Institute for Environmental Solutions

SCIENTIFIC SOLUTIONS FOR A BETTER ENVIRONMENT

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Trees Improve Mood and Reduce Mental Fatigue

Nature is vital to a healthy human habitat. Trees are an important part of both the natural and built environment. Our direct experience of the environment affects us socially and psychologically. Scientific studies suggest that time spent in natural environments may reduce mental fatigue and improve a person's mood and one's capacity to function at work. Exposure to tree-filled environments can improve concentration and alertness and foster optimism. IES's Trees for a Healthy Community and Environment project being planned in central Broomfield will investigate potential social benefits of trees, in addition to environmental and economic benefits. More information: Melissa Webb, melwebb25@i4es.org.

CEC Project Report at the Colorado Watersheds Conference

IES's Executive Director, Carol Lyons, returned to the Sustaining Colorado Watersheds Conference this October in Avon to share IES's recent Contaminants of Emerging Concern (CEC) project updates and accomplishments. In her presentation "Eliminating Emerging Contaminants Upstream: Education and Prevention," Carol presented the results of the 2009-2010 CEC Pilot Program in Golden at the session on "What's in the Water" moderated by Laurie Rink. Rink had moderated the similar session at the 2009 conference where Carol presented IES's plans for the CEC pilot project. Participants were excited to learn about what worked and what did not work in IES's education and outreach efforts in Golden. Carol and IES Associate Janice Ward met many Colorado colleagues who are tackling comparable challenges in educating people about the environment to foster sustainable behavior. Thanks to the organizers, Colorado Watershed Assembly, Colorado Foundation for Water Education, and Colorado Riparian Association, the conference was successful in expanding collaboration among hundreds of professionals who care about Colorado water. More information and a copy of IES's conference presentation: Carol@i4es.org.

New Concerns about Health Effects of BPA

Exposure to Bisphenol A (BPA) of pregnant women can cause aggression, anxiety, and hyperactivity in the female offspring during the toddler stage, according to a new study. BPA, a suspected endocrine-disrupting compound used in plastic bottles and metal liners of food and beverage cans, has been detected in human blood and urine. Prenatal BPA exposure in pregnant mothers may be negatively impact the growing fetus. Scientists evaluated 244 mothers and found that the higher the level of BPA detected in the mother's urine

during pregnancy, the more pronounced the behavioral problems in the girls. Male offspring did not show similar behaviors as a result of BPA exposure. The study's authors hypothesize that the endocrine disrupting nature of BPA may be masculinizing the female fetus during development. The CEC Project team has developed safe and simple strategies to reduce your exposure to contaminants such as BPA: choose non-toxic alternatives and adopt habits to reduce your use. Please visit www.i4es.org/emerging.php to learn more.

Chemical Footprint Calculator in the Works

The CEC Project team is developing an educational chemical footprint calculator that allows individuals to input information about everyday household product use and receive personalized feedback about the potential health risks and environmental degradation caused from their behavior, their "chemical footprint". The calculator will provide users with a letter grade from A to F based on product choice and use. Users will receive information to help reduce their chemical footprint, including safer product alternatives for personal care and household products, information about harmful chemicals to watch out for, and links to educational information about the dangers of CECs. The goal of the calculator is to motivate individuals to reduce their "chemical footprint" by purchasing safer products, making products from scratch, and reducing use of products that contain CECs. IES graduate intern, Ari Scott, completed the calculator as part of his Master's Degree in Digital Media at the University of Denver. IES is looking for a website design graduate intern to advance the Chemical Footprint website. More information: Carol@i4es.org.

Donate to IES on Colorado Gives Day! – Tuesday, December 6, 2011

Donate to IES on this day and help us build a healthier environment. For 24 hours beginning at 12:01 am on Tuesday, December 6, a Colorado Gives Day Fund will add to every dollar donated to IES, which means that your contribution goes even further! Make your tax-deductible donation to IES by going to www.GivingFirst.org/i4es on Colorado Gives Day to support a better environment for all Coloradoans. The first five donors to give $500 or more to IES on Colorado Gives Day will receive two free Eldora Mountain Resort adult ski tickets, while helping IES earn more money! More information: Amory Ledyard, Amory.Ledyard@i4es.org.

Calling All Colorado State and Denver Area Federal Employees!

IES is proud to participate in the 2011-2012 Denver Area Combined Federal Campaign (CFC) and the Colorado Combined Campaign (CCC). These work place giving campaigns provide federal and state government employees the opportunity to donate to IES with a one-time donation or via payroll deduction. Support a better environment in Colorado. Please designate your 2011-12 charitable contributions to IES! More information: Amory Ledyard, Amory.Ledyard@i4es.org

- IES's CCC code: 1346
- IES's CFC code: 36573

Institute Associates and Graduate Interns Join IES Teams and Advance Project Goals

IES welcomes three new Institute Associates (Tony Konowal, Brian Kelly, and Shannon Oliver) and seven graduate interns (Patrick DePriest, Colette Crouse, Melissa Webb, Fan Gui, Amy Laughlin, Duncan Moll, and Michael Rafa) to The Tree Project and the CEC Project teams. These enthusiastic volunteers are working on all aspects of the IES projects. Resumes and photos are posted at the IES website, www.i4es.org/associates.html and www.i4es.org/interns.html.

IES Board of Directors Welcomes New Member

The IES Board of Directors elected Laurie Manderino this September. Manderino specializes in environmental policy and finance, with clients including EPA, DoD, State of Colorado, US Agency for International Development (USAID), municipalities, and the private sector. She recently spent five years managing international development projects in Africa, and is completing a Ph.D. at the University of Colorado Denver.

If you value IES's important work and are interested in advancing practical solutions to environmental problems, please lend your support and consider joining the IES Board of Directors. Contact IES Vice-President Kristen Bertuglia at KBertuglia@vailgov.com for a position description and application.

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