From: Rick North
To: Council Clerk – Testimony
Subject: RE: Request for communication to city council
Date: Wednesday, December 2, 2020 3:56:51 PM

Tristan – OK, sounds good. I'll have the slides to you by the 8th and then wait to hear back from you on the procedures for the 16th.

Thanks again –

Rick

From: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Sent: Wednesday, December 2, 2020 3:34 PM
To: hrnorth@hevanet.com; Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Subject: RE: Request for communication to city council

Hi Rick,

The deadline to submit any material will be Tuesday, December 8th at noon.
I believe you will be granted the ability to share your screen, but I will confirm this and provide a definitive answer once you submit your material. Thanks!

Tristan Sakamoto

From: Rick North <hrnorth@hevanet.com>
Sent: Wednesday, December 2, 2020 2:34 PM
To: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Subject: RE: Request for communication to city council

Tristan – That's great, thank you. And I'll be sure to get the slides to you well in advance of the 16th. If you have a deadline date, please let me know.

Also, just a procedural question for that day. Since you'll have the slides in advance, do you show them, i.e. I just say "Next slide," and you display them, or do I screen share directly from my home office?

Rick

From: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Sent: Wednesday, December 2, 2020 2:14 PM
To: hrnorth@hevanet.com; Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Subject: RE: Request for communication to city council

Hi Rick,

Yes, you may share your material. Please send the slides you would like to share to allow us to review and ensure they are shared with council. Thanks.

You have been confirmed for December 16th at 9:30am.
Council meetings are being held virtually, so you will receive an email with information about how to join the meeting using your phone or the internet. You will receive this email next week. The Council meeting will start at 9:30 am. Let me know if you have any questions.
Tristan

From: Rick North <hrnorth@hevanet.com>
Sent: Wednesday, December 2, 2020 2:07 PM
To: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Subject: RE: Request for communication to city council

Tristan – Thank you for your prompt response. Yes, I'd like to reserve a slot for the 16th. My zip code is 97224. Could I request a chance to screen share a few Power Point slides?

Rick

From: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Sent: Wednesday, December 2, 2020 10:38 AM
To: hrnorth@hevanet.com
Subject: RE: Request for communication to city council

Hi Rick,

The council offers public communications at the beginning of each council meeting. There are five spots available at each meeting for members of the community to speak on a topic of their choosing for 3 minutes, uninterrupted.

The next available dates for communications is Wednesday, December 16th . The meeting begins promptly at 9:30am and that is when you would be addressing the council, by video. If you would like to reserve this date, please provide a zip code.

Tristan Sakamoto

From: McClymont, Keelan <Keelan.McClymont@portlandoregon.gov>
Sent: Wednesday, December 2, 2020 9:17 AM
To: Council Clerk – Testimony <CCTestimony@portlandoregon.gov>
Subject: FW: Request for communication to city council

From: Rick North <hrnorth@hevanet.com>
Sent: Wednesday, December 2, 2020 9:15 AM
To: McClymont, Keelan <Keelan.McClymont@portlandoregon.gov>
Subject: Request for communication to city council

Keelan – I would like to request a 3-minute communication to city council for the next available slot. The subject is water fluoridation. My contact information is:

503-968-1520
503-706-0352 – c
hrnorth@hevanet.com

If you could let me know when this would be as soon as possible, I'd appreciate it. Thank you –

Rick North

983

Request of Rick North to address Council regarding water fluoridation (Communication)

December 16, 2020

Placed on File

Filed: December 8, 2020

MARY HULL CABALLERO
Auditor of the City of Portland

By Tristan R Sakamoto Digitally signed by Tristan R Sakamoto Date: 2020.12.08 12:31:00 -08'00'
Deputy

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Fritz		
2. Ryan		
3. Hardesty		
4. Eudaly		
Wheeler		

WATER FLUORIDATION
WHAT YOU NEED TO KNOW

Rick North

Portland City Council

December 16, 2020

MY BACKGROUND

Non-profit health management

- American Cancer Society – 21 years; OR CEO last 5
- Oregon Physicians for Social Responsibility – 7 years

Favored fluoridation most of my life

Reviewed science and history – changed my mind – substantial evidence of several harmful effects – fluorosis, lowered thyroid function, kidney, diabetes

Neurotoxicity (brain damage)

- Significantly lowered IQs in children or increased ADHD rates – many at levels in fluoridated water

- 2020 National Toxicology Program review: 19 out of 20 highest quality studies found adverse health effects

IS IT SAFE? NO – JUST ONE EXAMPLE

"New evidence suggests that fluoride is toxic to the developing brain at levels routinely found in the general population." – Linda Birnbaum, PhD, Former director of National Toxicology Program

"IQ losses associated with community water fluoridation are substantial and of significant public health concern." – Philippe Grandjean, MD, Harvard School of Public Health, editor of *Environmental Health*, author of 500 studies

"I would not want my wife to drink fluoridated water" if she were pregnant – **Dimitri Christakis, MD**, pediatrician, editor of JAMA Pediatrics

THE EXPERTS SPEAK OUT

THE FEDERAL LAWSUIT AGAINST THE EPA

- ***Food and Water Watch et al vs. Environmental Protection Agency***
- **Decision expected by mid-2021**
- **Judge Edward Chen: "There is serious evidence here" of fluoridation's neurotoxicity and EPA should "take a second look"**

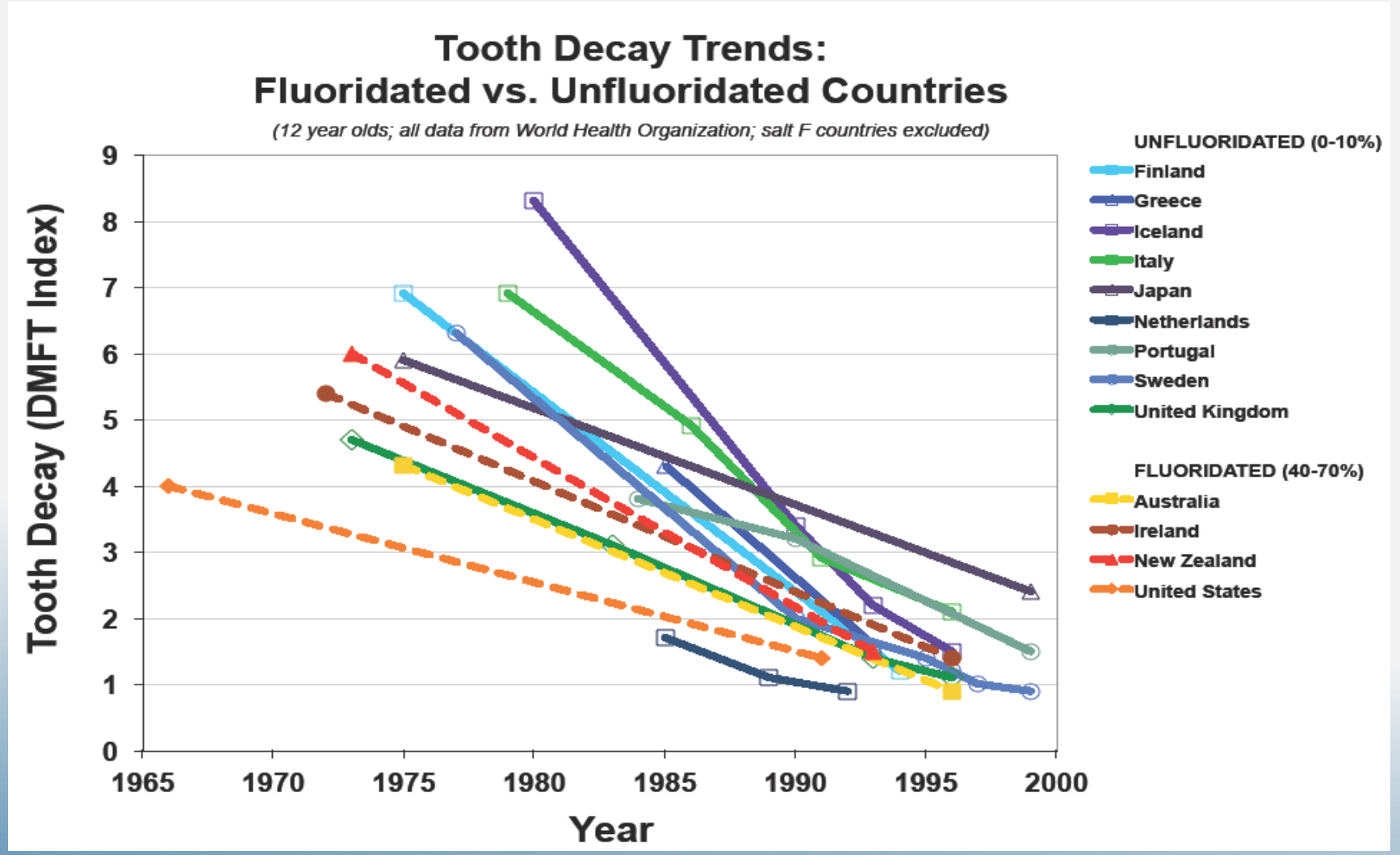
A social justice issue

- • Low-income families use more infant formula, linked to lower IQ's when mixed with F water
- • Low-income families can't afford expensive filters or bottled water to avoid fluoridated water
- *They have no choice*.

IS IT ETHICAL? NO

IS IT EFFECTIVE?

- Consensus: effectiveness mainly topical, not swallowed
- Fluoridation estimates ≤ 25% reduction
- 25% reduction = 0.5 cavity per child in permanent teeth



IS IT EFFECTIVE? WHO DATA

RESPECT THE SCIENCE: EVIDENCE KEEPS GROWING

GOVERNMENGOVT SAFGFTY

Substance	Introduced	Banned
DDT	1939	1972
Asbestos	1890	1973
Leaded gas	1924	1996
DES	1940	1975

RESPECT THE HISTORY: GOV'T. SAFETY REGULATIONS LAG BEHIND SCIENCE - SAME FOR FLUORIDATION

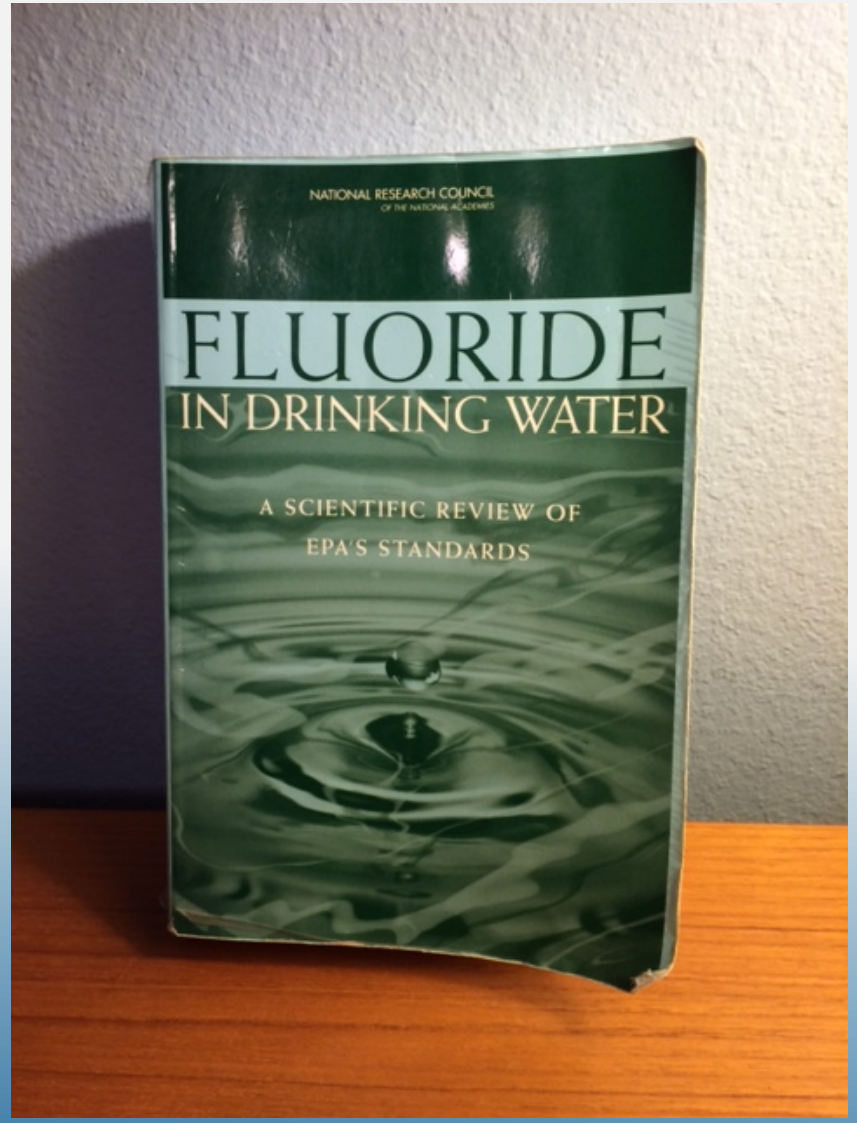
61% - 39%

RESPECT THE WILL OF THE VOTERS

REFERENCES

- All information contained in this presentation is publicly available.
- For references and more information, contact Rick North at hrnorth@hevanet.com or 503-968-1520.

SUPPLEMENTAL SLIDES



THE SCIENCE - MY MAJOR SOURCE

National Research Council's 2006 review

THE NRC'S RED FLAGS

Unequivocal statements about fluoride:

- ". . . "interfere with the functions of the brain and the body"
- "an endocrine disruptor"
- "decreased thyroid function . . ."
- "increase the severity of some types of diabetes."

Research gaps: skeletal fluorosis, pineal gland, bone cancer, kidney disease, bone fractures, hypersensitivity

NRC contradicts certainty of safety pronouncements of USPHS/CDC and followers since 1950

Fluoride is a drug, as defined and regulated by FDA in dental products

Standard protocol for a physician prescribing a drug:

- **Individualized for specific patient**
- **Specific dose**
- **Specific period of time**
- **Explanation of expected benefits**
- **Explanation of possible harmful side effects**

- **But after all these, patients must agree to take the drug: Informed consent**

- **Fluoridation violates every one of the protocols – If any city council votes to fluoridate the water, it's assuming a power that an individual's physician doesn't even have - forcing people to ingest a drug they don't want**

IS IT ETHICAL? NO


Viceroys
FILTER
the Smoke!
As your Dentist,
I would recommend
VICEROYS
VICEROY

According to a recent Nationwide survey:

MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—113,597 in all—were queried in this nationwide study of cigarette preference. Three leading research organizations made the survey. The gist of the query was—What cigarette do you smoke, Doctor?

The brand named most was Camel!

The rich, full flavor and cool mildness of Camel's superb blend of costlier tobaccos seem to have the same appeal to the smoking tastes of doctors as to millions of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not—well, try Camels now.

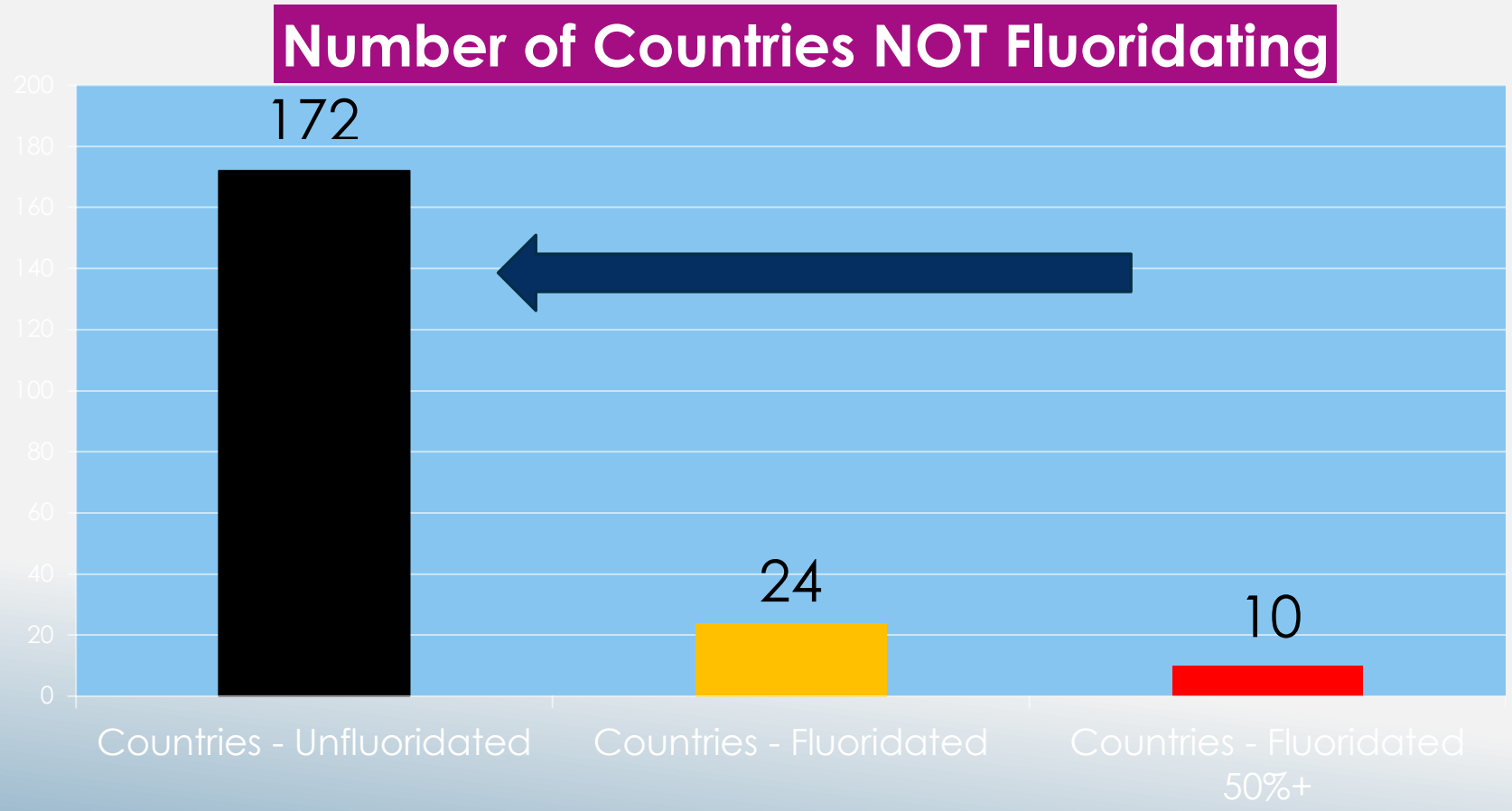
Your "T-Zone" Will Tell You...

T for Taste...
T for Throat...
that's your proving ground for any cigarette. See if Camels don't suit your "T-Zone" to a "T."

CAMELS *Costlier Tobaccos*

IS IT COST-EFFECTIVE?

- 2013 estimates: Up to $7.6 million capital costs; $500,000 annually for chemicals
- 99% isn't even ingested, but literally down the drain through toilets, showers, lawns, car washes, industrial use
- "Like prescribing 100 pills and throwing 99 of them away"



FLUORIDATION: ONE OF THE MOST WIDELY REJECTED PRACTICES IN THE WORLD

- Industrial by-product from the phosphate fertilizer industry
- Must be disposed of as a hazardous waste if not sold for fluoridation
- Can contain lead and arsenic
- EPA: <u>No</u> safe levels of lead and arsenic

THE CHEMICAL USED: FLUOROSILICIC ACID

- Good nutrition
- Brushing
- Flossing
- Regular professional dental care
- All low-income children eligible for free professional care
- City club recommendations that both sides agreed upon

SAFE, EFFECTIVE ALTERNATIVES