



BOARD OF HEALTH

TOWN OF WESTBOROUGH MASSACHUSETTS

FORBES MUNICIPAL BUILDING
45 WEST MAIN STREET, SUITE 25
WESTBOROUGH, MA 01581-1916

TEL. (508) 366-3045
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BOARD OF HEALTH MONTHLY MEETING

Tuesday
January 20, 2015
Central One Federal Credit Union, 2nd Floor
40 South Street
5:30 p.m.

AGENDA

1. Minutes of Meetings (November 18, 2014 & December 5, 2014)
2. Director's Reports (November & December)
3. Sanitarian's Reports (November & December)
4. Health Inspector's Reports (November & December)
5. Old Business
 - A. Scott Knox - Wayside Mobil Park - 5:45 pm
 - B. Mayuri Indian Cuisine- Discussion - 6:10 pm
6. New Business
 - A. Denise Ward - Discussion - 6:25 pm
7. Director's Issues
8. Adjournment



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Minutes of Board of Health Meeting January 20, 2015

The regular Board of Health meeting was held on Tuesday, January 20, 2015, in the Community Room at the Central One Federal Credit Union, 40 South Street. The meeting was called to order at 5:35 pm. by Acting Chairman Ehrlich. Present: Member Walsh, Director Baccari, Sanitarian Gauthier and Inspector Gilchrist. Absent: Federici

Minutes of the meeting held on November 18, 2014, were approved.

Director's reports (Nov. & Dec.) were discussed and approved.

Sanitarian's reports (Nov. & Dec.) were discussed and approved.

Health Inspector's reports including part-time Health Inspector (Nov. & Dec.) were discussed and approved.

Old Business

At 5:45 p.m., the Board met with Scott Knox, President of the Board of Directors of the Turnpike Park Cooperative, for an update on the progress of the trailer park's connection to town sewer. Northboro Septic Service is interested in doing the whole project that includes both sewer and water. They're expecting final figures from Northboro Septic in a few days and plan to meet with their engineers next week. The plan is to start the project in the spring.

Director Baccari expressed concern regarding the Cooperative's ability to secure funding for the entire project.

Acting Chairman Ehrlich said if there is no sign of progress with this project by the BOH's March meeting, the Board will be discussing receivership.

Director Baccari said the Town is currently without a Town Counsel and the Board will be requesting legal counsel if they decide to pursue receivership.

The Town Engineer will be asked to attend the February meeting; Mr. Knox will return for the February meeting with an update.

Mayuri Indian Cuisine - Discussion

The food consultant's latest report that was emailed on Friday, January 16th was discussed. Pictures taken by the consultant were also submitted with the report. The consultant was hired by the owners of Mayuri after they were placed on a six-month probation and she has worked as their consultant for the last six months. She won't go back. The owners have not been present for the last three inspections and there has been a lack of accountability and communication with the owners. Inspections conducted by the Sanitarian and Health Inspector continue to find many violations. An inspection is scheduled for next

week. Member Walsh suggested shutting them down, not allowing them to open until everything is fixed, and charging them a reinspection fee. That would be more drastic than just charging them a fine. Acting Chairman Ehrlich said if the next inspection is bad, have the owners in for an administrative meeting and discuss with them the seriousness of the situation. He is concerned with this on-going behavior.

New Business

Denise Ward – Discussion - 6:25

The Board prepared to meet with Westborough resident, Denise Ward, 2 Treetop Park. She has concerns with Westborough's use of fluoride in the Town water supply. Prior to the meeting, she sent the board members an email that included a video on fluoride. She expressed her concerns and considers the use of fluoridation a serious matter.

Acting Chairman Ehrlich said he has done his own research and a number of studies indicate that the amount of fluoride in water is too small to cause significant problems in the majority of the population. Typically the arguments regarding fluoridation come down to personal choice rather than the benefits to public health.

Acting Chairman Ehrlich noted that no action will be taken at this meeting; this was for discussion only.

Member Walsh said he is unlikely to change what the Board has been doing for awhile unless there was a grass-roots demand from the residents.

Director's Issues

The number of TB cases has exhausted the budget used to handle the state-mandated follow-up requirement. Director Baccari has requested a transfer of funds (\$3,000) from the Finance Committee.

A current state statute requires all restaurants and food establishments with 25 seats or more to have at least one staff member trained in choke saving methods. The Target in Westborough has a Starbucks Coffee that is considered a food establishment. Starbucks employees are also Target employees; they are not trained in choke saving methods. There are some Target employees trained in choke saving but they do not work in the Starbucks. The BOH staff wants to force Target to train the employees who work in the Starbucks. Director Baccari will contact local boards of health to see how they interpret the choke saving requirement and how the requirement is regulated.

Selectman George Barrette has suggested the Board of Health inspect kennels once a year. He plans to submit a draft of his proposed regulation to the Board shortly.

There being no further business, the meeting adjourned at 7:05 p.m.

The next meeting will be held Tuesday, February 17, 2015.

Respectfully submitted,

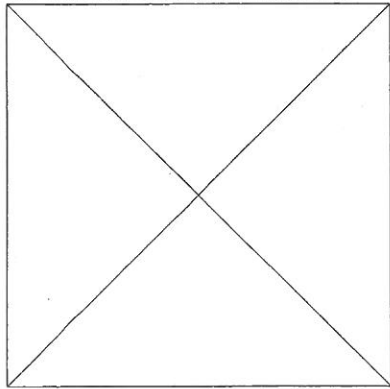

Kathleen Smith

January 9, 2015

Dear Westborough Board of Health members,

My name is Denise Ward, a Westboro resident since 2001 where my son, Emerson attended the Westboro middle and high schools. I will be attending the board meeting on January 20th to speak to you about fluoride in the Westboro water supply. I know your time is valuable and so immediately below, I have provided a short 12-minute video which explains the subject in a simple manner as well as being a thorough overview. Below that again, are some points which happen to concern me greatly and that I am hoping you don't already know about. If you did, you'd be very concerned too, and would have surely called for change of the status quo. Much of these paragraphs below are already mentioned in the 12-minute video but are brief summaries to give a quick idea of the seriousness of ingesting fluoride and the other side to the narrow and false view that ingesting fluoride lowers dental cavities.

12-Minute video on fluoride:



Points for you to consider :

- 50% of ingested fluoride is deposited in the bones of children and 10% in the bones of adults.
- Part of the problem is that it's an accumulative toxin that, over time, can lead to significant health problems that are not immediately linked to fluoride over-exposure.
- The fluoride added to water programs is not a naturally-occurring compound. It is fluorosilicic acid a corrosive substance captured from the air pollution scrubber devices of the phosphate fertilizer industry. They need to be captured because fluoride gases are hazardous air pollutants that if released into the air cause severe environmental harm.
- Only calcium fluoride occurs naturally in water, and it has never been used for fluoridation.
- Fluoride falls into the same high toxicity range as lead, and, like lead, fluoride is an accumulative poison.
- Industrial waste (sodium fluoride) is 85 times more toxic than natural calcium fluoride. Both of them contain fluoride, but they are totally different compounds.

- Sodium fluoride or silicofluorides, are industrial products never found in natural water or in organisms. They are, furthermore, notoriously toxic, sufficiently so to be used as rat poison or insecticide. Calcium fluoride, on the other hand, which is the form commonly found in natural waters, is not toxic enough for such uses.
- Fluoride is the only drug that is a forced method of medication with no control of dosing.
- Fluoridation of water is medication and denies citizens the right to choose.
- Fluoride's predominant effect is not by ingestion but by its topical application. Therefore by fluoridating the water, we are adding a medicine that doesn't need to be swallowed.
- Dialysis patients suffer from bone damage with fluoridated water. Dialysis centers now filter fluoride out.
- The ADA recommends that fluoride prescriptions should not be given to infants under 6 months of age. One cup of fluoridated water for children 6 months to 3 years is equal to one day's dose of the supplement controlled dose.
- Despite decades of fluoridation, rates of dental disease have actually gone up in under privileged groups like Hispanics and African American communities.
- Today there is a great deal of scientific agreement that ingested fluoride does not reduce tooth decay. The largest study of tooth decay in America, by the U.S. National Institute of Dental Research in 1986-1987, showed that there was no significant difference in the decay rates of 39,207 fluoridated, partially fluoridated, and non-fluoridated children, ages 5 to 17, surveyed in the 84-city study. The study cost the U.S. taxpayers \$3,670,000, yet very few Americans are aware the study was ever performed. (See 1-5: "New studies cast doubt on fluoridation benefits." Bette Hileman, Chemical & Engineering News, Vol. 67, No. 19, May 8, 1989).
- We need real dental care not fluoridated water.
- Effects on the brain, Huffington Post article:
http://www.huffingtonpost.com/dr-mercola/fluoride_b_2479833.html
- Rats exposed to 1 ppm (50 Smol/L) of water-fluoride for one year showed morphological alterations in the brain and increased levels of aluminum in brain tissue compared with controls.
- High levels of naturally-occurring fluoride can be present in water (this can also happen to other natural substances like arsenic). The vast majority of fluoride found in natural surface water like in rivers and lakes, is far lower than fluoride found in fluoridation programs. In the rare circumstances where a river or pond has the same fluoride levels as is added to fluoridation programs, studies have found that salmon and frogs suffer from bone disease, changes in behavior and shorter life span.

- There is no way, short of taking a bone sample, to unequivocally determine one's cumulative exposure to fluoride. It isn't possible to remove fluoride from the body as can be done for lead and other heavy metals. But "if you stop exposure, it will very gradually come out of the bone," committee member Thomas Webster of Boston University said.
- The National Institute of Health is the major funder of research in this country.
- Fluoride causes toxicity. Change is going to be embarrassing. We may be causing many of the health problems we are encountering today from the delayed effects of fluoridated water.
- If not dumped in our public water supplies, these silicofluorides would have to be neutralized at the highest rated hazardous waste facility at a cost of \$1.40 per gallon. The cost could increase, depending on how much cadmium, lead, uranium, and arsenic are also present. The silicofluorides still contain these heavy metals, and other pollutants, when they are dumped into our water systems. According to Dr. Ludwig Gross, even if these pollutants are so dilute that they meet current regulatory standards, concerns remain about synergistic effects and the toxicity of both the silicofluoride ion and the bare fluoride ion itself.
- "Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain," Grandjean says. "The effect of each toxicant may seem small, but the combined damage on a population scale can be serious, especially because the brain power of the next generation is crucial to all of us."
From "Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis":
<http://ehp.niehs.nih.gov/wp-content/uploads/2012/09/ehp.1104912.pdf>

By-the-way, it is very difficult to imagine you do not know about fluoride's toxicity when the information has been around for a while. Having the knowledge and continuing to allow poisons into the water is a serious crime against the residents of whom you have been entrusted. I realize it is done all over the country but that does not make it right. However, even if that may be the case, sad as it is, you always have the opportunity to choose otherwise and reverse the policy of continuing to fluoridate the water in Westboro. That is what I hope to convince you to do. I understand it takes going out on a limb against the regular way things are done, which can be awkward. However because this is such a serious matter, we must find the courage and acknowledge that, though mistakes were made in the past, everything will be done in the present to rectify them. This would restore faith in each other and alleviate the guilt of responsibility for such a mistake. I ask you to search your conscience and open your mind to the other side of the fluoridation argument you may have heretofore dismissed.

Yours sincerely,

Denise Ward

2 Treetop Park
Westborough MA 01581