

ParentSmart GAYLE JO CARTER

Clearing up the plastics problem

As the drumbeat gets louder to ban bisphenol A (BPA), a chemical found in plastics used to make sippy cups and bottles, I wondered and worried: What exactly do parents, like myself, need to know about safely feeding our kids?

With a recent National Toxicology Program brief showing that BPA may disrupt neural and behavioral development in fetuses, infants and children, I knew that it was high time to clean house. But of what?



Sophie Uliano, eco-expert and the author of *Gorgeously Green*, gives us her bottom line:

1. Always avoid plastics with No. 7 printed in the triangle on the bottom of containers. Safer numbers are 1, 2 and 5.
2. Never microwave baby food in any type of plastic container.
3. Avoid using plastic feeding utensils.
4. Use ceramic, enamel or glass plates.
5. Choose sippy cups, bottles and pacifiers free of BPAs (read information on packaging when shopping).
6. Also, avoid canned foods because of inner plastic linings — especially infant formula, soup and pasta.

TravelSmart By EVERETT POTTER

Native American vacations

IF YOU'D like to learn more about the lives of Native Americans, visit a reservation or a pueblo this summer. Many of the country's hundreds of reservations and dozens of pueblos are open to the public.

The **TAOS PUEBLO** in New Mexico is a UNESCO World Heritage site as well as a National Historic Landmark. The adobe buildings that comprise the village are said to have been continuously inhabited for more than 1,000 years. Admission is \$10.

You also may consider an organized day tour, which enables you to meet Native Americans, eat local foods and witness native dances and songs. Go Native America offers a tour of the **PINE RIDGE INDIAN RESERVATION** in South Dakota. Here you can learn about the culture and history of the Oglala Lakota people, which includes the Wounded Knee massacre. A full-day tour, which leaves

from Rapid City, is \$175.

Native American Journeys focuses on the Southwest and can arrange a visit to the **HOPI VILLAGES** in Arizona. The Hopi people — best known for pottery, basket-making and kachina dolls — have dwelled in the area for more than 2,000 years. In fact, the Hopi village of Old Oraibi is considered the oldest continually occupied village in North America. The day-long tour is \$159.

The Indian Pueblo Cultural Center in Albuquerque has an "Experience Zuni" tour led by a member of the Zuni Pueblo tribe. You visit the **OLD ZUNI MISSION** and dine on a traditional Zuni meal on this tour for \$89.95.

Also, note that many North American tribes host annual powwows, with dancers, music, crafts and food. Visit PowWows.com for more information.

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The adobe buildings in Taos have been inhabited for 1,000 years.



GreenSmart

NATALIE ERMANN RUSSELL

Make an eco-move

Thirteen percent of Americans move each year. And the average move uses more than 55 cardboard boxes. That's a lot of trash. The next time you move, cut your waste with these tips:

■ **Use eco-friendly boxes.** Companies such as EarthFriendlyMoving.com and RentACrate.com rent reusable plastic boxes. They're easier to stack than cardboard boxes, less wasteful and have a longer life span. If there are no such options near you, at least reuse your cardboard boxes. U-Haul locations have a box drop-off site, where you can discard or pick up old boxes, or go to the U-Haul Box Exchange (uhaul.com/boxexchange), a message board for trading, buying or selling moving supplies.

■ **Hire a local mover.** "Local movers keep their money in the community," says Spencer Brown, founder of EarthFriendlyMoving.com. "If a moving company is driving 80 miles to do your job and charges you a commuting fee, it's not local."

■ **Print out good directions.** "Most people move and don't know their new address well," Brown says. He has seen movers lost for more than an hour, wasting valuable gas because of a lack of communication. **W**