

My name is James E. Milstead. I reside at 1469 Oriental Avenue where I have lived since 1992. I have a daughter Lisa Heaps, residing at 9 Flynn Court, who suffers from multiple sclerosis.

I agree with Dr. Sara Mostad in her assessment of the health risks associated with the transport of coal to SST.

The following information was obtained from the report *Mercury Influences on Body Chemistry* by Jeremy E. Kaslow, MD,FACP,FACAI, Physician and Surgeon, Board Certified Internal medicine.

It is essential that a *Thorough Investigation* of the negative impacts of all health disorders linked to coal, diesel particulates, coal dust, arising from the expansion of SST be undertaken before approval is even **remotely** considered. Thank you very much for your Environmentally responsible action.

Among the contaminants carried on the coal cars that will be passing through Bellingham are mercury and cadmium. Mercury has long been known to influence the nervous system. Prolonged exposure produces the "Mad hatter's disease as a result of its negative impact on Dopamine, Serotonin, Adrenalin, and Noradrenalin, magnesium, and manganese .Its reproductive effects include Infertility, and miscarriage through the reduction of progesterone.

Mercury displaces other minerals such as magnesium (resulting in an irregular heartbeat, PMS, anemia, thyroid dysfunction, impaired growth, acne, impaired liver enzymes). Research indicates that mercury has the potential to disturb all metabolic processes.

Cadmium appears to be the principal contributor of autoimmune thyroid disease. It has been found to deplete selenium essential for the synthesis of both deiodinase and glutathione peroxidase essential in maintaining normal thyroxin production.

Coal dust contaminated with these toxins, will most certainly blow south from British Columbia during times of high wind velocities. These are certain to influence the health of aquatic and terrestrial ecosystems.

