



# Community Contacts:



ALGOMA FAMILY SERVICE	705 848-0790
ALGOMA PUBLIC HEALTH UNIT BOB (4002) MARIE (4001)	705 848-2314
ALCOHOLICS ANONYMOUS	705 461-3150
ADSB HOUSING	1-888-326-3133 EXT231
ASSAULTED WOMEN'S HELPLINE	1-866-863-0511
CAMILIUS CENTRE	705 848-2129
CLUB 90	FAX 848-3752 TEL 705 848-2879
COMMUNITY ALCOHOL/DRUG ASSESSMENT	705 848-2314
COMMUNITY LIVING ALGOMA	705 848-2475
CONSUMER SURVIVOR INITIATIVE (BEEHIVE)	705 461-3912
EAST ALGOMA MENTAL HEALTH CLINIC	705 848-9131
ELLIOT LAKE FAMILY HEALTH TEAM	705 461-8882
COUNSELLING CENTRE OF EAST ALGOMA	705 848-2585
ELLIOT LAKE FOOD BANK	705 461-3663
HOSPITAL	705 848-7181
LEGAL CLINIC	705 461-3935
MARCH OF DIMES	705 848 4840
MOBILE CRISIS RESPONSE	1-800-721-0077
NORTH CHANNEL LITERACY COUNCIL	705 848-1661
OAKS CENTRE (DETOX)	705 461-4505
ODSP (FAX 253-2090)	1-800-825-7593 EXT 0
ONTARIO WORKS (FAX 843-0482)	705 848-7153
SUPPORTIVE INDEPENDENT LIVING (SIL)	705 461-9561
WOODLAND MÉTIS ASSOCIATION	705 848-0276
WOMEN'S CRISIS CENTRE (MAPLEGATE)	705 461-9868
ST VINCENT DE PAUL THRIFT STORE	705 461-1355
NON EMERGENCY OPP NUMBER	1-888-310-1122
CITY OF ELLIOT LAKE	705 848-2287 (PRESS 0)
ST-JOSEPH HOSPITAL	705-848-7181

# Club 90



# Stepping Stones



# RIDES AVAILABLE

IN ELLIOT LAKE  
OR  
TO SUDBURY  
OR  
SAULT STE MARIE  
(will travel to other locations)

CALL MIKE  
705-848-7326



# We are here to help!

## Michael Mantha

MPP/député Algoma-Manitoulin  
**705-461-9710**

Coffee

Sandwiches

Teas

Soups

Italian Soda Pop

Salads

Treats

## Coupon

### Kathy's Brew Haha!

Bring in this Coupon to receive a  
**HALF PRICE** soup or side salad with  
your sandwich purchase for the month  
of October!!

126 Ontario Avenue, Elliot Lake, Ontario, P5A 1Y2  
705-261-1625 kathysbrewhaha@gmail.com  
Find us on Facebooks: Kathy's Brew Haha!

**ITTECHYGUY**  
For All Your Technical Needs

**ANDRE VIAU**  
Owner

ittechyguy@gmail.com  
ittechyguy.ca  
37 Algom Rd  
Elliot Lake

(705)261-1223

# Club 90 Pool League

*Do you think you have what it takes to be Club 90's first pool champion?*

Starting mid-October, members are challenging each other in Club 90's first pool league. Games start on Thursdays between 12 and 3 p.m. The rules are simple 8 Ball rules and are clearly defined at the table. Points will be awarded to each ball sunk, and the 8 ball will be 3 points. The person with the most points at the end of the season will receive *10 meal-card and 22 coffee/pop card* valued over \$20.00. Each participant will receive a 3 meal-card for signing up. Please get a hold of Samantha @ [mhsupport@nscss.com](mailto:mhsupport@nscss.com) or by telephone 705-848-2879.



Courtesy of: Cory R.

# Happy Thanksgiving



For a few hundred years, Thanksgiving was celebrated in either late October or early November, before it was declared a national holiday in 1879. It was then, that November 6th was set aside as the official Thanksgiving holiday. But then on January 31st, 1957, Canadian Parliament announced that on the second Monday in October, Thanksgiving would be "a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed." Thanksgiving was moved to the second Monday in October because after the World Wars, Remembrance Day (November 11th) and Thanksgiving kept falling in the same week. This year Canadian Thanksgiving is October 9th. Another reason for Canadian Thanksgiving arriving earlier than its American counterpart is that Canada is geographically further north than the United States, causing the Canadian harvest season to arrive earlier than the American harvest season. And since Thanksgiving for Canadians is more about giving thanks for the harvest season than the arrival of pilgrims, it makes sense to celebrate the holiday in October. So what are the differences between Canadian and American Thanksgiving, other than the date? Not much! Both Canadians and Americans celebrate Thanksgiving with parades, family gatherings, pumpkin pie and a whole lot of turkey!

**Join us October 5th, 2017 for our FREE Thanksgiving Dinner.  
Call: 705-848-2879 for more information.**

Excerpt from: <http://www.kidzworld.com/article/2614-canadian-thanksgiving>

# Home Made Apple Bird Feeders



## What's Needed

- 2 cups Birdseed
- 2/3 cup Water
- 2 Packets Unflavored Gelatin
- 4 Apples
- 8 small screws
- Twine

## Directions

1. Bring Water to a boil, add gelatin, and stir until completely dissolved.
2. Mix the birdseed into this mixture.
3. Cut the apples in half lengthwise and hollow out the insides with a spoon or knife.
4. Fill each apple with bird seed mixture, set on a sheet pan, and put in the fridge for 1-2 hours or until firm.
5. Poke a screw into the top of each apple and tie a piece of twine to it.
6. Hang outside for all the birds to enjoy!

Directions found on: <https://www.naturalbeachliving.com/apple-birdseed-homemade-bird-feeders-kids/>



# Russian Chicken

## **INGREDIENTS**

- Chicken Breast, Legs or Thighs (Skinless)**
- 1/2 Cup Russian Dressing**
- 1/2 Cup Apricot Jam**
- 1/2 package Dry Onion Soup Mix**



## **Directions**

- Preheat oven to 350 Degrees
- Pan Fry Chicken, in oil, on each side until browned. ( About 4 minutes per side)
- Place Chicken in Casserole dish
- Mix all dressing ingredients together , than pour over chicken.
- Cook chicken for 45 Minutes or until cooked and Serve.

## Tips:

- Line Casserole dish with Tin Foil, Sauce is very sticky, wash dish immediately after it has cooled.

# October

October is the tenth month of the year in the Julian and Gregorian Calendars and the sixth month to have the length of 31 days. The eighth month in the old Roman calendar, October retained its name (from the Latin *ôctô* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans. In Ancient Rome, one of three *Mundus patet* would take place on October 5, *Meditrinalia* October 11, *Augustalia* on October 12, *October Horse* on October 15, and *Armilustrum* on October 19. These dates do not correspond to the modern Gregorian calendar. Among the Anglo-Saxons, it was known as *Winterfylleth*, because at this full moon (*fylleth*) winter was supposed to begin.[1]

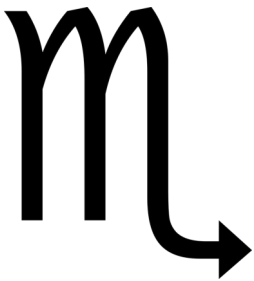
October is commonly associated with the season of autumn in the Northern hemisphere and spring in the Southern hemisphere, where it is the seasonal equivalent to April in the Northern hemisphere and vice versa.

October's birthstones are the tourmaline and opal.[27]  
Its birth flower is the calendula.[28]

The zodiac signs for this month are *Libra* (until October 22) and *Scorpio* (from October 23).

Planetary Stone: Sapphire; Lucky Charms: Opal, Sardonyx, Chrysolite; birthstone: pink Tourmaline, Opal

Planetary Stone: Garnet, Ruby; Lucky Charms: Aquamarine, Beryl



## Keep the Mind Busy !

2	4	1		8		6	
	9	3		4	2	7	
7		8					
	3	2		4		5	
			3	5			
8			2		3	7	
					4	9	
		4	1	6	8	3	
9			4		6	2	1

<http://www.websudoku.com>

**Forwards I am heavy, Backwards I am not, What am I?**

Tom

**How many months have 28 days?**

All of them

<http://www.doriddles.com/riddle-672#show>



# Who we are:

**NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.** provides community support services and activities to people living with mental health issues.



**NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.** fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.



**Come and see us...  
Monday to Friday  
9:00 am to 5:00 pm**



**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



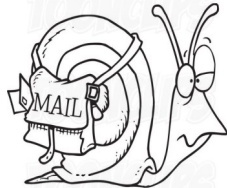
### Touch Base with us..



[www.facebook.com/nscss.club90](http://www.facebook.com/nscss.club90)  
<http://www.nscss.com/>

### Snail Mail Us at...

1 Newfoundland Walk  
Elliot Lake, ON  
P5A 1Z5  
Phone: (705) 848-2879  
Fax: (705) 848-3752



# Things you can take part in: 18

### Fall Wellness Fair:

October 14th, 2017 at Collin's Hall from 10:00am until 3:00pm  
Event is to raise awareness for health and wellness in the community.

### Elliot Lake Wildcats Home Games!

**All Games Start at 7:30pm at Centennial Arena**

#### Admission:

\$10 per game Adult, \$8 per Senior/Student, \$5 per Child

**October 5th** Espanola Express Vs. Wildcats

**October 6th** Cochrane Crunch Vs. Wildcats

**October 20th** Rayside Balfour Canadians Vs. Wildcats

**October 21st** Kirkland Lake Gold Miners Vs. Wildcats

**October 27th** French River Rapids Vs. Wildcats



### **Club 90 — Free Survivors Breakfast**

**Presentation on— NWMO: Storage of Spent Nuclear Rods**

**October 20th , 2017**

### Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for your dinner for  
\$2.00 reservation: 705-848-2879



### **Membership Council Meeting:**

When: October 26th

Where: Club 90

Time: 3:00pm

### **Club 90 Closed on...**

October 9th, Thanksgiving

# Solutions?!

We welcome your

Solutions and Questions!

Anyone can have suggestions, lets come up with Solutions!

This is your Club and we want to hear what you feel would be beneficial to maintain or improve Club 90. Submit your questions

or ideas to NSCSS Club 90 staff.

Or Email: [Supportmh@nscss.com](mailto:Supportmh@nscss.com)



## Squigly's Brain Teaser Riddle:

A detective who was mere days from cracking an international smuggling ring has suddenly gone missing. While inspecting his last-known location, you find a note: 710 57735 34 5508 51 7718 Currently there are 3 suspects: Bill, John, and Todd. Can you break the detective's code and find the criminal's name?

Bill. If you read the message upside down, you'll notice that the numbers resemble letters and that those letters form legible sentences. The message is "Bill is boss. He sells oil."

### Disclaimer

All articles reflect the

opinions of the authors and are not necessarily shared by all the

members of Club 90

Nor are they

necessarily

reflective of the

viewpoints of

North Shore Community

Support Services, INC.

Advertise in our Monthly newsletter at very reasonable rates.

For more

info. Please feel free to Contact Us

(705) 848-2879

[mhsupport@nscss.com](mailto:mhsupport@nscss.com)

Editorial Staff

Production: Sherry and Sam

Distribution: Members

Supported by: / Financé par:



Local Health Integration Network

Réseau local d'intégration des services de santé

# What is a DGR?

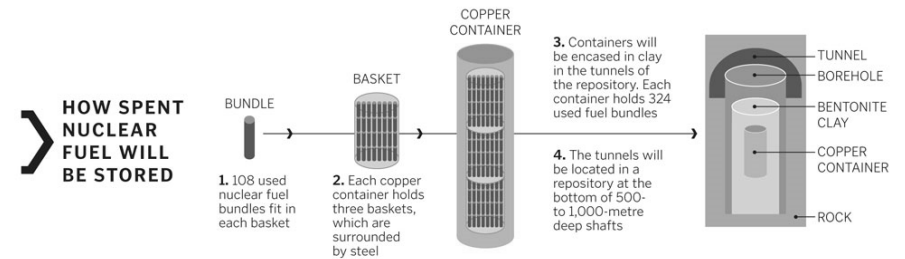
A Deep Geological Repository (DGR) is said to be one of the safest places to store low and intermediate-level nuclear waste. (Low Level Nuclear Waste: items used within a nuclear facility, E.g. Gloves, floor sweepings, clothes etc) (Intermediate-Level waste includes filters, resins and reactor components) It has been proposed that DGR's are constructed to house nuclear waste as it would safely isolate the waste deep underground. The DGR would be located 680 metres below ground (that's 130 Meters deeper than the CN Tower) in 450 million year old stable rock formations. Currently a Deep Geological Repository is up for debate for Bruce County near Kincardine Ontario. Currently there are 7 communities involved in the 'Learn More Process' as to where to house other DGR's these communities including Blind River and Elliot Lake. If a project such as this were to go through there would be a jump in employment as workers would be needed to build, and run the plant.

If you have questions or would like to learn more please do not hesitate to participate in a presentation from the NWMO Learn More Centre, on October 20th, 2017 at 10:30am taking place at Club 90, which will include a free breakfast. Please call ahead to sign up at: 705-848-2879

Information collected from :

<http://opgdgr.com/>

<https://beta.theglobeandmail.com/report-on-business/rob-magazine/inside-the-race-for-canadas-nuclear-waste/article23178848/?ref=http://www.theglobeandmail.com&>



## 7 Historical Events October

- 1, 1908** Henry Ford's Model T on sale for first time.
- 1,1979** Panama Canal Zone Handed over to Panama after 70 years of American Control.
- 4,1957** Space age began as Russians launched first satellite into orbit, Sputnik.
- 8, 1871** Great Fire of Chicago erupted.
- 8, 1940** John Lennon's Born in Liverpool, England.
- 11, 1939** Albert Einstein warned President Franklin of atomic bomb. Resulting in 'Manhattan Project'
- 13, 1792** George Washington laid cornerstone of the White House.
- 13, 1884** Greenwich established as universal time from which standard times around the world are calculated.
- 14, 1947** US Air Force Captain Chuck Yeagar became first man to break the sound barrier.
- 14, 1964** Martin Luther King Jr. youngest recipient of Nobel Peace Prize.
- 16, 1916** First birth control clinic opened in Brooklyn, New York by Margaret Sanger.
- 21, 1879** Thomas Edison successfully tested an electric incandescent lamp, keeping it lit for over 13 hours.
- 21, 1915** First transatlantic radio voice message was made by American telephone and telegraph company, From Virginia to Paris.
- 24, 1931** Chicago Gangster, Al Capone 'Scarface' sentenced to 11 years in jail for federal income tax invasion.
- 25, 1881** Pablo Picasso Born in Malaga Spain.
- 26, 1947** Hillary Clinton Born in Park Ridge, Illinois
- 27, 1904** New York Subway began running from City Hall to West 145th street, the first underground and underwater rail system in the world.
- 27, 1858** Theodore Roosevelt Born in New York City. "Speak softly and carry a big stick'
- 28, 1886** Statue of Liberty dedicated on Bedloe's Island in the New York Harbour. The Statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary war.
- 28, 1919** Prohibition began in the U.S., Sale of drinks containing more than one half of one percent of alcohol became illegal, prohibition lasted for nearly 14 years and became highly profitable for organized crime.
- 28, 1914** Dr. Jonas Salk Born in New York City, he developed a vaccine for Polio, and reduced deaths from Polio in the U.S by 95%
- 28, 1955**, Bill Gates, founder of Microsoft born in Seattle, Washington.
- 30, 1938** War of the Worlds radio Broadcast panicked millions of Americans.
- 31st** Halloween or All Hallow's Eve, an ancient celebration combining Christian festival of All Saints with Pagan autumn festivals.



## Review's by Shawn

16

### The Road so far..

### Super Natural Season 12

After Chuck / God and Amara / The Darkness reconciled (thanks in large due to the help of someone who knows a thing or two about sibling rivalry) Mary Winchester was resurrected. The reason for the events of the entire series had returned and Dean was in a state of shock. Sam, however had been shot by an operative of the British Men of Letters named Lady Antonia Bevell and kidnapped, brought to a hideout to be tortured for information on the location of other American hunters. The British Men of Letters have a perfect, decades - old streak of keeping England pure. They want to branch into the United States, and their methods are extreme and Sam AND Dean are both surprised by her knowledge of their relationships with the Demon Ruby and the devious Vampire, Benny. After a family reunion, Mary and her sons progress into an awkward family relationship due largely to Mary's inability to adapt to the digital age. Analog is all she knows and after ditching the boys, she texts once a week. Maybe. The awkward, strained relationship between Mary, Sam and Dean is the only drawback so far. Unknowingly to the Winchesters, Lady Bevell, and the mysterious Mick send an expert, Men of Letters - trained assassin named Mr. Ketch, after them.

The Men of Letters is not the only thing the Winchesters have to deal with this year - After being ripped from Castiel, Lucifer starts playing musical chairs with human bodies as the chairs. Castiel and Crowley form a LETHAL WEAPON inspired team up to hunt Lucifer, and after landing inside the strong - enough vessel of washed up Rock star Vince Vincente (Rick Springfield) Lucifer starts to have fun, burning through Vince quickly, The Morningstar corrupts Papal emissaries AND The US President. While possessing the President, Lucifer carries on a torrid affair with aid Kelly Kline, siring a Nephilim known as a Malevolent. After help from Mr. Ketch, Lucifer is apparently sent back to The Cage. After being arrested for the attempted assassination of POTUS, Sam and Dean make a desperate, last - gasp attempt to escape. When their plan succeeds, the means to their escape is revealed and events occur that will no doubt change the course of the series as we know it.

Will Mary reconcile with her sons in time to stop a major Cataclysm? And how will the Winchesters deal with sadistic torturers AND The Devil's child while also working cases that have a more "human" feel to them this year including some ghosts, new psychics and even the return of Hitler, while also tangling with vampires, werewolves and a few demons that include New Race THE PRINCES OF HELL with ties to old foe Azazel that are introduced through an amazing RESERVOIR DOGS spinoff, complete with Castiel as the Tim Roth part. Being officially renewed for a lucky Season 13, this amazing series shows no sign of slowing down and these Season 12 episodes are a MUST for EVERY SUPERNATURAL fan.





# Word Search Fun

## Halloween

R	S	K	C	I	R	T	R	U	S	B	Y	A	F	GHOST
D	G	O	B	B	L	I	N	S	E	A	N	F	Y	GOBBLINS
W	I	T	C	H	E	S	C	E	E	T	N	E	S	SPIDERS
E	Y	E	B	A	L	L	S	S	I	S	U	D	O	TREATS
B	I	M	O	O	R	B	R	R	A	O	F	I	N	TRICKS
O	C	I	L	E	A	V	E	S	I	P	Y	R	S	COSTUMES
O	W	O	C	H	I	L	D	R	E	N	O	Y	T	CANDY CORN
H	N	O	S	G	K	C	I	D	I	C	S	A	A	WITCHES
R	I	E	H	T	S	I	P	A	Y	Y	S	H	E	EYEBALLS
N	U	O	F	E	U	U	S	D	A	G	S	D	R	CHILDREN
M	S	Y	A	R	D	M	N	T	E	O	L	S	T	SCAREY
T	C	R	L	O	B	A	E	Y	E	R	A	C	S	FUNNY
R	H	E	L	H	C	T	H	S	S	E	R	E	O	BOO
C	W	S	R	C	L	S	L	D	N	F	O	I	L	BATS
														FALL
														LEAVES
														BROOM
														HAY RIDE

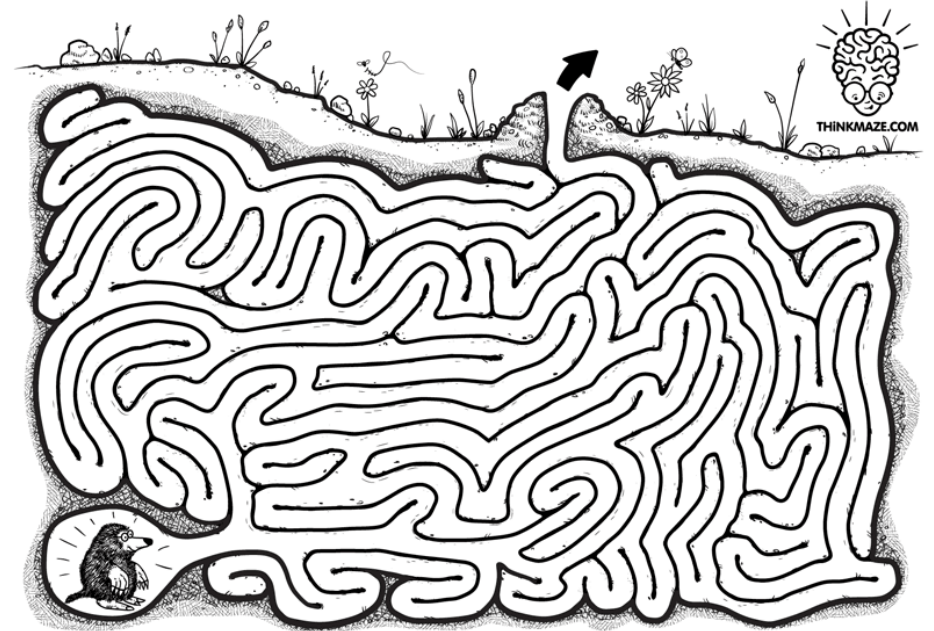
Created on thewordsearch.com



Punny of the month:



A bicycle can't stand on its own because it is two-tired.





# Carol Hughes

**MP/Députée**  
Algoma-Manitoulin-Kapuskasing

My office can help you with:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors - CPP, OAS, GIS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

1-855-297-4200  
1-705-848-8080  
carol.hughes@parl.gc.ca

NDP NPD

## E Scooters Bikes & More Company and Bike Review:



James bought his brand new, EMMO Monster 2017 E-Bike from E Scooters, Bikes and More! His experience with the company was a great one, 'They offer many different types of bikes, and they are cheap, under \$3,000! The best part is you don't need a licence or insurance to drive them! The company also has great customer service.'

The model of bike that James got can go up to 32km/hr, offers storage options and also has a MP3 player and radio built in.

James says that from buying his new E-Bike it gives him more access to the community and allows him to do his groceries and get around a lot easier than before.

**Remember if you drive an E-Bike to follows the rules of the road, wear a helmet, and be aware.**

Review Curtesy of: James F

## Affordable Access Card

*Need a cheaper solution to your bus pass needs?*

*You may qualify!*

You will need your notice of assessment, or 2016 income tax statement, proof of address and photo ID.

The Affordable access card allows you to have reduced rates for a bus pass and other city services.

Call and book an appointment at:

705-848-2287 EXT:2120



## Meditation Minute

### Dissolve a thought!

Breathe in deeply through your nose (1-2-3-4)  
 Breath out fully through your mouth (1-2-3-4)  
 Imagine that each thought you have is a cloud the forms above your head.  
 As you breath in (1-2-3-4) notice this cloud.  
 As you breath out (1-2-3-4) let the cloud dissolve.  
 Repeat with a new thought.



### Magnetic Hands!

Breathe in deeply through your nose (1-2-3-4)  
 Breath out fully through your mouth (1-2-3-4)  
 Put your hands in front of you shoulder width apart and palms facing each other.  
 Pretend there is a magnet that is slowly drawing your palms together.  
 Bring your palms very, very close until they almost touch. Then slowly bring your palms back out again.  
 Keep breathing, Repeat.



## Mental Illness Awareness Week October 1st-7th 2017

Mental Illness Awareness Week began in 1992 by the Canadian Psychiatric Association, and is now being coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) along with its member organizations and other supports across the country.

Mental Illness Awareness week is an annual campaign that is designed to help open the eyes of Canadians to the reality of mental illness. Mental Illness Awareness Week uses many initiatives one being the Faces of Mental Illness campaign which features stories of Canadians living in recovery from their mental illness, Mental Illness Awareness week works to raise awareness and help to end the stigma associate to mental illness.



# Did You Know?

## 10 Ingredients You Definitely Do Not Want in Your Skin Care

Every once in a while, I get the urge to walk into a convenience store and nonchalantly browse the skin care aisles. I pick up a plastic bottle with some pseudo-fancy label claiming to have discovered a purer form of collagen or some advanced wrinkle-eraser ingredient. I put myself in the shoes of the consumer and think, "I'm sold!"

But these companies don't fool me.

### 1. Phenoxyethanol

Phenoxyethanol is commonly used in a variety of skin care products ranging from facial and body cleansers to moisturizers and make up. Several studies demonstrate this preservative shows toxic effects to the body in moderate concentrations. These effects include:

reproductive and developmental complications, contact dermatitis (skin irritation), damage to the brain and nervous system, Japan recently banned the use of phenoxyethanol in all cosmetics, while most other countries have limited its use to 1% concentration. Is it just me, or does the U.S. always seem a bit behind?

### 2. Aluminum

Some studies have linked aluminum to Alzheimer's disease, though recent research has cast doubt on the connection. Other studies have indicated that aluminum may be linked to breast cancer and other brain disorders. Aluminum, in the form of powder, is used in self-care products such as antiperspirant deodorants. Aluminum is unequivocally a neurotoxin. It can cause irritation to the skin, it's an endocrine disruptor, and it causes birth disorders in animals.

### 3. Formaldehyde

Formaldehyde is a known human carcinogen linked to leukemia, pancreatic and skin cancer, skin irritation, and cirrhosis. It is typically found in nail polish, eyelash glue, and hair smoothing and straightening products like the popular Brazilian Blowout treatment. This chemical is a little more inconspicuous, meaning that it's not often listed on a product label, but rather "released" from preservatives. These preservatives include: DMDM hydantoin, Imidazolidinyl urea, Diazolidinyl urea, Quaternium-15, Bronopol, 5-Bromo-5-nitro-1, Hydroxymethylglycinate. If any of these chemicals are listed on the label, avoid the product.

### 4. Tetrasodium EDTA

Previously discussed in one of our Ingredient Watch List articles, tetrasodium EDTA is circling back around. Keep a look out for this chelating agent, which is cytotoxic and genotoxic. Clinical tests show that tetrasodium EDTA increases the penetration of other chemicals. This is concerning, as this chemical is often contained in formulas with other ingredients that are deemed unsafe. I'd say put the product back on the shelf if you spot this ingredient on the label.

### 5. Dioxins

Belonging to the "dirty dozen" list of dangerous chemicals, dioxins are of high concern. Existing in the food chain as environmental pollutants, dioxins have made their way into many skin care products. Because they are persistent compounds, they linger inside of our body for long periods of time. According to the EWG's Skin Deep Cosmetic Database, dioxins are known endocrine disruptors, strongly linked to cancer and toxic to the organ system and human development. Dioxins will not be listed on a label, but are often contained in antibacterial agents such as triclosan, PEGs and sodium laureth sulfate. Dioxins are also found in non-organic tampons, as most conventional cotton is genetically engineered, sprayed with pesticides, and treated with bleach. Ladies, next time you're having "moon-time," phase out the conventional tampons and look for organic cotton instead, or try some other comparable alternatives.

### 6. Toluene

Toluene is often used in glues, adhesives, chemical detergents, dyes, paint and paint thinners, plastics and many other industrial substances. Why would we want that in our skin care? Look out for this shady chemical also hiding under the names: benzene, methylbenzene, toluol and phenylmethane. You may see it in nail polish or hair coloring products. Read more about toluene's toxic effects here.

### 7. Triethanolamine (TEA)

There's tea (a nice herbal blend steeped in warm water), and then there's TEA. These two are not to be confused, and we much prefer the first. TEA is a fragrance ingredient, pH adjuster, surfactant, and emulsifier. It's found in soaps, hair care, lotions, make up, perfumes and sunscreens. The health concerns include cancer, organ system toxicity, allergic reactions and bioaccumulation in the skin. Animal studies also show that even at low doses applied topically, it was linked with cell mutation. Look for it under other names like DEA and MEA on the labels, too.

### 8. Para-aminobenzoic acid (PABA)

PABA is one of those dated ingredients, but it's an important one to keep a lookout for, as it's still out there in the world of sun protection. PABA is not known to wreak havoc in our bodies like other chemical UV blockers such as oxybenzone, but it raises a red flag for allergic reactions. There have been several reports on the high percentage of people using PABA on their skin who have experienced allergic contact dermatitis as well as photocontact dermatitis.

### 9. Plastics

It seems that over 90% of conventional skin care products are packaged in plastic these days. What's up with that? Would you grow an organic garden in the middle of a petroleum plant, and enjoy eating from it. I feel the same about skin care. If you spend all this time creating a beautiful product with organic plants, herbs and high-quality ingredients, wouldn't you want to store it in something that protects the integrity of the formula? Glass is the best option for storing skin care, but do remember to still read the labels, as even the "top-shelf, high-end" skin care products packaged in glass are filled with chemicals. Hey, being an ingredient investigator is fun, and your skin will thank you.

### 10. DEET

Because it's summer time, I believe it's appropriate to tap on this potentially harmful chemical. DEET (N,N-Diethyl-meta-toluamide) is considered to be a neurotoxin, although more extensive research is required to prove this. Some studies have suggested that formulas containing concentrations over 30% are toxic. Long-term and heavy exposure to DEET caused brain cell death and behavioral changes in rats, which is why manufacturers recommend you avoid spraying it on your face or inhaling it while applying.

**Disclaimer: The information contained on this site is general in nature and for informational purposes. It is not meant to substitute for the advice. By: Abby Jean, Submitted by: M.G**