If implemented thoughtfully—with clear communication and a commitment to reinvesting revenue into downtown improvements—I believe weekend metering can actually enhance the experience of visiting downtown, not diminish it.

Let's make policy based on data, fairness, and the realities of urban growth—not short-term popularity. I support this change, and I hope you'll move forward with it in service of a more accessible, vibrant downtown for all.

Thank you to all of you for caring about small business and the little guy. We need y'all keep pushing for us.

Regards,

Steve Valenta
Mighty Bowl

[REDACTED]
@mightybowl

From: [MARY ANDERSON](#)
To: [City Council](#)
Subject: parking changes for downtown Vancouver
Date: Monday, May 19, 2025 11:55:14 AM

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Hello,

I read the earlier article in The Columbian about the proposed parking changes, and then the article this week saying you were about to enact those changes.

There seem to be two different issues you are trying to address and I suggest you do them one at a time. I know nothing about the permit parking issue because I do not live or work downtown. Therefore I have no relevant opinion on what you are proposing.

However I live fairly close to downtown (in the Heights) and do enjoy visiting downtown, especially for movies at the Kiggins, visiting the Saturday Market, visiting the Library, getting my mail at the Post Office, and various other shopping trips. I am old but able to walk a distance so sometimes park at The Fort (along Officers Row or in one of the parking lots). I also park in metered spots. I prefer to pay with cash and don't use Parking Kitty. There have been times when one of those multi-spot parking meters was not in view and that is a real irritation. Please don't make it more difficult to park downtown and PLEASE keep weekend parking free. A small increase in parking rates may not be noticed, but difficulty in finding a parking meter will only increase frustration. And an expensive smartphone app is not necessary!

If you want to make downtown vibrant, don't make people think twice about coming downtown.

Thank you,
Mary Anderson

From: [Kari Hotchkiss](#)
To: [City Council](#)
Subject: Written Testimony I will read at City Council May 19 2025
Date: Monday, May 19, 2025 11:47:29 AM

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Good evening City Councilors,

My name is Kari Jackson, I live in the uptown area of Vancouver and I attend St. Paul Lutheran Church. When our church heard from a Columbian article in March that charging for parking would be implemented on weekends, we met with Gabe Montez and Chris Strider to try and come up with solutions that would accommodate the four+ different organizations that gather in our building on weekends. These are the options the city returned to us:

- 1) Have members apply for ADA permits with the state.
- 2)The city will create a drop off zone for those who need help walking while the driver parks elsewhere.
- 3)Partner with the County Courthouse to use their unused spaces during the weekend.
- 4)Purchase an hourly wage permit at \$20 per month.

These perceived accommodations are not sufficient for our congregation and some of them, such as the partnership with the county courthouse, seem to be at odds with what the county says it's interested in doing.

Option 1: More than half of our congregation would need to apply and receive ADA permitting, not including temporary injuries, just to participate in community. Additionally this will not guarantee available parking spots as the June 1st changes move visitors north of the market and retail areas.

Option 2: This is a kind option from the city supposing that there were available somewhere to park or that there was a valet to park for individuals. Currently there isn't.

Option 3: Dovetailing with Option 2, I spoke to every office secretary/ manager and have received responses from half the property owners/ managers within a two to three block circumference of our church about the possibility of our church parking in their lots. Parking demand planners plan for private lot owners to share their lots with the public, yet for every single one they have said "No".

Surprisingly this includes the County Courthouse lots and Parking garage. The reason I received from Michelle Schuster, Director of Internal Services, is the county issues 24/7 permits for which members pay. Every single reserved spot in their lots and garage are permitted so that their departments that work during the weekend or need access during the weekend have it."

Option 4: A significant portion of our congregation is on low, fixed incomes in addition to caring for their disabled partners. All but a handful of our members are retired, which means their income will not increase permanently. An additional \$20 a month for a parking permit is not tenable. And the homeless who use our church as their mailbox and/or shelter certainly cannot afford it.

We suggested other options at the meeting with Gabe Montez and Chris which were not taken up.

Community outreach for this plan has not included large quantities of stakeholders. Neither our church or organizations, none of the property managers I spoke to and none in a room of 30 from esther short park neighborhood were informed of what stakeholder meetings are. That's at least 200 stakeholders whose voices and perspectives have been left out regarding this major change.

City councilors, please delay changing the municipal code and the enforcement of parking changes until the wider perspective of downtown residents, city members and organizations that are not businesses or private retailers has been expressly solicited and city officials have reported back to you, city councilors, with adjustments made to meet the real needs expressed by everyday people who live here, build the community here, and strengthen this city with the heartbeat of their very lives.

Sincerely,

Kari Jackson, congregant at St. Paul Lutheran Church

From: [Kayla Anderson](#)
To: [City Council](#)
Subject: Public Comment: Parking (Agenda Item 4)
Date: Monday, May 19, 2025 10:37:06 AM

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Good Morning!

I'm the owner of Riparian Media, based in downtown Vancouver. I support the proposed parking amendments as a smart urban planning move and as a necessary step toward our city's climate and sustainability goals.

I'm especially excited about the idea of a downtown circulator. Using parking revenue to fund a free (or low-cost), easy-to-use shuttle system would be a huge win for access, small businesses, and the livability of our downtown core.

All the best,
Kayla

--

Kayla Anderson (she/her)
Founder
Riparian Media

e:

w: www.riparianmedia.com



Operating Hours

Wed, Sun Closed

Mon, Tue, Thurs, Fri 9 AM - 4 PM

Sat 9 AM - 12 PM

From: [Marcus Griffith](#)
To: [City Council](#)
Subject: Public Comment: Parking (Item #4, Support)
Date: Monday, May 19, 2025 10:05:44 AM

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Re: Support of the proposed parking amendments

City Council:

As a long time resident of downtown Vancouver, I see the necessity and benefit of the proposed amendment to the downtown parking plan.

Parking frustrations are increasingly intense in the downtown area and delaying action is no longer a viable option for a vibrant, accessible and sustainable downtown.

I am hyper aware of the impacts the changes will have on downtown residents and small businesses, especially hourly employees. I encourage to City to take reasonable steps to soften the impact during the transition.

-Respectfully,

Marcus Griffith
Downtown Resident

From: [debbie townsend](#)
To: [City Council](#)
Subject: May 19 Public Hearing - Downtown Access Mobility and Parking Plan
Date: Sunday, May 18, 2025 5:14:33 PM

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City Council members,

While I understand the downtown parking concerns and believe we should be encouraging alternative transportation to cars, I think the shift to charging to park downtown on weekends will deter shoppers and harm many of the small businesses.

Downtown Vancouver has plentiful parking on weekends. In my experience - and I visit two to three weekends a month - it's not nearby residents who are taking up all the parking. It's not people who could easily walk or bike. It's people from all over greater Vancouver and Clark County, plus some Portland residents, going to the Vancouver Farmers Market, visiting some downtown businesses or attending an event at Esther Short Park.

They don't park and leave their cars all day. Parking turns over frequently. I have always found parking within a few blocks. The biggest challenges for parking are when Saturday events at Esther Short Park coincide with Farmers Market hours. That's not because people are driving downtown who could walk or bike or because people are hogging parking spaces. It's because you have two huge events happening at the same place at the same time.

For many of the downtown visitors, walking or biking is not a reasonable option due to distance or a safe one due to the lack of adequate biking infrastructure. While walking or biking the downtown core is fairly easy, you should try it from other parts of the city. Or from the county areas just outside city limits. It can be incredibly dangerous.

Bus service is also not an option in many areas. The fastest growing areas are the north and east ends of Vancouver, and this is where many downtown visitors come from. There is no bus service in most of this area. Bus stops are more than a mile away from much of this growth, making the bus an inconvenient option. (Do you really think people will drive to the bus stop to take the bus?)

Charging for parking will not motivate these groups of people to walk, bike or bus. They simply will make fewer trips or spend less time downtown, which means a decrease in shopping, eating at restaurants and using downtown services.

On weekdays, when downtown has a lot of workers, it makes perfect sense to charge for parking, so workers don't take up the space of customers. On weekends, many offices and businesses are closed, so there isn't that crunch. It's also the time those who don't live or work downtown come to visit.

If you charge for parking on the weekends, you deter some people from coming downtown. And those who do drive downtown will have that parking meter clock in their heads. Do they

really want to chat with a farmer at the market or the staff at the pet shop when they are paying for that conversation time? The Farmers Market booths and the downtown businesses rely on these conversations and relationships to build a customer base and retain them. Without those relationships, and that service, people will simply go to chains or big-box stores where parking is free. Or they will just buy online. The relationships are what makes the difference. They are what small businesses rely on.

Downtown Vancouver is welcoming with its free parking, the successful market and many businesses to discover if you just stroll around. Charging for parking on the weekends doesn't say, "You should walk or ride." It says, "Come only if you have a specific need and leave right away." This is the message that has led many people to limit trips to the Vancouver Waterfront. Who wants to pay for parking just to get an ice cream? That makes little sense. If I'm going to pay to park on weekends, I might as well drive over the bridge and hit up my favorite neighborhoods in Portland.

Support your small businesses, support their customers and abandon this idea to charge for weekend parking. If you do institute it, you will have plenty of parking available, but it won't be because people walked or biked or rode the bus or carpooled. It will be because many of them stopped visiting.

Thank you for reading this.

Debbie Townsend

[REDACTED]

Vancouver, WA 98686

From: [the Civilized Wolf Pet Supply and Grooming](#)
To: [City Council](#)
Subject: Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility
Date: Saturday, May 17, 2025 12:03:42 PM

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Dear Mayor McEnerny-Ogle and City Council Members,

Unfortunately, I cannot attend the city council meeting on Monday evening as I'll be at a convention in Tacoma, but I wanted to voice my concern about the Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility that goes into effect on June 1st.

I do firmly believe this will negatively affect the small businesses, including my own, by minimizing visitors to the downtown district on weekends.

There are quite a few reasons why I'm writing in.

First, what is the plan for expanding permit parking? Where our staff typically parks is now also Parking Kitty. I'm concerned our employees will have to drive around looking for a place to park if the paid parking is full.

Although I understand the need and the desire to make downtown more walkable, I think the people that already live downtown definitely walk and bike. For anyone coming from the north or eastside of town or even up from Portland walking home after a day of shopping isn't feasible. I think it will negatively impact the farmers market and our adjacent storefront.

With more foot traffic comes the need for more trashcans along walking routes otherwise there will likely be an increase in garbage left on the street. I've been trying to get a trashcan on our block for 2 years and am told there's no budget for trashcans. So what is the plan to minimize trash pedestrians may leave behind?

I was told that the money made from parking remains in the parking department. Can it be used for shuttles to get around or other programs that support the businesses here that rely on people coming in to shop?

Finally, I just feel that free weekend parking is a wonderful characteristic of a small-town vibe. I know Vancouver is growing, but is there not room to keep the downtown area a quaint place to destinate?

Thank you for your time and consideration of the many ways this Amendment to the Municipal Parking Code will negatively affect small businesses, employees, and the community.

Regards,

Melodi Ramquist

the Civilized Wolf

[REDACTED]

Vancouver WA 98660

[REDACTED]

[REDACTED]

From: [City of Vancouver, WA](#)
To: [City Council](#)
Subject: Submission: Contact City Council
Date: Friday, May 16, 2025 8:35:31 AM

Contact the City Council

Name
James Lanz
Email
[REDACTED]
Phone
[REDACTED]
Address
[REDACTED] Vancouver 98683 United States Map It
Subject
Share an Opinion of a City project or Initiative
Choose Recipient
All the Council
Message
I'm very concerned about the proposed parking fee increases in downtown Vancouver. Especially concern is the elimination of free parking on the weekends. The negative impact on downtown & uptown businesses & events would be significant. Each benefits from having large numbers of potential customers who visit on weekends, particularly the impact on Vancouver Farmers Market, Esther Short Park events & First Fridays. I'm retired. I live in Cascade Park. I will be LESS LIKELY to visit downtown Vancouver on weekends if it costs money to park, especially since parking is free in East Vancouver.

From: [Dollar, Sarah](#)
To: [Dollar, Sarah](#)
Subject: FW: 49th LD Dems Resolution in support of district elections
Date: Thursday, May 15, 2025 8:16:19 AM
Attachments: [cid5650CF71-7369-4E1E-86DC-99D637799EC4.pdf](#)

Sarah Dollar | Executive Assistant to the City Council
Pronouns: She/Her/Hers
CITY OF VANCOUVER, WASHINGTON
City Manager's Office (CMO)
Primary (Cell): 360-624-2949 | **Desk:** 360-487-8641
www.cityofvancouver.us

From: jldurfee <[REDACTED]>
Sent: Wednesday, May 14, 2025 10:11 AM
To: City Council <council@cityofvancouver.us>
Subject: 49th LD Dems Resolution in support of district elections

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Dear Mayor McEnerny-Ogle and Council members Hansen, Harless, Perez, Stober, Fox and Mayor Pro Tem Paulsen:

On May, 8, the 49th LD Democratic Committee adopted the following resolution in support of transitioning the city to electing our city council through district elections. We strongly encourage you to support this change in our representative elections.

Sincerely,
Jess Durfee, Chair
49th LD Democratic Committee adopted
[REDACTED]

Sent from my iPad

Resolution in support of district elections:

RESOLUTION TO CHANGE VANCOUVER CITY COUNCIL TO DISTRICTS

WHEREAS, the City of Vancouver currently elects its City Council members primarily through at-large voting, which may limit localized representation for various communities across the city; and

WHEREAS, a district-based council structure would provide more equitable and accountable representation by ensuring that each district has a designated council member directly elected by the residents of that district; and

WHEREAS, the population growth and increasing diversity of Vancouver underscore the need for more localized and responsive governance; and

WHEREAS, public input and feedback suggest a growing interest in district-based representation to promote civic engagement, inclusion, and fair access to local government; and

WHEREAS, similar reforms have been successfully adopted by other municipalities in Washington State and across the country to improve community representation and council accountability;

NOW, THEREFORE, BE IT RESOLVED THAT THE 49TH LD DEMOCRATS URGE THE CITY COUNCIL OF VANCOUVER, WASHINGTON, AS FOLLOWS:

1. Intent to Transition: The City Council declares its intent to restructure the council composition to include six (6) council districts, each represented by one council member elected by the voters of that district, and one Mayor voted at large.
2. Redistricting Commission: The Council will initiate the formation of an independent redistricting commission, composed of community members, to develop and propose equitable district boundaries based on population, geography, and community interest.
3. Public Engagement: The City shall facilitate an inclusive and transparent public process, including hearings and forums, to gather community input on district boundaries and the transition plan.
4. Charter Amendment: The Council will place a proposed amendment to the City Charter on the ballot at the next available general election, allowing voters to decide whether to adopt the six-district system.
5. Implementation Timeline: If approved by voters, the new district system shall be implemented in time for the next City Council election cycle following certification of the charter amendment.

—Resolution written by Steve Perkel

RECEIVED

MAY 19 2025

INFORMATION DESK
CITY OF VANCOUVER

May 19, 2025

Subject: **Amendment to Vancouver Municipal Parking Code related Downtown Access Mobility and Parking Plan** (Agenda Item #4, Support)

Vancouver City Council:

The Board of the Esther Short Neighborhood Association voted unanimously to submit this public comment on behalf of the neighborhood.

The Esther Short Neighborhood Association wishes to express a net positive support for the proposed parking plan changes. This decision was reached after a year of listening to a wide range of residents, business owners, employees, and other neighborhood stakeholders.

There's intense widespread dissatisfaction among residents and neighborhood stakeholders about the current parking situation. That dissatisfaction gets worse every year. Everyone seems to agree something has to be done about downtown parking. However, there's no consensus on what to actually do to fix the parking problem. This means no proposal will gain widespread support. Conflicting needs are just too rampant.

The impossibility of finding a working consensus for any proposed change is why a comprehensive overhaul of the parking plan has been kicked down the road for more than a decade. It's just been easier to not deal with it.

But downtown is growing too rapidly right now for further delay. There's not going to be a perfect time to overhaul the parking plan, and there will always be compelling reasons to delay the change. So right now, by default, is the best time to implement reasonable changes to the parking plan.

And the proposed parking changes are reasonable; given the City's long-term goals, the practical constraints of urban parking, and best practices under the circumstances. **The proposed plan balances livability, sustainability, and access in a manner that has the best chance of ensuring a vibrant and livable neighborhood.** The proposed changes are consistent with the official Neighborhood Action Plan, adopted in 2006.

During the transition, there will be frustrations and growing pains. A few businesses and residential buildings will likely be disproportionately impacted. **The Esther Short Neighborhood strongly urges the City to remain open and responsive during the implementation phase to mitigate hardship caused by the proposed parking changes.**

Thank you for your consideration and continued commitment to our community.



Marcus E. L. Griffith
President
Esther Short Neighborhood Association



Alyssa Wheeler
Vice-President
Esther Short Neighborhood Association



945-249-2332



info@barillaconsulting.com



McKinney, Texas



www.barillaconsulting.com



MARGIE BARILLA

BARILLA CONSULTING

The treatment project provides an immediate solution to the critical problem of access to mental health and foster care issues with the capability of eventually serving all regions of Texas. Having already been a regular consultant to senior level officials within Health and Human Services and related departments within the State of Texas (and others), I was able guide my team through the Request for Proposal (RFP) process and to navigate the intricacies of contracting and licensing for mental health hospitals. Being the past senior executive of clinics and advising the leadership of hospitals and clinics, especially in the mental health field, it is second nature to start, recruit nationwide, set operational standards, lead and expand in accordance with the level of demand. Intimate knowledge of state and federal guidelines and having witnessed the dire result of facilities that cut corners creates a passion for exceeding the baseline in every way possible especially in areas known to be vulnerable to liability.

The following bullet points will indicate long term capabilities:

- Invited as an authority presenter for solutions to Health and Human Services state and federal level with foster care placement.
- Over 10 years experience in the behavioral health sector Administration and Clinical.
- Constant and consistent communication, involvement, and participation within state and federal government Health and Human services and Department of Family and Protection Services agencies public and private meetings - hearings.
- Strong relationship within Texas Department of Family and Protective Services - CWOP Children without Placement | Foster Care.
- Sought out by various states for data and feedback to improve universal behavioral health systems.
- Well respected by Insurance companies for reasonable provider reimbursement requests.
- Priority to eliminate liability with board members and investors through a system of proper incident reporting - implementation.

I welcome an opportunity to chat by phone, conference or in person.

Best Regards,

Margie Barilla



945-249-2332



info@barillaconsulting.com



McKinney, Texas



www.barillaconsulting.com



MARGIE BARILLA

BARILLA CONSULTING

As a seasoned healthcare consultant, I have led and contributed to a variety of projects across multiple healthcare sectors by implementing and improving clinical systems. I specialize in behavioral health and sustaining licensing and accreditation within state and federal guidelines for mass expansion of operations.

HIGHLIGHT

Throughout my career in the healthcare industry, I have consistently delivered successful outcomes while prioritizing safety, service excellence, quality client care, and eliminating liability for my clients. My commitment to adherence and exceeding standards for licensing and accreditation within state and federal guidelines. My dedication and commitment to improve global healthcare, best practices have contributed to the success of set up, sustainability, and expansion - operations under my management.

EDUCATION

- **DeVry University**
Bachelor of Science
Business Administration , Nursing
- **Harvard Extension School**
Marketing management certificate,
Master Degree in Field of Management

CERTIFICATIONS

- **American Heart Association**
National BLS Instructor
- **US Institute of Diplomacy and Human Rights**
Human Rights Consultant

AFFILIATIONS

- **United Nations**
Delegate to the United Nations CSW57 to end violence against women and young girls.
- **RAINN**
Nations largest anti - sexual violence organization. Global speaker on Domestic Violence.
- **ABC 8 WFAA**
Good Morning Texas - Contributor
- **Public Relations Society of America**
Advocate for industry excellence and ethical conduct. Communication summit co - chair.
- **Collin County Republican Party**
Mental health advocate & congressional participation.

PROJECT INVOLVE

- **Purpose Healthcare**
Texas, Oklahoma, Louisiana, California
Established 15 outpatient mental health hospitals for children ages 5 to 17. Overseen establishing locations, administration and clinical operations.
- **Aurora Behavioral Healthcare**
California, Arizona, Nevada, Texas, Chicago, Massachusetts
Participated in CMS federal accreditation process. Review and implementation of clinical systems to adhere and exceed licensing; prevention of closure of facilities.
- **Sundance Behavioral Healthcare System**
Texas
Opening of Dallas location and establishing the business development statewide team to ensure professional branding of organization and services rendered - state wide. Ensuring exceeding admissions / in take to reach daily admissions expectations.
- **TMS Behavioral System**
National - Including Hawaii, Puerto Rico, and Guam
Recruitment, training, and establishing sales territories. Traveled frequently for recruiting physicians, clinical staff, and business development representatives.

2023 HONORABLE ACCOMPLISHMENTS

- **Mindcare Today Healthcare + Fitness**
National presenter mental health training in 57 events | 37 states
Active shooter awareness in partnership with Texas DPS
- **Guam Behavioral Health System**
Invitation to consult and and co lead to establish, set up, and sustain a 50 bed in patient and outpatient hospital on Guam to serve children ages five to 17. Terms of project is currently under review.



WE PROVIDE FULL
WRAPAROUND
MENTAL HEALTH TREATMENT

RESIDENTIAL TREATMENT | OUTPATIENT MENTAL HEALTH HOSPITAL



***FREE MENTAL HEALTH SCREENING**

- ✓ Initial Assessment
- ✓ Individual Therapy
- ✓ Family Therapy
- ✓ Partial Hospitalization
- ✓ Intensive Outpatient Program

Cornerstone Treatment Center
10 S Hospital Drive
Fulton, Missouri 65251
E:info@ctreatmentcenter.com

Residential treatment programs are live-in healthcare facility that provide a structured environment with robust programming. A residential schedule for children ages 5 to 17 includes individualized clinical care, activities, and academics. While in residential treatment, clients live in a comfortable, upscale setting and are supervised by trained staff. The out-patient mental health hospital will serve all 114 counties. Staff members include psychiatrists, therapists, counselors, nurses, dietitians, and fitness trainers.

www.ctreatmentcenter.com





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***FREE MENTAL HEALTH SCREENING**

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- ✓ Individual Therapy
- ✓ Family Therapy
- ✓ Partial Hospitalization
- ✓ Intensive Outpatient Program

Haven Treatment Center
2805 E 19th Street
Vancouver, Washington 98661
E:info@haventreatmentcenter.com

Residential treatment programs are live-in healthcare facility that provide a structured environment with robust programming. A residential schedule for children ages 5 to 17 includes individualized clinical care, activities, and academics. While in residential treatment, clients live in a comfortable, upscale setting and are supervised by trained staff. The out-patient mental health hospital will serve all counties across the state. Staff members include psychiatrists, therapists, counselors, nurses, dietitians, and fitness trainers. www.HavenTreatmentCenter.com



STATE OF WASHINGTON
DEPARTMENT OF HEALTH

OFFICE OF DRINKING WATER

PO Box 47822 • Olympia, Washington 98504-7822

Tel: (360) 236-3100 • Fax: (360) 236-2253 • 711 Washington Relay Service

July 10, 2023

Subject: Changes for Public Water Systems that add fluoride.

Dear Water System Owner,

During this past Legislative Session, House Bill 1251 was passed and signed by the Governor on April 20, 2023. This bill relates to changes to Revised Code of Washington (RCW 70A.125), requiring public water systems that either begin or discontinue fluoridation on a continuing basis to notify customers and the Department of Health, Office of Drinking Water at least 90 days prior to official vote or decision on the matter. Notification can be made either by radio, television, newspaper, mail, electronically, or by any combination of methods that most effectively notifies customers - see [1251-S.E HBR FBR 23 \(wa.gov\)](#).

The decision to fluoridate drinking water is a community decision. In addition, water systems must receive written approval for fluoridation treatment facilities from the Department of Health. The Board of Health has prescribed the optimal fluoride concentration (0.7 milligrams per liter [mg/L]), the operating tolerance for fluoridation (0.5-0.9 mg/L), as well as requirements for fluoridation testing that must occur each business day and each month. Fluoride test results must be submitted to the Department each month.

The Department of Health supports community water fluoridation as a sound, population-based public health measure - see [Support for fluoridation \(wa.gov\)](#). These new notification requirements go into effect beginning July 23, 2023. Please refer to the DOH fluoride website for more information on new fluoridation requirements at [Fluoridation of Drinking Water | Washington State Department of Health](#).

Sincerely,

A handwritten signature in dark ink, appearing to read "Holly R. Myers".

Holly R. Myers

Director, Office of Drinking Water
Environmental Public Health
Washington State Department of Health

On tap: Do you drink water from a filter or the faucet?

By Elizabeth Jardina

STAFF WRITER

IT'S not that Evelyn McNinch thinks there's anything wrong, exactly, with the water from the tap in her Burlingame home.

It's just that she prefers it from her Brita water filter pitcher.

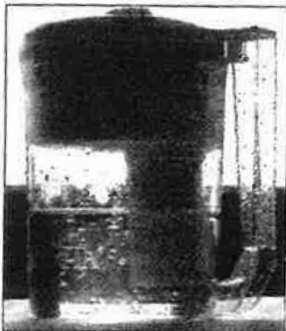
"The water tastes bad," says the seven-year devotee of the system. "It tastes kinda thick. From the filter, it tastes fresher."

One-third of Americans drink water filtered by in-home systems that range from \$18 pitchers to thousands of dollars worth of whole-house filtration systems, according to a survey conducted by the Water Quality Association, an industry group. Another 23 percent of people use refrigerator systems. While the industry survey doesn't explicitly say so, common sense indicates that the number of filtration pitchers greatly exceeds the more elaborate systems.

Before any discussion of filters, though, we should emphasize that all Bay Area water meets national and state water quality standards.

Plus, residents of a large part of the Bay Area drink water that's altogether pretty great. Even representatives from water filtration companies speak admiringly of the Hetch Hetchy water distributed by the San Francisco Public Utilities Commission, which goes to San Francisco, San Mateo and parts of Alameda and Santa Clara counties, and the East Bay Municipal Utility District water.

Please see **FILTERS**, Living 3



JAY SOLUMONSON — Staff

DRINK OF CHOICE: One-third of Americans drink water filtered by in-home systems.

SATURDAY, April 16, 2005

Many options available for drinking water from a filter instead of a faucet

► FILTERS, from Living 1

which goes to Oakland, Berkeley, and parts of Alameda and Contra Costa counties.

"We know our water is very good, because it's got snow melt from the mountains where it originates, and it doesn't get any better than that," says EBMUD spokesman Charles Hardy. "We don't think you need a water filter."

Nonetheless, even his friends use various water filtration systems, and try to explain their charms to him.

"My friends say, 'Doesn't this taste good?' " Hardy says. "I say, 'You like it because it's cold!'"

He acknowledges that he's biased about the quality of tap water, but he says he suspects water filtration is more lifestyle-driven than necessary.

"People feel comfortable when they have their filter," he says. "They feel like it's pure. It's almost psychological."

Still, whether it's a matter of taste or worry about small amounts of the water treatment chemical chloramine, traces of harmful chemicals, dissolved minerals or metals in the water, many people do choose to filter their water.

Pitcher filters: By far the most ubiquitous water filter system is the refrigerator pitcher, commonly made by Oakland-based Brita or Pur. Ranging in price from \$18 to \$40, they're widely available at big-box stores such as Target or Wal-Mart and kitchen stores such as Bed Bath and Beyond. These use activated charcoal to filter out minute amounts of organic material and reduce any chlorine smell or tastes.

The more expensive "Ultimate" Pur pitchers, which retail for \$25, also filter out microorganisms such as giardia and cryptosporidium. It should be noted that there is virtually no giardia or cryptosporidium in your tap water anyway, though, and if there were, they would probably only affect people with compromised immune systems.

The filters are an additional cost, about \$5 per filter. They must be replaced every one to two months or they can become

a site for bacterial and fungal growth. The fanciest pitchers have indicator lights telling you the condition of your filter.

Sink-mount filters: These filters screw onto the end of a kitchen faucet and provide two taps, a filtered one for drinking and an unfiltered one for washing dishes. Priced from \$35 to \$50, they are often certified to filter out more sediment, microorganisms, metals and chemicals from the water. This doesn't mean, however, that you necessarily need the extra filtration.

Replacement filter cartridges are more expensive than for pitchers — about \$10 to \$15 each — but also last two to three months. Brita, Pur and WaterPik are common brands.

Under-sink systems: A more serious commitment to water filtration comes in systems you actually install under your sink. Some are simply more elaborate charcoal filters, such as the \$80 Pur model. Others, like the ones sold by Rayne Water in San Jose, use a reverse osmosis filter, which presses water through a semi-permeable membrane and removes all residue from water treatment chemicals such as chloramine or chlorine. These cost \$800 to \$900. You can also rent an under-sink reverse osmosis unit for \$26 a month from Rayne Water. Culligan is another popular brand of under-sink filters.

Whole-house filtration and water softeners: The Tri-Valley and Delta areas have "hard" water — high in calcium and magnesium. Hard water isn't bad for you — in fact, the dissolved calcium and magnesium are the same minerals that appear in many multivitamins — but it can cause white spots on cars, dishes and shower doors. Also, it prevents soap from lathering up.

Water softeners tend to be whole-house units, meaning that they condition the water from the point your pipes enter the house. All the water — that you shower with, flush the toilet with, do laundry with and cook with — is treated. They are usually cylindrical units about 4 feet tall and 6 to 8 inches in di-

ameter that go behind your house. They replace the magnesium and calcium with potassium or sodium to eliminate the hardness problem.

A water-filtering company such as EcoWater Company can provide a water softener and filter combination that filters all the water that enters your house for \$1,700 to \$3,000, according to vice president for sales Rob Kinslow. They also offer a rent-to-own option so you can try out the equipment before you buy it.

A softener by itself can be rented for about \$25 to \$50 per month from a variety of sources, including EcoWater and Rayne Water. Find a vendor in the yellow pages under "Water softening & Conditioning."

Read, copy & share

We need help to continue our efforts.

ALERT

**Presidential Executive Order 13834
Toilet to Tap - Required**

**Required Treatment of Municipal
Sewer Water for Drinking**

**Reduce Water Consumption -
Replace with Sewer Reuse**

Smart "wireless" Water Meters to Monitor Reduction Goals and Remotely "turnoff" individual access to water at the meter - should usage exceed your allocation.

We are told we are running out of water - we are NOT.
We are told water is finite, a limited resource and that droughts reduce water availability - droughts do NOT reduce water availability.
We are told we are over pumping wells and that aquifers are depleted - when aquifers could be recharged with primary water and they are NOT. WHY?

Weather "control" technologies are reshaping reality and people are being indoctrinated into trusting and believing information that is NOT TRUE.
Water is a "renewable".

What we have are weather control deniers!
These deniers are very dangerous and leading us into a worldwide disruption by bringing in Sustainable Development Agendas!

Go to www.StopTheCrime.net

California Approves Water Cremation

*This starts in 2020
if we don't stop it, Calif
drinks toilet to tap water*

(<https://www.addthis.com/bookmark.php?v=300>)

(<https://www.addthis.com/bookmark.php?v=300>)

(<https://www.addthis.com/bookmark.php?v=300>)

Monday, October 16, 2017

Governor Brown Signs AB 967 by Assemblymember Gloria, Gives Californians Environmentally-Friendly Alternative to Fire Cremation

SACRAMENTO, CA – After three previous attempts in the Legislature, water cremation rose from the dead during the 2017-2018 legislative session and was signed into law by California Governor Jerry Brown. AB 967, authored by California State Assemblymember Todd Gloria (<https://a78.asmdc.org/article/biography>) (D-San Diego), permits the use of alkaline hydrolysis – also known as “water cremation” – for the disposal of human remains in California.

“AB 967 is about giving consumers more choices. The bill offers Californians an eco-friendly alternative to traditional fire cremation,” said Assemblymember Todd Gloria. “California joins 14 other states that allow this technology to be used for the disposition of human remains. I want to thank Governor Brown for signing this legislation and giving Californians more choice.”

Alkaline hydrolysis uses heated water and earth metal salts to reduce a human body to its essential organic components and bone fragments. Similar to fire cremation, this process creates “ashes” which are able to be inurned and returned to the family.

Because it is a non-combustive process – meaning mercury is not vaporized – and less carbon dioxide and greenhouse gases are released, water cremation is a more environmentally-friendly alternative to fire cremation. A typical fire cremation process consumes 6,000 cubic feet of natural gas and releases approximately three grams of mercury into the air.

Currently, alkaline hydrolysis is permitted for use in limited environments within California. UC Los Angeles operates an alkaline hydrolysis machine for medical programs and research. Water cremation is allowed in 14 states: Colorado, Florida, Georgia, Idaho, Illinois, Kansas, Maine, Maryland, Minnesota, Michigan, Nevada, Oregon, Vermont, and Wyoming.

AB 967 was sponsored by Qico, Inc. – a San Diego-based business that specializes in water cremation technology. The full text of AB 967 can be found here (https://leginfo.ca.gov/faces/billNavClient.xhtml?_afId=201720180AB967).

*Sweden Freeze Dries Dead Bodies,
cracks them into small bits for plant food*

CONTACT TODD (<https://lcmspubcontact.lc.ca.gov/PublicCMS/ContactPopup.php?district=AD78>)

Copy and pass on... Call or write emails to city councils, local state assembly, senators and Gov. Gavin Newsome. Write letters to the editor. Handout informative papers on AB967 October 2017 with websites. Speak at public meetings on TV. Call radio stations. Give to Union members.

SCHEDULING REQUEST FORM ([#scheduling-request-form](#))

<https://a78.asmdc.org/press-releases/california-approves-water-cremation>

Brighteon.com: "Biosluged" the movie

** Washington started
Alkaline Hydrolysis May 1, 2020*

Answer

You tube

*start a
petition*

control for years have died within weeks of a stage IV cancer following vaccination.

Molecular biologists examined several vials of the COVID-19 “vaccine” and found thousands of fragments of foreign DNA — most likely from the cells used to grow the virus. This was reported at the time, and the study has been repeated, with new researchers finding the exact same thing: thousands of bits of foreign DNA in each vaccine vial.

They also found a promoter/enhancer gene for the SV40 cancer virus in each of the vials.

Research has demonstrated that DNA fragments from vaccines can be incorporated into a person’s DNA and be transmitted to their offspring.

Even the mRNA producing the spike protein (the toxic part of the virus) has been shown to be incorporated into an injected person’s DNA, thus producing the deadly spike protein, possibly for a lifetime. That would also enable it to be transmitted to the person’s offspring.

In another comprehensive study based on 325 autopsy studies reported in the medical literature, Dr. James Lyons-Weiler (a friend of mine) along with nine other experts representing many scientific fields looked for a possible connection to the COVID vaccine as a cause of death. They found most of the deaths occurred within one week after getting the injection. The most common cause of death was cardiovascular (49 percent).

The other common causes of death included:

- Hematological (17 percent)
- Respiratory (11 percent)
- Multiple organ system failure (7 percent)

Some 73.9 percent of the deaths (240) were deemed to be secondary to the injection. Three or more organ systems were involved in 21 cases.

The average time between the injection and death was 14.3 days.

Why wasn’t the “vaccine” pulled at that point as being too dangerous? In the past, a vaccine — especially if it was a new design — was withdrawn even after a few deaths were reported.

Why did the Centers for Disease Control and Prevention (CDC) do everything in its power to

prevent any autopsies from being performed on the deceased? The pathologists were literally screaming to do them.

Autopsies are the best way to discern the various aspects of a new disease or infection.

The refusal to perform autopsies was not caused by a fear that the pathologists would get infected, as none were shown to be linked to autopsying these cases.

In my opinion, there were two reasons for the

CDC’s decision. First, with the actual infection, they didn’t want proof that most of the deaths were caused by the CDC protocol all hospitals were told to follow — not the virus itself. Second, they didn’t want anyone having proof that many died as a result of neglect by the hospitals.

With the vaccines the motivation was different. They didn’t want proof that these “vaccines” were killing people, though that is exactly what the autopsies showed.

Now we have proof, and we have proof that the authorities and the mainstream media hid the truth about

virtually every aspect of this sordid episode.

**‘Studies have
shown that
by the third
injection with
a COVID vaccine,
a person’s
immune system
is virtually
destroyed.’**

COQ10 Improves Heart Function

Coenzyme Q10 is a naturally occurring substance found in every cell in the body. Without it, we would all die. Objective studies of cardiac output, stroke volume, ejection fraction, and cardiac index showed improvement with CoQ10 treatment.

Most studies have focused on patients with mild to moderate congestive heart failure, but one found that giving 100 mg of CoQ10 a day to advanced heart failure patients improved symptoms in 82 percent of the patients.

Another finding was equally impressive: Two years after CoQ10 therapy, the survival rate was 62 percent — compared to 25 percent for patients receiving conventional medical treatment.

There is no question that using higher doses — such as 350 mg to 600 mg three times a day — would produce even better results. The best thing about CoQ10 is that there are no side effects; it is completely safe in any amount. ■

soaked in arsenic to protect the wood from insects. Unfortunately, the lumber is often still wet when the arsenic is applied, and workers handling it can become seriously contaminated.

Arsenic is a serious poison that can cause cancer. Safer lumber is soaked in boric acid (borate) instead of arsenic.

The same can be said for termite protection. If the soil making up the foundation is mixed with boric acid, it will kill the termites and protect the house.

Eating organically grown food has been shown to dramatically lower these pesticide residues in children. All vegetable and fruits should be thoroughly washed with a vegetable wash before consuming.

Curing *H. Pylori* With Natural Compounds

Infection with *Helicobacter pylori* bacteria, which is common around the world, is a common cause for both malignancy of the stomach and ulcers of the duodenum.

It is also considered to be the most common association with gastric lymphoma and adenocarcinoma of the stomach, a fatal disease.

In developing countries, it has been estimated that most children are infected with *H. pylori* by the age of 10. The rate varies in developed countries, but it has been estimated to affect 30 percent of the U.S. population.

The relationship between *H. pylori* and several diseases — including encephalopathy and heart disease — remains controversial. Some people feel that the strain of *H. pylori* is important. Others think the age of infection is what matters.

Most people are infected before age 10, and carry the organism without any effects.

The infection has been shown to be associated with gastric and duodenal ulcers, as well as adenocarcinomas and lymphomas of the stomach. There is a weaker association with:

- Heart disease
- Atherosclerosis
- Diarrhea
- Encephalopathy

Inflammation caused by *H. pylori* accounts for most of its symptoms, especially cases of cancer.

Treatment by a gastroenterologist generally involves prescription of several antibiotics and repeated tests to see if the infection has been eliminated. It can be quite difficult to get rid of an *H. pylori* infection.

In addition to the major problems caused by *H. pylori*, the infection can also lead to iron-deficiency and anemia. That's because the bacteria cause a slow gastric bleeding and utilize iron from the diet and blood.

In addition, *H. pylori* bacteria are encased in a biofilm that protects it against many commonly prescribed antibiotics. Some flavonoids, such as nanobacopa, work to destroy this biofilm.

Other plant extracts shown to be effective against *H. pylori* include:

- Baicalein
- Nano-Triphala (from One Planet Nutrition)
- Liposomal apigenin
- Nano-berberine
- Liposomal luteolin

Oregano oil also kills the organism and can be mixed with the other plant extracts. It is taken as two capsules with meals.

Meanwhile, nano-curcumin has been found to exercise a twofold effect on *H. pylori* infections, reducing the stomach inflammation caused by the infection, and directly inhibiting the bacteria.

In addition, butyrate promotes healing of the stomach and duodenum.

Update on the COVID 'Vaccines'

Studies have shown that by the third injection with a COVID vaccine, a person's immune system is virtually destroyed. This occurs because a factor called IgG4 is drastically increased by these injections, and IgG4 suppresses immunity.

This explains why so many people who have been "vaccinated" have suffered from multiple bouts with COVID-19 and other infections, including bacterial pneumonia.

It also explains, in part, the emergence of what are called "turbo" cancers — the appearance of fatal, stage IV cancers within weeks or even days of injection. Pathologists all over the world have stated that they've never seen cancers grow this fast (hence the turbo label).

In addition, people who have had their cancer under



The Blaylock Wellness Report

Living a Long, Healthy Life

November 2010

Edited by Russell L. Blaylock, M.D.

Vol. 7, No. 11

NOV, 2010

Key Points

- Is there a link between aluminum exposure and dementia?
- Probe the dangers of vaccines and aluminum
- How widespread is aluminum exposure? Are you at risk?
- Fight aluminum's toxicity through nutrients

PLUS

- Combat HPV through nutrition
- Army suicide rates on the rise — but why?
- Atherosclerosis — why traditional medicines fail

ASK DR. BLAYLOCK

- Exercising after breast cancer treatments; vegetarians — get the right kind of protein; the dangers of sucralose

Aluminum: Poison Hiding In Plain Sight

When most people think about environmental hazards — if they think about them at all — they generally consider them other peoples' problem. After all, if you don't live near a smokestack or a chemical plant, your environment is safe, right?

In years past, I too considered all the excitement about environmental hazards caused by modern industrialization nothing but a lot of political posturing. All that changed 15 years ago when I saw a new patient whose central nervous system had been severely damaged.

My patient was a farmer, a man of strong principles, with a deep sense of morality and a rock-solid commitment to his Christian beliefs. He had been splashed with a pesticide while preparing to dust his crops. After the incident he took a thorough shower to remove the pesticide from his skin. Despite his efforts, a short time later he became ill and was taken to a doctor.

He was treated with a drug that reverses the chemical process of the pesticide, and he should have had a full recovery — but he didn't. His condition continued to deteriorate:

- Over time, the nerves in his arms and legs deteriorated
- His speech was affected
- He lost much of his coordination
- He had difficulty putting thoughts together

At first I was skeptical. I explained to him how the pesticide worked in bugs, and that there was no logical reason why he should still have all these symptoms. He asked if I would be willing to read some scientific studies he had collected concerning neurological damage in humans caused by that particular pesticide. I agreed and he handed me a tall stack of papers.

It had been a long day, and by the time I got home, I wanted to put my feet up and relax. But, my curiosity piqued, I picked up the stack of papers and began to read through them. Soon I was busy highlighting sections and scribbling copious notes on my legal pad. I couldn't believe how little I knew about the neurotoxicology of pesticides.

After that experience, I came down off my high horse and started my quest to understand the subject of neurotoxicology. In the ensuing 15 years, I have come to appreciate that we are living in a sea of toxins.

Read:

The Blaylock Wellness Report Sept. 2009 —
 "Why Fluoride is Toxic" Jan 2008 "Is your Drinking Water
 Fit to Drink?"

The Aluminum-Dementia Link

One of my main interests has become toxic metals in our environment, and how they produce a slow degeneration of our nervous system. One of those metals is aluminum, the third most common element on earth.

That aluminum is toxic to the brain has been known since 1911, yet it has been all but ignored until the last several decades. Until recently, scientists assumed that aluminum was poorly absorbed in the GI tract, and was therefore not a significant problem.

The reason aluminum even became an issue was that large amounts were being added to antacids.

Research shows that certain food components, such as citrate and malate (organic acids), can increase the absorption of aluminum as much as six times the normal rate.¹ This means that all citrus fruits, such as lemons, grapefruit, and oranges, dramatically increase the absorption of aluminum from the GI tract and increase its entry into the brain.

This is why I tell people not to put lemons in their tea — black tea (the type most people drink) has very high levels of aluminum, and the citrate from the lemon significantly increases absorption in the GI tract.

Aluminum absorption is much higher in people with Alzheimer's disease and Down syndrome. Studies have found that injecting small doses of aluminum salts into the brain of animals can cause the neurons to degenerate and lead to some of the changes seen with Alzheimer's disease.²

It has been shown that adding aluminum to drinking water led to accumulations of the aluminum in the very same areas of the brain affected in Alzheimer's disease.

Eventually, someone put two and two together,

Low Aluminum Affects the Brain

One way aluminum damages the brain is by dramatically increasing oxidative stress — that is, accumulation of free radicals and lipid peroxidation products in the brain. It is known that aluminum displaces iron from its normal carrier proteins, transferrin and ferritin. This causes free iron to accumulate in the blood and brain, leading to high levels of oxidative stress. It has also been shown that aluminum worsens the oxidative stress caused by copper in the brain.³

In addition, aluminum interferes with adenosine triphosphate-dependent enzymes (ATP-dependent) that carry out the critical function of energy transfer between brain cells. Aluminum interferes with a number of important enzymes and cell processes that

You can read more about aluminum toxicity in the brain in my book *Health and Nutritional Secrets That Can Save Your Life* (www.blaylockwellnesscenter.com).

and realized that aluminum was being added to drinking water systems in the United States.

The incidence of Alzheimer's dementia in areas with aluminum in public drinking water was compared to areas with aluminum-free water systems. And guess what? Many such studies found a significantly higher incidence of dementia in areas with public water systems with added aluminum.⁴

It was later pointed out that aluminum concentrations that were quite small, and that aluminum was accumulating in restricted areas of the brain, rather

than the entire organ. Further studies using highly sensitive testing in these specific areas confirmed that people with Alzheimer's had significantly higher brain aluminum levels.

Aluminum in Tap Water

Still, the aluminum-dementia link seemed mainly academic until a particular incident.

During the 1980s, doctors in several hospitals noticed that some of their dialysis patients were developing unusual symptoms, including muscle spasms, hallucinations, and a rapid onset of dementia.⁵ Several patients died before the mystery was solved.

Researchers later discovered that all of the affected patients had high levels of aluminum in their blood and brains.

The source for the aluminum was traced to the tap water being used for their dialysis. Aluminum is added to tap water at the treatment plant to remove particulate matter. But aluminum is removed from the body primarily by the kidneys, and since dialysis patients have no kidney function, the aluminum in their body was rising to toxic levels.

Since that incident, other cases of aluminum toxicity have appeared, with causes such as a long-term ingestion of aluminum-containing antacids in patients with poor kidney function and use of an aluminum composite plate in a brain operation. In each case, patients developed seizures, confusion, and dementia.

Examination of the brains of these aluminum-related casualties did not show the typical pathological findings of Alzheimer's disease, only widespread degeneration of selected areas of the brain. However, we must keep in mind that these were acute exposures — that is, they were exposed to high levels of aluminum over a short period of time.

Subsequent studies using prolonged exposure to lower doses of aluminum (mimicking what people are normally exposed to in society) did show changes similar to Alzheimer's disease, and some resembled another neurodegenerative condition: Lou Gehrig's disease (ALS).

Likewise, researchers have shown that even trace amounts of aluminum, equal to that found in a single glass of water, readily entered the brain of animals.

Aluminum and the Nervous System

My review of aluminum toxicity toward the nervous system indicates that one of the main toxic effects is immunoexcitotoxicity.

This involves triggering brain inflammation in combination with excitotoxicity. It has been shown that aluminum specifically targets the brain and causes it to become inflamed.⁷ And, as I have shown in previous newsletters, Alzheimer's disease, Parkinson's disease, and ALS are considered to be inflammatory diseases and excitotoxic diseases.

One of the commonly found reactions to aluminum in the brain is the activation of the brain's immune cell — the microglia.

This has been found in all cases of dialysis dementia and other reported cases of aluminum toxicity.

Using mice, researchers at the University of Georgia found that animals given aluminum-containing drinking water secreted higher levels of the inflammatory cytokine TNF-alpha than did those drinking aluminum-free water.⁸ TNF-alpha is primarily secreted by the microglia. What this means is that when you drink your aluminum-

containing tap water, your brain secretes higher levels of inflammatory chemicals and this puts you at a greater risk of Alzheimer's disease. It also puts your children at risk of abnormal brain development, learning and behavioral problems.

Aluminum also interferes with mitochondrial energy production and brain cells are extremely dependent on a constant supply of energy. Anything that reduces the brain's supply of energy greatly magnifies its sensitivity to excitotoxicity.

Another way aluminum enhances excitotoxicity is by combining with glutamate, the excitotoxic amino acid.

Glutamate is found in a great many foods, either

About Dr. Blaylock



Dr. Russell Blaylock edits Newsmax.com's **Blaylock Wellness Report**. He is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer.

He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University

of South Carolina in Charleston, S.C.

For the past 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," and his most recent work, "Natural Strategies for The Cancer Patient." An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Also, Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation.

Dr. Blaylock serves on the editorial staff of the Journal of the American Nutraceutical Association and on the editorial staff of the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons.

He previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is currently a visiting professor of biology at the Belhaven College, also in Jackson.

as an additive or naturally occurring.

The aluminum binds with the glutamate, forming an aluminum-L-glutamate complex that is highly absorbed by both the GI tract and the brain. Interestingly, a new study found that magnesium aspartate decreased the aluminum concentration in the brain cortex of rats.⁹

In another study, researchers fed rats either aluminum glutamate complex, aluminum chloride, or glutamate alone and found that the aluminum-glutamate complex significantly increased brain aluminum levels over just feeding aluminum chloride alone and that it reached high levels in important areas of the brain:

- The hippocampus
- Occipito-parietal cortex
- Cerebellum¹⁰

The aluminum-glutamate complex appeared to make the blood-brain barrier more permeable to

aluminum.
From these studies it appears that aluminum, either as a salt or combined with glutamate or citrate, triggers brain inflammation and excitotoxicity (immunoexcitotoxicity) and this leads to a slow degeneration of specific areas of the brain and spinal cord that may take decades to fully manifest.

Vaccines and Aluminum

During the debates over the cause of autism, much of the early attention focused on the mercury additive thimerosal. Mercury is a powerful neurotoxin, as has been well demonstrated in scientific literature.

Yet somehow the medical establishment ignored 100 years of studies clearly demonstrating the toxicity of mercury. Then sympathetic scientists flooded the medical literature with "studies" that found no harm at all from mercury/thimerosal. Then — amazingly — these same "scientists" actually wrote articles that implied mercury improved IQ.

Of course, everyone who knew better preferred to hide in the shadows rather than point out the glaring flaws in these studies. Vaccination had joined the ranks of political correctness.

What remained in the shadows during all this fuss over vaccination was the obvious toxicity of aluminum.

Compelling research had previously demonstrated that aluminum was an accumulative neurotoxin, even in small concentrations. It had also been demonstrated that aluminum had a tendency to concentrate in the hippocampus, an area of the brain vital to critical functions including:

- Learning
- Memory
- Emotions

There were two other areas of the nervous system that were known to be very sensitive to aluminum toxicity and to concentrate aluminum — the midbrain and the motor neurons of the motor cortex and spinal cord.

Brain Development Implications

It was, of course, no coincidence that aluminum was concentrating in areas of the brain associated with early childhood neurodevelopment, as well as in areas associated with chronic neurodegenerative diseases — Alzheimer's, Parkinson's, and ALS. As we shall see, it also concentrates in the myelin covering of neural pathways, linking it to another degenerative disease — multiple sclerosis.

Aluminum has been added to vaccines for almost 90 years; its purpose is to stimulate the immune system to react against the organism in the vaccine. When injected into the muscles, the aluminum forms a complex with invading organisms (such as the influenza virus).

This complex then attracts the body's immune cells, which react to the aluminum-influenza complex by generating antibodies. At the same time, the body makes a genetic record of the invading organism for future reference.

Or at least that is how it is supposed to work.

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Vaccinations Weaken the Immune System

In fact, the operation of the immune system is still largely a mystery. Yet, there is growing evidence that our current vaccination policy is, ironically, weakening our immune systems. In fact, recurring natural exposure to childhood viruses not only keeps our immune systems resistant to infections, it also provides resistance to cancer.

Two friends of mine have written a paper on the neurotoxic effects of aluminum adjuvants in vaccines. In this eye-opening study, they analyze data on the prevalence of autism spectrum disorders recorded from 1991 to 2008, and correlate it with the total aluminum dose from all vaccines mandated by the CDC for children up to age 6. They did the same for the United Kingdom, Australia, Canada, Sweden, Finland, and Iceland.

It is known that injected aluminum adjuvants remain at the site of the injection for years, and that aluminum is slowly released into the bloodstream and enters other organs, including the brain. Hundreds of cases of a new disorder called macrophagic myofasciitis, which affects specialized immune cells (macrophages), have been linked to the aluminum in the muscle tissue. It has also been associated with progressive brain degeneration in children vaccinated with the tetanus and hepatitis B vaccines.

The FDA has set the safe dosage limit for aluminum at 5 mcg/kg body weight per day. Below are the aluminum contents of commonly administered vaccines:

- DTaP (diphtheria, tetanus, and pertussis) — 625 mcg
- Hepatitis B — 375 mcg
- Hepatitis A — 250 mcg
- Hib (haemophilus influenza type B) — 225 mcg
- PVC (pneumococcal conjugate vaccine) — 125 mcg

The paper's authors found that the highest aluminum burden was given to two-month-old babies: 270 mcg/kg per day. That almost 50 times higher than the official FDA safety limit.

If we gave adults an equal dose of aluminum, based on body weight, they would have to get 15 to 38 vaccines in one day.

Children from the United States, the U.K., and Canada received significantly higher aluminum

How Widespread Is Aluminum Exposure?

Thousands of products are made from aluminum, from the engine in your car to packaging for foods. If you check the ingredients on medications, you will see that most contain an aluminum additive.

Until recently, the main food source containing aluminum was baking powder. Biscuits, pancakes, and most baked goods have added aluminum. You can buy aluminum-free baking powder, but that version is rarely used by food processors. Salt used to contain added aluminum to prevent caking, but it has been removed from most brands. Sea salt, however, still contains aluminum.

Some natural products, such as black tea, also have very high aluminum levels. The tea plant selectively extracts the aluminum from the soil and concentrates it in the leaves. (Green tea has far less aluminum, and white tea has very little.)

The No. 1 food source for aluminum is soy products. Soybeans naturally have very high aluminum levels along with high glutamate levels. Americans have been convinced by a clever marketing campaign to consume massive amounts of soy, including the most commonly used formula for babies.

If this is not bad enough, soy also has very high manganese levels and fluoride levels, both known neurotoxins. So soy foods and drinks have quite a neurotoxic mixture: aluminum, glutamate, fluoride and manganese.

Even the American Academy of Pediatrics expressed concern about the neurotoxic level of some of the metals in soy baby formulae. Studies that looked at aluminum absorption in babies exposed to aluminum found that infants absorb a considerable amount of aluminum from ingested products.

A great number of processed foods, medications, and drinks are loaded with aluminum, and because aluminum is added to drinking water, our plant foods are accumulating (bio-accumulating) the aluminum, so that over time the levels will continue to rise, just as we have seen with fluoride.

It is important to check all labels on foods and medications, if you're aluminum, don't buy it.

Combat Aluminum's Toxicity

Now that you know about the dangers of aluminum, how can you fight its toxic effects? With these natural substances that can reduce inflammation and remove harmful metals from the body.

Bee Propolis. Several studies have shown that bee propolis (a flavonoid-rich, resinous substance that bees collect from tree buds) can counteract the damaging effects of aluminum. Rats given aluminum plus propolis or propolis alone demonstrated an elevation in antioxidant enzymes and a return to normal blood lipid profiles.¹¹ Propolis has also been found to have powerful anti-inflammatory properties.¹²

Ascorbic Acid. In another study, male New Zealand rabbits were given aluminum chloride and varying doses of ascorbic acid (vitamin C). Researchers found that vitamin C significantly reduced the level of aluminum in the body, removed aluminum and returned total lipid and cholesterol levels to normal.¹³

Chelators. A chelator is a substance used to remove excess metal from the body. The traditional pharmaceutical treatment for aluminum overload is desferrioxamine, a chelator that is administered either intramuscularly or via IV. Unfortunately, this can cause painful swelling at the site of the injection and has a number of serious side effects. A newer agent, called Feralex-G, appears to be superior and can be taken orally. Recent studies have shown that, unlike most other aluminum chelators, Feralex-G can remove aluminum that was bound to the cell nucleus. (Aluminum tightly binds to the nucleic acid of DNA; this causes much of its toxicity.) Combining vitamin C with Feralex-G significantly improves removal of aluminum from the cell nucleus, a process called shuttle chelation.¹⁴

burdens from their vaccines than children from Scandinavian countries.

This study found a strong correlation between the highest aluminum body content and the risk of developing autism. The U.K. has the most aggressive vaccine program and the highest incidence of autism in the world at 1 in every 64 births. The rate in the U.S. is 1 in every 91 births. Unlike other countries that spread out the early vaccines, in the U.K. they are given at birth, and at 1, 2, 3, and 4 months of age — an incredibly obtuse policy.

The Impact on Infants

Previous studies have shown that as little as 4-5 mcg/kg of aluminum given to preterm infants can cause neurodevelopmental problems.

A study by Carolyn Gallagher and Melody Goodman of the Stony Brook University Medical Center found that boys given the triple series of HepB vaccine from birth were significantly more likely to develop disabilities by age 9.

A follow-up study of boys age 3 to 17 who were vaccinated in their first month had a threefold higher risk of developing autism than did unvaccinated boys. This has been ignored by the vaccine proponents and the media.

When challenged by this data, Dr. Paul Offit, a vocal vaccine proponent, defended the policy by saying that infant formulas often contain similar amounts of aluminum. But studies show that only 0.25 percent of the aluminum from infant formula is absorbed in the blood, whereas 100 percent of the aluminum injected by vaccination enters the bloodstream.

More than 1 million children have been diagnosed with autism, with 24,000 new cases being diagnosed each year. The largest increase in autism diagnoses occurred in 1992: a 189 percent jump.

Why the dramatic increase in cases in 1992? It turns out that six new vaccine doses were added to the

A note from Dr. Blaylock: Advertisements for various supplements may appear in the newsletter or attached to the newsletter. I have nothing to do with these advertisements and do not endorse them. The only supplements I endorse are those that I list in the newsletter. This is not to say that I object to the supplements; it's just that I am not familiar with the supplements being advertised.

Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

vaccine schedule from 1981 to 1992, all given during the first two years of life, a period when the brain is undergoing tremendous development.

The correlation between the aluminum burden from the vaccines and the incidence of autism is strong. What's more, researchers have found the same correlations in the other eight countries examined. Keep this in mind when it comes time for your children and grandchildren to be vaccinated.

Current Trends Can't Be Sustained

For those of you who say, "Well that is upsetting, but it doesn't really affect me," here is some bad news: Adults are now being encouraged to submit to a number of aluminum-containing vaccines — every year. And the effect on the adult brain can be just as devastating for a number of reasons.

First, the aging process actually reduces your brain's defense mechanisms — it can't tolerate aluminum toxicity as well as a young brain. Recall that aluminum selectively induces brain inflammation. As we age, our brain becomes progressively more inflamed, and aluminum accelerates and magnifies that inflammation.

There is also powerful evidence that aluminum worsens the effects of other toxins, such as pesticides, herbicides, mercury, cadmium, fluoride, lead, and glutamate. In essence, accumulating aluminum is making your brain age must faster.

Because aluminum accumulates in the parts of the brain associated with Alzheimer's, risk of early development rises substantially with exposure to aluminum.

All neurodegenerative diseases are associated with microglial activation — that is, intense immune activation within the brain. Aluminum activates microglia, and because it accumulates within the microglia, it acts as a continuous source of activation lasting for decades.

Aluminum also accumulates in the motor neurons; this is strongly correlated with ALS.

When I was training as a neurosurgeon, ALS was a very rare disease. Since then, incidence has increased dramatically. ALS is also characterized by intense inflammation in the nervous system.

You may recall that servicemen getting the anthrax vaccine were found to have a twofold higher risk of developing ALS. The anthrax vaccine, a four-dose injection, contains a total dosage of 2.4 mg of

Hungary's Toxic Spill Highlights Chemical Impact on Health

It's the stuff of headlines and horror — in October a massive reservoir, maintained by the Hungarian Aluminum Production and Trade Company, unleashed a torrent of toxic sludge that flooded unsuspecting Hungarian towns and threatened the Danube River.

Several people have already been killed, and the 35.3 million cubic feet of red sludge has caused billions of dollars in damage. A six-foot high wall of the slurry was seen flowing through streets in nearby Kolontar. Company spokesmen have stated that the spill contains a mixture of iron oxide, aluminum, silicon dioxide, calcium oxide, and titanium dioxide.

Of those ingredients, the most toxic are iron oxide and aluminum. Iron oxide is a powerful carcinogen that promotes cancer growth, invasion, and metastasis. It is associated with degeneration of the brain and peripheral nerves, and can worsen a number of pre-existing diseases, such as pulmonary disorders, kidney disease, and heart failure. There is also evidence that iron oxide can worsen atherosclerosis — hardening of the arteries — which is a major cause of both heart attacks and strokes.

As this newsletter points out, aluminum is also a powerful toxin and can have long-term effects. Ironically, one of the effects of aluminum is release of blood iron from its protective carrier transferrin. This greatly increases the toxicity of the iron.

Another worry is just how much of the aluminum was nanoparticulate aluminum — that is, aluminum that is specifically made to be of such a small size that it can easily penetrate the skin, lungs, and GI tract, entering deep into the cells. Recent studies have shown that nanoparticulate aluminum is infinitely more toxic than natural aluminum.

Nanosizing of products has become all the rage in industry — but it is a double-edged sword. While it can greatly improve the absorption and distribution of medications and even natural nutrients in the body, it can also increase the concentration and toxicity of toxic metals and chemicals beyond anyone's imagination.

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WEDNESDAY, APRIL 26, 2006

San Francisco Chronicle

One-quarter of FDA advisers have industry financial ties

But study finds
amounts are small,
didn't affect voting

By Ricardo Alonso-Zaldivar
LOS ANGELES TIMES

WASHINGTON — More than a quarter of the scientific committee members who advise the Food and Drug Administration on critical decisions affecting such products as cancer drugs and breast implants have financial ties to industry, a study published Tuesday found.

But the analysis in the *Journal of the American Medical Association* also found that even if the scientists and physicians with financial ties to industry had recused themselves from voting, none of the final results in 221 reviewed meetings would have changed.

Conducted by leading FDA critics, the study was hailed by supporters of the agency as proof that conflict-of-interest policies strengthened in 2002 to require broader disclosure of industry interests are working.

Still, Dr. Peter Lurie, the study's lead author and the deputy director of Public Citizen's Health Research Group, a con-

findings show that the FDA should further tighten its rules. For example, although 28 percent of committee members disclosed financial conflicts, only 1 percent recused themselves from voting on related issues, a trend Lurie called unacceptable.

"I don't think it's acceptable to say we're willing to take any amount of conflict up to the point at which the overall outcome changes," he said. "Certainly we would never accept anything like that in a jury."

An advisory committee vote can seal the fate of billions of dollars in potential revenues for drug companies, since the FDA generally follows a panel's recommendations. Committee members are often physicians from top universities and teaching hospitals — institutions that are also among the leading recipients of industry research funds.

FDA rules automatically exclude advisers from a meeting if they have investments exceeding \$100,000 in a company that is likely to be affected by the result, or if their investments in such a company exceed 15 percent of their net worth. Those with lesser degrees of conflict may participate but must file a disclosure form, and any such conflicts are usually noted in an FDA state-

Most of the financial ties noted in the study were not particularly large. The study found: Eighty percent of the committee members' consulting agreements were for \$10,000 or less, 77 percent of research grants were for \$100,000 or less, 70 percent of investments were \$25,000 and under, and 56 percent of speaker fees totaled \$10,000 or less.

Economist John Calfee of the American Enterprise Institute, a business-oriented think tank in Washington, said that the study "while perhaps not the intent of its authors" showed that most leading doctors tend to put their professional reputations ahead of financial interests.

"It is very useful to find out that conflicts of interest in ad-

It is very useful to find out that conflicts of interest in advisory committee meetings are apparently not very important. It's always hard to find unconflicted, top-rate scholars.

JOHN CALFEE, American Enterprise Institute

visory committee meetings are apparently not very important," said Calfee, who occasionally works as a consultant to industry. "It's always hard to find unconflicted, top-rate scholars. Academics become prominent by doing research. And manufactur-

ers need consultants. So they tend to go after the best researchers."

The FDA had no comment on the study's findings but issued a statement reaffirming that its conflict-of-interest policy was working.

...erceive preservation policy is imposed in Gettysburg, the community has seen the near destruction of its once vital downtown where private businesses are being forced out. Many parts of downtown now are void of significant businesses like clothing shops or hardware stores. Most businesses in the downtown area today are restaurants and tee-shirt shops designed for the tourist industry. That's not the way for a town to build a solid economic future.

Every step of land had something from the past occur on it. But let us remember, those who fought on these fields of "hallowed ground" did so to protect our liberty, including ownership of private property. One must ask how they would react to huge government restrictions over the land now, simply because they fought there. One can envision them again taking up arms to free it from government clutches.

It's interesting to note that the recent protests demanding to remove historic statues have not been opposed by a single Heritage Area management entity. So much for actually defending our American Heritage.

The forces of Sustainable Development have no intention of honoring true American heritage. The rationale for preservation legislation is simply another excuse to hide the real goal – reorganizing human society for complete control. The American heritage of individual liberty, free enterprise, and private property isn't even in the equation.

CHAPTER SEVENTEEN

HOW THE UNITED NATIONS TARGETED YOUR MAYOR IN THE CITIES

San Francisco is the birthplace of the United Nations. On June, 5th, 2005, it was also the location for a major effort by the UN to circumvent national and state governments in order to reorganize human society. Coincidentally, the date was also World Environment Day. This time the UN was targeting mayors from all over the world to enlist them to be soldiers in the Sustainable war.

Like a scene from Michael Crichton's landmark novel *State of Fear*, all of the usual suspects, our self-appointed saviors, were there. There were UN bureaucrats seeking to increase their power and influence, NGOs with their private agendas, Hollywood celebrities acting like authorities on how Americans should rightly live, leaders of corporations seeking to help devise global regulations to kill their competition, and representatives from national and local news outlets that long ago had lost any pretense of delivering unbiased news.

They were all there. UN Secretary General Kofi Annan, along with the host committee, including San Francisco Mayor Willie Brown and Senator Diane Feinstein. Helping to host were the federal Environmental Protection Agency (EPA), and Jonathan Lash of the World Resources Institute. Walking among the crowd were actors Robert Redford and Martin Sheen. As everyone fawned over them, singer Judy Collins could be heard inspiring the gathering with her emotional lyrics. Of course to be expected were representatives from ICLEI. They had recently teamed with Robert Redford and the Mayor of Salt Lake City, Utah to form an

were the leaders of the Natural Resources Defense Council (NRDC), the anti-human, rent-a-riot, scaremonger NGO that has worked so diligently to frighten Americans about everything in our society -- from the food we eat, to the chemicals we use and the water we drink. Corporate sponsors included Federal Express, Toyota Prius and Mitsubishi International Corporation Foundation, all dedicated to capitalizing on Sustainable Development practices. They were all ready to do their dance and perform their magic tricks to influence your mayor to join their game.

As the cheerleading and drum circles faded, the gathering got down to the serious business. As part of their participation in the conference, the mayors were pressed to commit their communities to specific legislative and policy goals by signing a slate of United Nations accords. Two documents were presented for the mayors' signatures.

The first document was called the "Green Cities Declaration," a statement of principles which set the agenda for the mayors' assigned tasks. It said, in part, *"Believing as Mayors of cities around the globe, we have a unique opportunity to provide leadership to develop truly sustainable urban centers based on culturally and economically appropriate local actions."* The Declaration was amazingly bold in that it detailed exactly how the UN intends to implement a very specific agenda in every town and city in the nation. The document included lots of rhetoric about the need to curtail greenhouse gases and preserve resources. But the final line of the Green Cities Declaration was the point of the whole affair: *"Signatory cities shall work to implement the following Urban Environment Accords. Each year cities shall pick three actions to adopt as policies or laws."*

The raw meat of the agenda was outlined in detail in the second document, called the "Urban Environment Accords." The Accords included exactly 21 specific actions (as in Agenda 21) for the mayors to take, controlled by a timetable for implementation.

Here's a quick look at a few of the 21 agenda actions called for. Under the topic of energy, action item number one called for mayors to implement a policy to increase the use of "renewable" energy by 10% within seven years. Renewable energy includes solar and wind power.

Not stated in the UN documents is the fact that in order to meet the goal, a community would have to reserve thousands of acres of land to set up expensive solar panels and even more land for wind turbines. Consider that it takes a current 50 megawatt gas-fired generating plant about

two to five acres of land to produce its power, the amount of power through the use of solar panels would require at least 1,000 acres. Using windmills to generate 50 megawatts would require over 4,000 acres of land, while creating a deafening roar and chopping up birds. The cost of such "alternative" energy to the community would be vastly prohibitive, yet such unworkable ideas became the environmentally-correct order of the day that the mayors were being urged to follow.

Perhaps the most egregious action offered in the Urban Environmental Accords dealt with the topic of water. Action item number twenty called for adoption and implementation of a policy to reduce individual water consumption by 10% by 2020. Interestingly, the document begins by stating: *"Cities with potable water consumption greater than 100 liters per capita per day will adopt and implement policies to reduce consumption by 10 percent by 2015."*

There is no basis for the 100 liter figure other than employing a very clever use of numbers to lower the bar and control the debate. One must be aware that 100 liters equals about 26 gallons per person, per day. According to the UN, each person should only have 10% less than 26 gallons each day to drink, bathe, flush toilets, wash clothes, water lawns, wash dishes, cook, and more.

However, according to the U.S. Geological Survey, Americans need about 100 GALLONS per day to perform these basic functions. Consider also that there is no specific water shortage in the United States. According to the U.S. Environmental Protection Agency, annual water withdrawal across the nation is about 407 billion gallons, while consumption (including evaporation and plant use, is about 94 billion gallons. Such restrictions, as outlined in the Urban Environment Accords, are really nothing more than a dishonest campaign by the UN to control water consumption. That's why in San Francisco the nation's mayors were being pushed to impose policies to take away our free use of water. Control the water, control the people.

The rest of the Accords dealt with a variety of subjects including waste reduction, recycling, transportation, health, and nature. Perhaps the most outrageous promise of action was Action number sixteen in which the mayors were supposed to agree to: *"Every year identify three products, chemicals, or compounds that are used within your city that represents the greatest risk to human health and adopt a law to eliminate their sale and use in the city."*

ban something! What if there isn't a "chemical or compound" that poses a risk? Gotta ban something anyway!

That's not an idle threat. In the 1990s Anchorage, Alaska had some of the most pristine water in the nation. It had no pollution. Yet the federal government ordered the city to meet strict federal clean water standards that required it to remove a certain percentage of pollution from its water. It's pretty hard to comply with such regulations when the situation simply doesn't exist. But government never was built around logic. Regulations must be obeyed. In order to meet those requirements, Anchorage was forced to dump fish parts into its pristine water so that it could then clean out the required quotas of "pollution." Your city's mayor may have to ban the ink in your fountain pen to meet his quota -- and ban it he will!

What was to be each mayor's reward for destroying private property rights, increasing energy costs on less consumption, and banning something useful every year? He would get green stars! That's right. According to UN documents, if your mayor could successfully complete 8 to 11 of the prescribed 21 actions, the town would get a green star and the designation, "Local Sustainable City." Twelve to 17 actions completed would garner two green stars and the designation, "National Sustainable City." Fifteen to 18 actions completed would bring in three green stars and the title, "Regional Sustainable City." Finally, the energizer bunny mayor who completed 19 to 21 actions completed would get a full four green stars and the ultimate designation of, "Global Sustainable City." Certainly he or she would also get a plaque and get to sit at the head table at the next UN Sustainable Development conference.

Sustainable Development is truly stunning in its all encompassing reach to transform the world into feudal-like governance by making nature the central organizing principle for our economy and society. It is a scheme fueled by unsound science and discredited economics that can only lead modern society down the road to a new Dark Ages of human misery. It is a policy of banning goods and regulating and controlling human action. It is systematically implemented through the creation of non-elected visioning boards and planning commissions. There is no place in the Sustainable world for individual thought, private property or free enterprise. It is the exact opposite of the free society envisioned by this nation's founders.

They are the ones that our founders intended to have the most influence over our daily lives. If the UN succeeds in its efforts to enforce Sustainable Development policy through our mayors, the process will accelerate at an astounding rate and the willingly duped mayors will shockingly realize too late that locally-controlled government will cease to exist. But signs, adorned with green stars, will certainly greet us at every city limit line as the inhabitants, stripped of their property rights, buried under huge tax burdens, and struggling under reduced energy flow, shuffle on as their proud mayor gleams in the global limelight under the banner "think globally and act locally."

Again, the UN's meeting with the mayors took place in 2005. How have local governments responded? Following are a series of reports on the enforcement of Sustainable Development in cities across the nation.

The Cost of Freeing Drinking Water from 'Forever Chemicals'

The EPA is set to limit PFAS in drinking water to barely detectable levels. Can water utilities meet the standard?

Top: Brian Tarbuck, general manager of the Greater Augusta Utility District, at a test site for PFAS treatment in Augusta, Maine this January. Visual: Michael G. Seamans for Undark

BY CHARLES
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SITUATED IN A former sand and gravel pit just a few hundred feet from the Kennebec River in central Maine, the Riverside Station pumps half a million gallons of fresh groundwater every day. The well station processes water from two of five wells on either side of the river operated by the Greater Augusta Utility District, or GAUD, which supplies drinking water to nearly 6,000 local households. Most of them reside in Maine's state capital, Augusta, just a few miles to the south. Ordinarily, GAUD prides itself on the quality of its water supply. "You could drink it out of the ground and be perfectly safe," said Brian Tarbuck, GAUD's general manager.

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TAINTED DRUGS: ARE OUR PRESCRIPTIONS SAFE?

Several high-profile drug recalls
have rattled consumer confidence.
Here's what you need to know

Susan Haskell Maxson had just purchased a three-month refill of the blood-pressure-lowering drug valsartan in the summer of 2018 when she got a scary warning letter. The U.S. Food and Drug Administration was recalling the generic medication due to contamination with N-nitrosodimethylamine (NDMA), a chemical that may pose a cancer risk.

After her doctor switched her meds, says Maxson, 73, of Laguna Woods, California, "it took two months to stabilize my blood pressure. Now I've developed breathing problems and lung nodules. No one knows if valsartan was involved. I even called the FDA about it. I never used to think about the safety of medications before. Now I do."

Tainted blood pressure and heart failure drugs have been in the headlines in recent months. More than a thousand lots of these generic ARBs (angiotensin II receptor blockers) from roughly two dozen drugmakers were recalled between July 2018 and mid-October 2019 after unsafe levels of NDMA—as well as another probable carcinogen and a third potential carcinogen—were discovered in FDA tests. In June 2019, an independent testing lab warned of another impurity in valsartan: the probable human carcinogen dimethylformamide (DMF). To treat high

blood pressure and congestive heart failure, and to help prevent strokes, doctors wrote more than 79 million prescriptions for ARBs in 2016, according to government statistics.

Meanwhile, prescription and over-the-counter (OTC) versions of Zantac® and generic ranitidine, digestive medicines known as H2 blockers, have been recalled by some drugmakers and pulled from drugstore shelves after tests found low levels of NDMA in many of these products. In late October, five more makers of ranitidine announced voluntary recalls. So how worried should you be? Are your drugs impure?

The FDA is still investigating, but the sources of the various problems seem to be very different: In the case of ARBs, there appear to be serious issues in the manufacturing of active ingredients in the drug. Compounds in the other drug, ranitidine, seem to form NDMA as the drug is broken down in the body—a process not previously suspected.

Experts differ about what it all means for the safety of America's drugs, many of which are produced outside the U.S.

"This is a very serious problem. I think it raises a lot of potentially serious questions about the supply chain and where drugs come from," says Mark Benson, a cardiologist at Beth Israel Deaconess Medical Center

Zantac and its generic, ranitidine, were recently recalled by some drugmakers and pulled from drugstore shelves across the nation after tests found low levels of NDMA in them.

in Boston. "Physicians and patients are users in a very complicated, worldwide chain but neither group completely understands

But Caleb Alexander, M.D., codirector of Johns Hopkins Center for Drug Safety and Effectiveness, counters: "Of course you can trust generics. The recalls are highly visible and very disconcerting, but the generic supply chain is safe. These are isolated events

Leigh Purvis, director of health services research at the AARP Public Policy Institute, notes that "there is no real evidence that generics are less safe than brand-name drugs." The U.S. Food and Drug Administration is trying to harmonize inspections with other countries. We've always been very clear at AARP that the FDA should have the resources to do its job."

Here's what the experts say you should know—and do—if a drug you take has been recalled or pulled from drugstore shelves

►How can I check for a drug recall?
You may get a call, letter or email from your pharmacy or your doctor's office if a prescription drug you take has been recalled.

Dangerous Carcinogen.



**executive
summary**

**Issam Najm and
R. Rhodes Trussell**

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NDMA formation in water and wastewater

N-nitrosodimethylamine (NDMA), a probable human carcinogen, is known to be present in various foods and industrial products and has been found in the effluents of water and wastewater plants. This study was undertaken to evaluate NDMA formation during various water and wastewater treatment processes including chlorination and chloramination, ozonation, and ion exchange.

Results indicated that NDMA is a likely by-product of chloramination of drinking water and wastewater and that NDMA formation increases with increasing chloramine dose. In addition, the study showed that several ion exchange resins can leach NDMA into drinking water.

Given that NDMA is classified as a probable human carcinogen by the US Environmental Protection Agency and will likely be assigned a maximum contaminant level in the near future, water suppliers may want to rethink treatment processes that encourage NDMA formation. Utilities considering converting to chloramine as a disinfectant should seriously evaluate NDMA formation in their water under specific conditions. In addition, those water providers using strong-base anion exchange resins for inorganics removal may need to investigate whether they are releasing NDMA into their treated water. ◊

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HYDRAULIC FRACTURING FLUID ADDITIVES, MAIN COMPOUNDS, AND COMMON USES.

Additive Type	Main Compound(s)	Purpose	Common Use of Main Compound
Whitened Acid (15%)	Hydrochloric acid or muriatic acid	Help dissolve minerals and initiate cracks in the rock	Swimming pool chemical and cleaner
Toxic	Glutaraldehyde	Eliminates bacteria in the water that produce corrosive byproducts	Disinfectant; sterilize medical and dental equipment
Reducer	Ammonium persulfate	Allows a delayed break down of the gel polymer chains	Bleaching agent in detergent and hair cosmetics, manufacture of household plastics
Corrosion Inhibitor	N,N-dimethyl formamide	Prevents the corrosion of the pipe	Used in pharmaceuticals, acrylic fibers, plastics
Viscifier	Borate salts	Maintains fluid viscosity as temperature increases	Laundry detergents, hand soaps, and cosmetics
Friction Reducer	Polyacrylamide Mineral oil	Minimizes friction between the fluid and the pipe	Water treatment, soil conditioner Mold-up remover, laxatives, and candy
	Gum gum or hydroxyethyl cellulose	Thickens the water in order to suspend the sand	Cosmetics, toothpaste, sauces, baked goods, ice cream
Control	Citric acid	Prevents precipitation of metal oxides	Food additive, flavoring in food and beverages; Lemon juice ~7% Citric Acid
	Potassium chloride	Creates a brine carrier fluid	Low sodium table salt substitute
Scum Remover	Ammonium bisulfite	Removes oxygen from the water to protect the pipe from corrosion	Cosmetics, food and beverage processing, water treatment
Thrusting	Sodium or potassium carbonate	Maintains the effectiveness of other components, such as crosslinkers	Washing soda, detergents, soap, water softener, glass and ceramics
Sealant	Silica, quartz sand	Allows the fractures to remain open so the gas can escape	Drinking water filtration, play sand, concrete, brick mortar
Sealant	Ethylene glycol	Prevents scale deposits in the pipe	Automotive antifreeze, household cleaners, and de-icing agent
Sealant	Isopropanol	Used to increase the viscosity of the fracture fluid	Glass cleaner, antiperspirant, and hair color

The specific compounds used in a given fracturing operation will vary depending on company preference, water quality and site-specific characteristics of the target formation. The compounds shown above are representative of the major compounds used in hydraulic fracturing of gas shales.

Chemicals Used by Hydraulic Fracturing Companies in Pennsylvania For Surface and Hydraulic Fracturing Activities Prepared by the Department of Environmental Protection Bureau of Oil and Gas Management Compiled from Material Safety Data Sheets obtained from Industry

1,2,4-Trimethylbenzene	Glycol Ethers (includes 2BE)
1,3,5-Trimethylbenzene	Gum gum
2,2-Dibromo-3-Nitropropionamide	Hemicellulase Enzyme
2,2-Dibromo-3-Nitropropionamide	Hydrochloric Acid
2-butoxyethanol	Hydrotreated light distillate
2-Ethylhexanol	Hydrotreated Light Distilled
2-methyl-4-isothiazolin-3-one	Iron Oxide
5-chloro-2-methyl-4-isothiazolin-3-one	Isopropanol
Acetic Acid	Isopropyl Alcohol
Acetic Anhydride	Kerosene
Acid Penetrant	Magnesium Nitrate
Alcohol Ethoxylated	Mesh Sand (Crystalline Silica)
Aliphatic Acid	Methanol
Aliphatic Alcohol Polyglycol Ether	Mineral Spirits
Aluminum Oxide	Monocethanolamine
Ammonia Bifluoride	Naphthalene
Ammonia Bisulfite	Nitrotriacetamide
Ammonium chloride	Oil Mist
Ammonium Salt	Petroleum Distillate Blend
Ammonium Persulfate	Petroleum Distillates
Aromatic Hydrocarbon	Petroleum Naphtha
Aromatic Ketones	Polyethoxylated Alkanol (1)
Boric Acid	Polyethoxylated Alkanol (2)
Boric Oxide	Polyethylene Glycol Mixture
Butan-1-ol	Polysaccharide
Citric Acid	Potassium Carbonate
Crystalline Silica: Cristobalite	Potassium Chloride
Crystalline Silica: Quartz	Potassium Hydroxide
Dazomet	Prop-2-yn-1-ol
Diatomaceous Earth	Propan-2-ol
Diesel (use discontinued)	Propargyl Alcohol
Diethylbenzene	Propylene
Dodecylbenzene Sulfonic Acid	Sodium Ash
E B Butyl Cellulosolve	Sodium Bicarbonate
Ethano-1,2-diol	Sodium Chloride
Ethoxylated Alcohol	Sodium Hydroxide
Ethoxylated Alcohol	Sucrose
Ethoxylated Octylphenol	Tetramethylammonium Chloride
Ethylbenzene	Titanium Oxide
Ethylene Glycol	Toluene
Ethylhexanol	Xylene
Ferrous Sulfate Heptahydrate	
Formaldehyde	
Glutaraldehyde	

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