

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

Volume 6

May 2005

Issue 5

MAY 8, 2005

Have a Wonderful Happy Mother's Day

We have planned the field trips next six months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

June 10, 2005 (Fri) ~~ Mexia ?	September 9, 2005 (Fri) ~~ Rockport
July 8, 2005 (Fri) ~~ Shiner	October 14, 2005 (Fri) ~~ Kirbyville
August 3, 2005 (Wed) ~~ Woodlands & Tomball	November 2, 2005 (Wed) ~~ Brookshire

December, 2005

– We are working to get a charter bus going to Burnet, Marble Falls, and Johnson City. We may stay there overnight. When arrangements are finalized, the locations and date will be announced.

HOME Safe Cleaning Solutions

There's no proof that using household cleaners correctly causes harm in humans, but "every time you avoid exposure to a chemical known to be a hazard, you've nudged your risk factor down," says Barbara Sattler, RN. Stay away from paint, paint thinners, and products containing ammonia, benzene, formaldehyde, mercury, and phosphates.

Try these nontoxic solutions:

To unclog a drain, pour in $\frac{1}{2}$ cup baking soda followed by a cup of vinegar, when it starts to fizz, cover the drain. When the clog is cleared, run hot water.

Clean your toilet by sprinkling baby powder around the bowl and scrubbing with a brush.

De-grease your oven by applying a paste of baking soda and water, and scrubbing. Wipe.

Spritz windows with a mixture of 3 tablespoons vinegar and 1 quart of water.

Scrub the tub with a mix of $1 \frac{2}{3}$ cups baking soda, $\frac{1}{2}$ cup liquid soap, $\frac{1}{2}$ cup water, and 2 tablespoons of vinegar.

Wash floors with Murphy's Oil Soap.

Polish furniture with $\frac{1}{2}$ teaspoon olive oil and $\frac{1}{2}$ cup vinegar or lemon juice.

Source: Environmental Health Education Center, University of Maryland, Baltimore ---

Organic Style Magazine – February 2005.....OrganicStyle.com

