

### May 2009

**News For The Residents of Longwood** 

Volume 3, Issue 5



### Jersey Village Baptist Church Vacation Bible School

### June 22-26

Take a thrilling ride across the land down under with The VBS Boomerang Express! As kids wind their way across Australia, they'll discover the vastness of God's love, and they'll learn that no matter where they go or what they do in life-it all comes back to Jesus. All children ages 4 (as of September 1, 2008) -5th Grade are invited to attend. VBS lasts from 9 am to 12 pm daily and is a **FREE** event.

# Go Green Go Paperless

Sign up to receive *The Longwood Letter* in your inbox. Visit PEELinc.com for details.



## First Annual Four-man ROB ROY MEMORIAL Golf Tournament

Thursday, May 14, 2009 • Cypress Lakes Golf Course 18700 Cypresswood Drive, Cypress, TX 77433

### Registration 8:00 AM • Shotgun Start 9:00 AM Registration Cost, Only \$100!

Price includes 18-hole green fee, cart, lunch and tee gift. Prizes awarded for Longest Drive & Closest to the Pin.

Put a team together and register as a foursome or sign-up as an individual and we'll match you up!

### Hole Sponsorships available for \$200!

#### Proceeds:

On Monday, January 12, 2009, Rob Roy lost the fight for his life after a tragic hit and run accident. Proceeds from the golf tournament will go to his family to help with hospital bills and funeral costs. A donation will also be made to the Crime Victims Compensation Program.

#### Registration form can be found on Page 7.

Please send registration form along with check made payable to: Rob Roy Memorial Fund 15718 Cascading Brook Way, Cypress, TX 77433

**Questions?** Contact Alan Garrett at agarrett2526@att.net or Rusty Farmer at russell.s.farmer@rrd.com. For more information on the Rob Roy Memorial Fund, please go to www.mimisprayer.com.

# **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY	
Fire	
Ambulance	
Constable	
Sheriff - Non-emergency	
- Burglary & Theft	
- Auto Theft	
- Homicide/Assault	
- Child Abuse	
- Sexual Assault/Domestic Violence	
- Runaway Unit	
Poison Control	
Traffic Light Issues	

### SCHOOLS

Cypress Fairbanks ISD Administration	
Cypress Fairbanks ISD Transportation .	
Cypress Fairbanks Senior High	
Goodson Middle School	
Hamilton Elementary	

### OTHER NUMBERS

Animal Control	
Cypress Fairbanks Medical Center	
Harris County Health Department	
Post Office Box Assignment - Cypress	
Street Lights - CenterPoint Energy	
- not working (Report Number on Pole)	
Trash Removal	

### NEWSLETTER PUBLISHER

Peel, Inc	
Article Submissions	longwoodletter@PEELinc.com
Advertising advertising@	PEELinc.com, 1-888-687-6444

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### Easy-to-grow herb ~ Mexican Mint Marigold !

The Dining Diva

Think you don't have a green thumb? Mexican Mint Marigold (or Texas tarragon) is an easy-to-grow, beautiful, and tasty, perennial that is perfect for Texas gardens! The gentle anise flavor of the leaves and edible yellow flowers delight the eye and the palate. Use it as you would tarragon in any of your existing recipes, or try it in my Chicken Waldorf Salad. This makes the perfect summer salad – enjoy!

### Chicken Waldorf Salad with Mexican Mint Marigold Dressing Serves 6

C	HICKEN SALA	AD:
	4 (4-oz)	Boneless, skinless chicken breasts,
		cooked and diced
	2 Medium	Granny Smith apples, cored and diced
	4	Green onions, sliced, including tops
	1/2 CupDried cr	anberries or cherries
	1/2 CupChopped	d celery
	<sup>1</sup> / <sub>2</sub> CupChopped	d pecans
D	RESSING:	
	1/2 CupMayonn	aise
	1/2 CupSour cre	am
	3 Tbsp	Chopped Mexican mint marigold
		(or 3 Tbsp fresh tarragon or 1 tsp dried)
	1 Tbsp	Tarragon wine vinegar
	2 tsp	Dijon mustard
	1 tsp	Beau Monde seasoning (by Spice Island)
	Dash	Tabasco
	Salt and pepper	r to taste

Mix chicken salad ingredients in a bowl; toss gently to combine. In a separate bowl, stir dressing ingredients together. Combine dressing with salad, adding enough dressing to bind salad. Chill and serve on leaf lettuce.

### Happy May!

### Molly, www.thediningdiva.com



### Cy Wood's After Prom Party, WRAP, Is Almost Here!! CFISD Berry Center - May 22, 2009, 11:00 pm - 6:00 am

#### You can help!!

WRAP's Busy Parent Fundraiser is the easiest fundraiser of the year!

Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from website www. cywoodswrap.org and mail to:

#### WRAP P O Box 800

### Cypress TX 77410-0800

100 WRAP bucks are given for every \$1 donated and there is still time to get bonus bucks! Bonus is shown on the donation form.

Class of 2009 Senior DVDs can be ordered for \$10 at the VIPS window. Enjoy treasured memories of our first graduating class of Cy-Woods High School Wildcats...a picture is worth a thousand words.

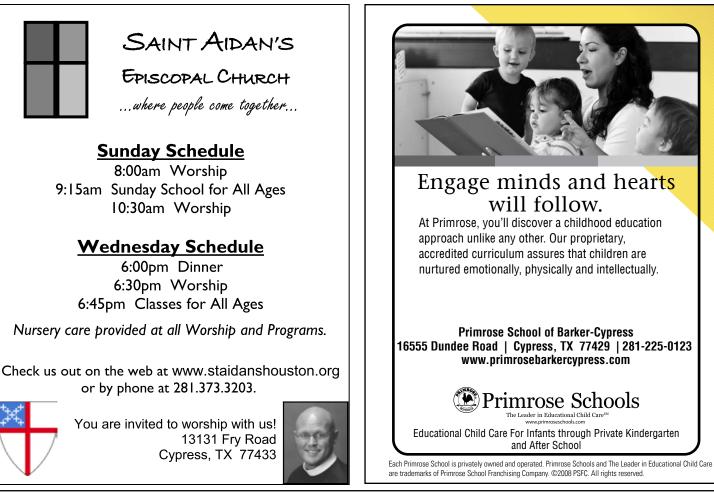
Corporate donations are welcome and desired!! Please help

contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the forms page of the website.)

Senior Gift Bags - We are in need of donations for senior gift bags (given to each Cy Woods senior attending WRAP). Please contact Claudia Carson at ccars4@sbcglobal.net

**Prizes for Drawings** – We are planning on having lots of prizes for the drawings throughout the night and we need your help. Please contact Gina Baker at gina@ginabaker.com to contribute.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.



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### **Easy Ways To Eat More Fruits And Vegetables**



Healthy Idea-There are ways to make produce stay fresh longer.

(NAPSA)-From orange peppers and green spinach to purple plums and red watermelon, eating colorful foods could leave you as a picture of health.

The Centers for Disease Control recommends that everyone consume more fruits and vegetables. One reason is that eating a variety of colorful produce on a regular basis provides a great source of vitamins, minerals and other natural substances to help protect against chronic diseases.

The good news is that in addition to being healthful and nutritious, fruits and vegetables can be easy to add to almost any diet. Try these tips:

- Add vegetables such as bell peppers, mushrooms or tomatoes to your omelet.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Ask for more vegetable toppings and less cheese on your pizza.
- Add lettuce, tomato, onion and cucumber to sandwiches.
- Snack on vegetables such as bell pepper strips and broccoli with a low-fat ranch dip.
- Top a cup of low-fat yogurt with sliced fresh fruit.

#### Saving Green On Your Greens

Of course, if you plan to eat more fruits and veggies, it could pay to also find ways to keep them fresh. Still, Americans throw away 27 billion pounds of produce annually because it has spoiled. That translates into about \$250 worth of wasted produce per person.

One solution is to use a product such as Produce Saver from Rubbermaid. The food containers can help consumers reduce food waste, save money and live healthier lives by keeping produce fresh up to 33 percent longer than traditional containers.

The line is designed with a vented lid that allows produce to breathe and a tray that elevates food out of moisture. Available at local retailers and grocery stores, it can be a smart and affordable way to incorporate more colorful fruits and vegetables into your diet. For more information, visit www.rubbermaid. com.

TEXAS

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# Ready or not... we are.

Texas Emergency Care Center is open **24 hours a day.** We're committed to delivering comprehensive medical services in a comfortable environment with little to no wait time – day or night.

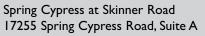
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### When it comes to your child's development, getting help early is best!



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developingask ECI! Programs are in every Texas County. **Questions or Concerns?** Call ECI of MHMRA Harris County at 713-970-4900 or visit www.dars.state.tx.us/ecis to find out more about ECI and to find your local program. *ECI developmental screenings & evaluations are at no cost to families!* 

### 290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com.



The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.



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### 55+ Fun Day at iT'Z on May 27, 2009 from 9:30 am to 1:30 pm

FREE Vendor Expo, Health Checks and Texercise Kickoff with buffet lunch and game card included.

In recognition of Older Americans Month we are celebrating National Senior Health and Fitness Day on May 27, 2009 with a Kickoff for Texercise. This event is sponsored by The Mayor's Wellness Council, Texercise, Humana, Heartland of Willowbrook and many other local companies in the Houston area.

Church groups, community centers, and individuals over 55 are invited to the FREE event.

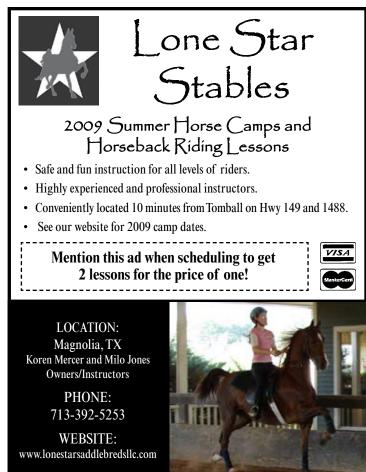
RSVP: Contact Donna Martin with Heartland to reserve your space for your group or individual seating: 281-253-2941

Location: iT'Z, 18355 Tomball Parkway , Houston , TX \$77070\$

Cost: FREE buffet lunch and game card for all seniors 55+ with RSVP by May 1.

Event details contact:

Doothy Gurka, 281 290 0190 www.dgurka.com, dorothygurka@att.net



# More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

RB Cox

alert@CypressLostPetAlert.com www.CypressLostPetAlert.com



\* Certified Wellness Educator

www.DrRubinFootWellness.com Serving the Houston Area 26 Years

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# First Annual Four-man ROB ROY MEMORIAL Golf Tournament Registration

(1)	Name _	
		Phone:
(2)	Name _	
		Phone:
$\langle \mathbf{a} \rangle$		
(3)	Name _	
		Phone:
(4)	Name	
		Phone:
	п	lasso and registration form along with about mode neverble to:
	P	lease send registration form along with check made payable to:
		Rob Roy Memorial Fund

15718 Cascading Brook Way, Cypress, TX 77433 For more information on the Rob Roy Memorial Fund, please go to www.minisprayer.com.



The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.







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# We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.** 

### Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to www.sparkpowerbank.com and pay far less for the same electricity?

### Make sense?

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.

### Financial Corner Submitted by Rich Keith

Let's look at a new law enacted in late 2008: the Pension Act's RMD Waiver for Calendar Year 2009. Many retirees have had to sell retirement plan account or traditional IRA assets at distressed values in order to generate the cash needed to make required minimum distributions (RMDs). Beneficiaries of retirement plan accounts or traditional IRAs have faced similar problems. The Pension Act enacted late last year provided relief by waiving the RMD for calendar year 2009 only. It also relieved designated beneficiaries of the need to make minimum distributions for 2009. Had the waiver not been granted, many individuals with retirement accounts invested in beaten-down assets such as stocks or mutual funds would have had to sell assets at a loss to generate RMDs for 2009. But the new law change helps even those people who would otherwise have to make RMDs from retirement plan accounts and traditional IRAs invested in "bulletproof" assets such as government-insured CDs. If you can afford to skip this year's RMD, you can lower your tax bill for 2009.

The overall purpose of the RMD rule is to make sure retirement accounts and IRAs are used primarily for the owner's retirement, rather than as a tax-sheltered nest egg for the family; a prohibitively expensive IRS penalty rule applies if an RMD isn't made. Distributions from retirement plans or IRAs are fully taxed as ordinary income (unless you made nondeductible contributions). The new law allows older individuals to skip the RMD that would otherwise be required for calendar year 2009.

The new law has an impact on three distinct groups of people here's how you or a family member may be affected.

(1) Older individuals who are retirement plan account and

traditional IRA owners. Generally, required payouts from IRAs must begin when you attain age 70 1/2 . Once they begin, RMDs must be made following an IRS schedule over your life or over the lives of you and the person you designate as beneficiary of the retirement account or IRA.

(2) Beneficiaries of retirement plan accounts or traditional IRAs. If a person dies before exhausting the funds in his or her employer retirement plan account or IRA, the balance may be left to an individual designated as a beneficiary (there may be a group of beneficiaries). If you are a designated beneficiary, you also must make minimum annual withdrawals (which generally are fully taxable) from your inherited retirement plan account or IRA. The new law allows designated beneficiaries of retirement plans or IRAs to skip the annual payout that would otherwise be required for calendar year 2009.

(3) Beneficiaries of Roth IRAs. The new law doesn't affect owners of Roth IRA accounts for the simple reason that they do not have to make lifetime RMDs from these accounts. However, it does affect beneficiaries of Roth IRAs, who must make minimum annual withdrawals after the account owner dies. Thanks to the new law change, RMDs are waived for 2009 from their inherited Roth IRAs. This won't affect their income tax, since distributions to designated beneficiaries of Roth IRAs are tax-free. However, it will avoid having to sell reduced-in-value assets to make the otherwiserequired distributions, and it will make it possible for designated beneficiaries to leave more money at work within the tax-shelter of the Roth IRA. *Source: adapted from L.Plescia, BWTP, PC, 2009. Please call Rich Keith if you have questions or concerns on how the new law change waiving RMDs for 2009 may affect you or a family member.* 







### The Tri-County Quilt Guild Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290 (Between Muescke and Mason Rd) Cypress, TX 77433-4907 website: www.tricountyquiltguild.org *Established 2005* 

Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.

### **TAXES • ACCOUNTING • BOOKKEEPING**

# **TAX TIME IS HERE**

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Not Available Online

## Do You Have Reason to Celebrate?

We want to hear from you! Email <u>longwoodletter@peelinc.</u> <u>com</u> to let the community know!



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# **1960 Family Practice**

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### office hours

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### 290 LOCATION:

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### meet our team

Huong T Le, MD Quoc Le, MD Alex Nguyen, MD Blandina Sison, MD Marian Allan, MD Anthony Yee-Young, MD Diana Malone, MD Diana Malone, MD Shital Patel, MD Heidi Nashed-Guirgis, MD Luz Marquez, MD Jennifer Dong, MD Haley Nguyen, MD Tami Berckenhoff, PA-C Brandi Valenzuela, PA-C

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Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we are offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

Call today to schedule your appointment. 281-586-3888

Flu

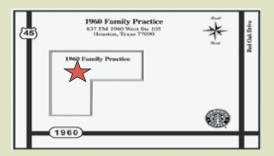
### **& Urgent Care Center** mily Practice, Internal Medicine to your healthcare needs. **Base Care Center** 2020 Northwest Frwy Ste 500 Houston, Texas 77065 (turn right at the Firework Warehouse) Located at 290 and 1960

service compassion caring dedication service comp service compassion caring dedication service comp ring dedication service compassion caring dedicati compassion caring dedication dedication service 1960

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shots

\$15

#### 

MEET TERRAIL



## DOB: August 1995

Terrail is described as "a sweet and good child," with no major behavioral issues. Terrail is generous and shows affection and compassion towards others. He is calm, easy going and affectionate. Terrail likes playing with his toys, drawing, coloring and playing outdoors. He is an explorer and a learner. He loves animals. Hamburgers and fries from McDonalds top his list of favorite foods. Terrail has made good progress in his development and behaviors while in the nurturing and consistent environment of his foster home.

He would love to be adopted; he wants a forever family. Terrail likes younger kids, another child his age or younger would do well with him. He needs a family who can offer him stability, patience and consistency.

For more information, contact Grace Lindgren, LMSW Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas gracelindgren@adopttexas.org, (512) 687-3209

# Summer Dance Classes

Beginning June 22nd through August 13th



Ballet • Tap • Jaz • Hip Hop Drill Prep • Hannah Montana • Jonas Brothers

> Celebrating our 35th year! 12614 Grant Road MsJoeedance@aol.com (281) 257-6677

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June 8, 09 – Aug 7, 09 and Bridge (Transition) classes for the 2009 - 2010 school year.

THE PROGRAM PROVIDES:

- 2, 3, or 5-day classes for children 18 mos-5 yrs, Mon-Fri from 9 am-2 pm
  before and after school care
- a loving, Christian environment offering the children weekly chapel, music/motor skills, library, arts, crafts, and much more.

For further information, please call 281.304.5546.



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the Cypress

area since the `80s.

## **Cy-Fair Community Emergency Response Team (CERT)**

Cy-Fair CERT now has over 200 team members in your neigh-borhood. The team members are not only from Fairfield/ Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help every-one immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do

the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve oth-ers. The Harris County Citizen Corps www. harriscountycitizencorps.com was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created.

CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at pcwong1@ earthlink.net. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@ vahoo.com.



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May 5th 12:00pm "Look Younger Immediately" May 7th 5:30pm "Look Younger Immediately" May 12th 12:00pm "Erase Sun Damage" May 14th 5:30pm "Erase Sun Damage" May 19th 12:00pm "Rejuvenate your Skin" May 21st 5:30pm "Rejuvenate your Skin" May 26th 12:00pm "Make-up Application Tips" May 28th 5:30pm "Make-up Application Tips"

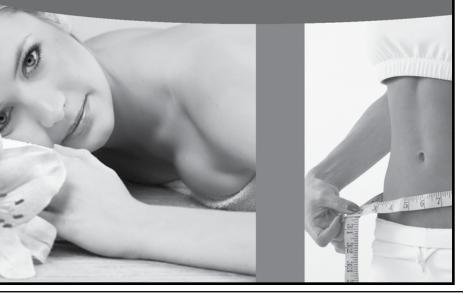


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Longwood Letter - May 2009 15

# **HEALTHIER HOMES**

By: Michelle & Charlie Bubnis

#### WHAT DO LABELS ON PRODUCTS REALLY TELL US?

We are constantly reading labels because we believe that the product information listed will inform us as to whether the product is healthy for our home and family. Listed below are three best selling products. Each product is manufactured by U.S. companies with both domestic and international sales up to one billion dollars annually. One tends to believe that what is printed on the product label is what truly is in the product. However, many times there are toxic chemicals within that are not listed.

#### **PRODUCT #1 – PLUG IN AIR FRESHENER** *Printed on the label: No ingredients listed*

Laboratory testing showed that the product actually contained: dlimonene, alpha-pinene, beta, pinene, ethanol, ethyl butanoate, ethyl acetate, 3-hexen-1-01, 1-butanol, 3 methyl-acetate, beta-phellandrene, acetaldehyde, benzaldehy, carene isomer, 1-methyl-3(1-methylethylcyclohexane, isopropyl alcohol, 1-butano1, 2-methyl-acetate, camphene, acetone, methyl butanoate, dimethyl ethyl cyclohexane, alpha-phellandrene

#### **PRODUCT #2 – DRYER SHEET**

#### Printed on the label: Biodegradable cationic softeners & perfumes

Laboratory testing showed that the product actually contained: linalool, ethanol, loenyl acetate, cls-rose oxide, carene isomer, 2, 4dimethyl-3-cyclohexane, 1-carboxaldehyde, d-limonene, 3-methyl -2-buten-1-ol acetate, 2, 7-dimethyl-2, 7-octanediol, alpha-pinene, trans-rose oxide, eucalyptol, alpha-phenyl ethyl acetate, betapinene

#### PRODUCT #3 – SCENTED LIQUID DETERGENT ADDED TO THE LAUNDRY

# Printed on the label: Ingredients include biodegradable surfactants (anionic and non-ionic) and enzymes.

Laboratory testing showed that the product actually contained: ethanol, d-limonene, 2-methyl-2 propoanol, 1, 4-dioxane, 3, 7dimethyl-1, 6-octadiene, ethyl acetate, alpha pinene, beta-pinene, 2-butanone, 1- methyl-3(1 methylethyl) – cyclohexene, 2, 4-dimethyl – 3-cyclohexene – 1-carboxaldehyde, undecane, beta-terpinene



There is an obvious difference between the chemicals identified in the laboratory study and the chemicals listed on the product labels. Several of the products emit Hazardous Air Pollutants which are harmful to human health. Currently there is not a United States Law requiring that consumer products or fragrance chemicals be fully disclosed even though they are main sources of toxic volatile organic compounds (VOC's). Regulation of consumer products other than food, drugs, cosmetics, tobacco and pesticides largely fall under the Consumer Product Safety Act (CPSA). The CPSA does not require disclosure of all ingredients in all products. This is troubling since ninety percent of total human exposure to VOC's come from small sources, close to us and within our control, but they are not listed on the labels. Shouldn't we be concerned?

# THE ABOVE INFORMATION WAS TAKEN FROM THE FOLLOWING STUDY:

Steinman A.C, Fragranced Consumer Products and Undisclosed Ingredients, Environmental Impact Assessment Review (2008) doi::10.1016/j.eiar.2008.05.002





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#### Puzzle •

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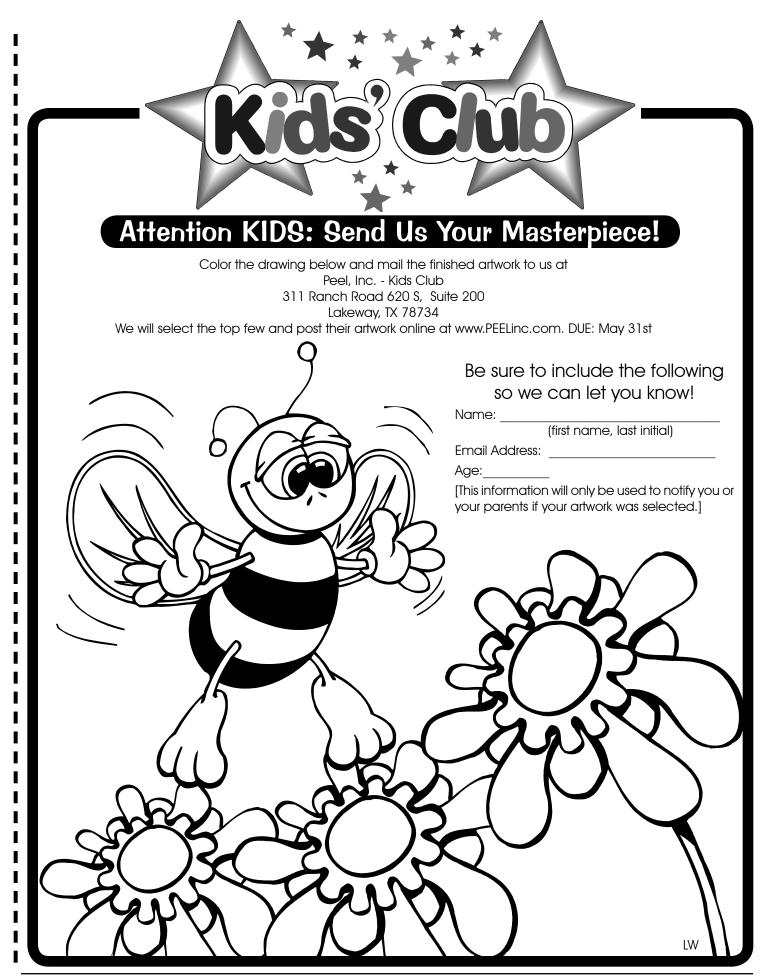
1. John (U.S. President) 2. Radiuses 3. Leather strip 11. Cover Girl's competitor 4. Frame 5. Waterlogged 6. To be 7. Glasses part 8. Fixed 9. Louvre 15. Pen stuff 19. Dashed 21. Japanese dish 23. Asian country 24. Again 25. Sugar-free brand 26. Pixies 27. Rolled chocolate candy brand 28. Mumble 30. Eye infection 32. Eastern Time \*Solution at www.PEELinc.com © 2007. Feature Exchange

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