



## Should You Care About Hydrofracking?

### What is Hydrofracking?

Hydrofracking is a way of drilling for natural gas deposits deep underground. In this process large volumes of water combined with chemicals are pumped down wells at extremely high volumes causing fissures to open up in the rock below from which natural gas can be collected. Due to a New York State executive order, hydrofracking is banned in this state up until the end of this month (June 2010). However, after this point it is a matter of debate over which our citizens and elected officials are currently engaged in.



### Health Concerns

The primary health concerns raised by hydrofracking are its effect on the area's drinking water/soil and the waste it produces. Many have voiced fears that the chemicals used in the process will contaminate the water supply of New York State. They point to incidents like the one in Pennsylvania on April 19<sup>th</sup> in which a "blowout" at a hydrofracking well caused the contamination of private water supplies. Furthermore, there seems to be no plan to deal with the waste the process creates which, according to the New

York Department of Environmental Conservation, is **radioactive** (White et al., 2011).

### Express Yourself

If you would like to voice your opinion to your elected officials or are not sure who your elected officials are check out the following links:

Find Your New York State Assembly Member at <http://assembly.state.ny.us/mem/>

Find Your New York State Senate Member at [http://www.nysenate.gov/contact\\_form](http://www.nysenate.gov/contact_form)

Sources:

White, Jeremy; Park, Haeyoun; Urbina, Ian; and Palmer, Griff (2011). Toxic Contamination From Natural Gas Wells. [www.nytimes.com](http://www.nytimes.com)  
Available: <http://www.nytimes.com/interactive/2011/02/27/us/natural-gas-map.html>

### Healthy Transformations Book of the Month:

The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them

By Susan Allport

"An interesting and comprehensive account of the history of omega-3 fatty acids. It not only provides a clearly reasoned case for the benefits of having more omega-3 fatty acids in the diet, but also offers practical advice about how to add these fats to our diet." -Nature

Thanks to Kim Thompson of Healthy Transformations



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