

THE SUN



News For the Residents of Stone Gate

September 2009 - Volume 2, Issue 9

**MARK YOUR CALENDARS,
CALL YOUR FRIENDS,
AND PLAN THE DAY TO**

*Shop Til
You Drop!*

The Copperfield Women's Club announces the date for its annual Shop Til You Drop Arts and Crafts Market to be held for the **first time** at the **Berry Center!** On **Saturday, September 12th, 2009 from 9am-4pm**, the Berry Center will be bursting with thousands of unique and handmade items in 200 indoor booths! We will have everything you need to get all of your Christmas shopping done early! We will feature everything- jewelry, food, gifts, home décor, handmade clothing-hundreds of unique handcrafted items made by local artisans. The Berry Center is located at 8877 Barker Cypress, Cypress, Texas 77433, just south of HWY 290 at West Road across from Lone Star College-Cy Fair.

This event is sponsored by the Copperfield Women's Club (CWC). The organizers of the Arts and Crafts Market have worked very hard to insure those attending will find an exceptional selection of unique vendors in this beautiful indoor facility. There is no charge to shoppers, and proceeds from the booth sales, silent auction and raffle go to support the club in its many philanthropic endeavors.

The Copperfield Women's Club is a 501 c(3) non-profit organization that gives several thousands of dollars in college scholarships each year to high school graduates in the Cy Fair area. In addition, the club supports local and national charities with various projects and monetary donations.

*What more reason do you need! Come "Shop Til You Drop"
Saturday September 12th!*



Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
 Article Submission articles@PEELinc.com
 Advertising..... advertising@PEELinc.com

Welcome to The Sun

A newsletter for Stone Gate residents

by Stone Gate residents.

The Sun is a monthly newsletter mailed to all Stone Gate residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

Advertising Information

Please support the businesses that advertise in The Sun. Their advertising dollars make it possible for all Stone Gate residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Stone Gate residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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Stone Gate, Canyon Lakes, Canyon Lakes West & Canyon Lake Villages

Fall Community Garage Sale
Saturday, October 10th
from 7:00AM – 12 NOON

You'll find treasures galore in our community-wide garage sale, over 100 families participating! Residents will be selling their items from individual garages.

Our communities are located at Barker Cypress and 290, just south of 290.

For any questions, please contact Jennifer Clark, Director of Community Events at jclark@canyongate.com.

Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John	15	•	•	•	•	111-1111

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Stone Gate teenagers seeking work. Submit your name and information to articles@PEELinc.com by the 9th of the month!

Business Classified

THERE IS CASH IN YOUR CLOSETS! Upscale family consignment event in NW Houston community this FALL! Let us help you stretch your budget! Consign, Shop, Volunteer! Come join the FUN! Great resource for MOMS-TO-BE!! <http://nwhouston.rhealana.com> or tammy@rhealana.com

CY-FAIR IRON MAIDENS LACROSSE CLUB

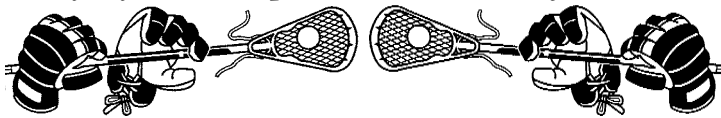
The Cy-fair Iron Maidens Lacrosse Club will be holding a free, introductory Lacrosse clinic on Saturday September 12, 2009 for girls entering grades 4 to 12. No equipment required. Just bring yourself, your running shoes, and a parent. Equipment will be available for the participants' use during the clinic.

What is Lacrosse? Lacrosse is a combination of soccer, basketball, and field hockey all in one. It is a fast paced and exciting game to play and to watch.

Why Lacrosse? Lacrosse is a great option for girls looking for a fast paced alternative to the "traditional" women's team sports. Over the past 10 years Lacrosse has been the fastest growing High School sport in the nation. Lacrosse is also the fastest growing NCAA sport with an annual player participation growth rate of 10% for the past 6 years.

So come and see what all the excitement's about!

Maybe you'll win a prize!!! We'll be there, just LAX'n.



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

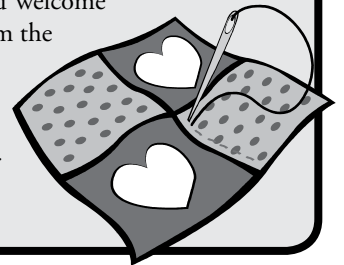
Established 2005

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.



Spark Power Bank

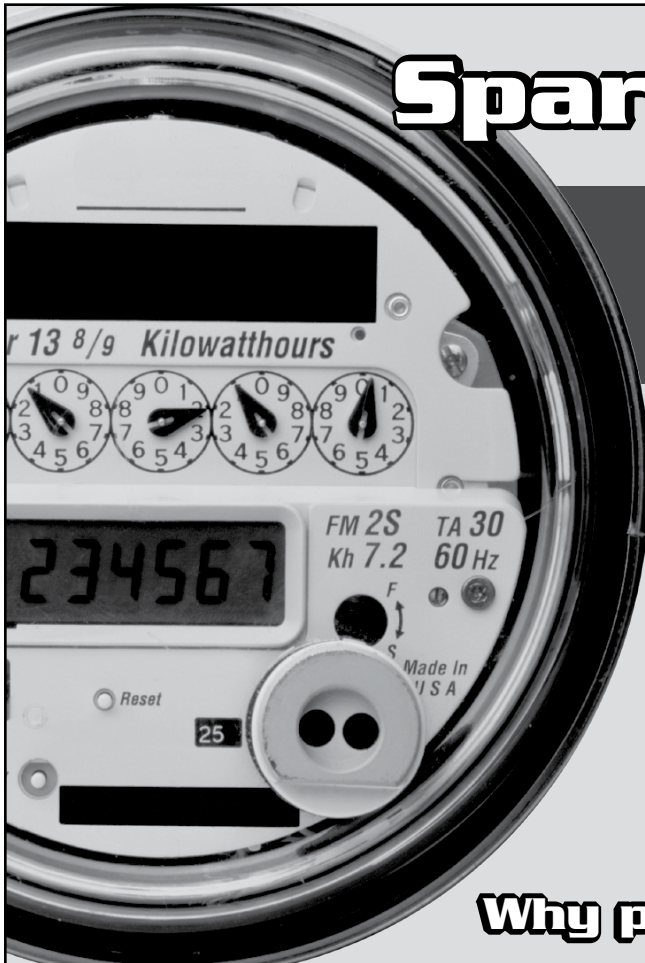
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Cy-Fair ISD & Volunteers in Public Schools (VIPS): *Volunteers Rock!*

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer who "Rocks!" and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

September 2009 Upcoming Events

SEPTEMBER 8 - INTERMEDIATE READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Techniques will be presented that volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 thru 5.

SEPTEMBER 10 - VIPS GENERAL MEETING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

SEPTEMBER 11 - TAG TEAM TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Training for individuals who are interested in working directly with students to help them reach their full academic potential.

SEPTEMBER 15 - PRIMARY READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

(Continued on Page 5)

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Cy-Fair ISD VIPS - (Continued from Page 4)

Techniques and games will be presented that volunteers can use when they assist teachers and students with spelling, high frequency words, phonological awareness as well as developmental stages of writing for Pre-K thru 1st grade.

SEPTEMBER 16 - PIE MENTOR TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

SEPTEMBER 16 - VIRTUAL VOLUNTEER TRAINING – 1:00 P.M. TO 2:30 P.M., ISC WEST

Training for Volunteer Coordinators to learn how to effectively and efficiently manage their campus Virtual Volunteer account.

SEPTEMBER 23 - VISION CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in vision testing for the students. Please RSVP to your school nurse by September 18.

SEPTEMBER 24 - HEARING CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in hearing testing for the students. Please RSVP to your

school nurse by September 18.

SEPTEMBER 29 - PIE MENTOR TRAINING – 6:00 P.M. TO 8 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

SEPTEMBER 30 - JUNIOR ACHIEVEMENT COORDINATOR TRAINING – 8:30 A.M. TO 9:30 A.M., BERRY CENTER

Specifically for those who will take responsibility for implementing the JA program for their campus.

SEPTEMBER 30 - JUNIOR ACHIEVEMENT VOLUNTEER TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

How to Register for Training

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

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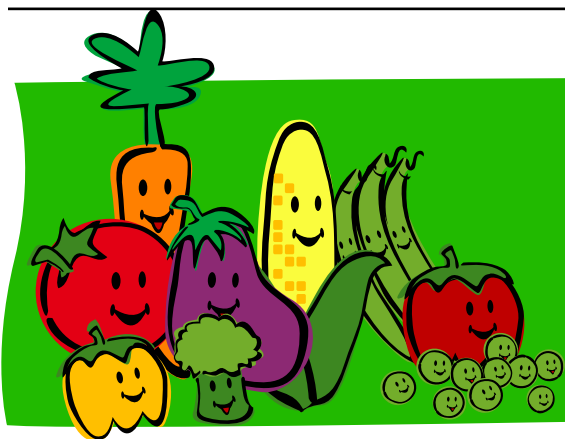
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Eating to Live: 5 Foods You Should Eat Daily

Submitted by
Dr. Tenesah Weine

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis. Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit; blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed "brain berry"). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I test for in my office is candid/yeast, when positive I treat with probiotics. Not all yogurts have probiotics, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

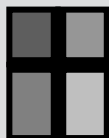
4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts--is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

5. Tomatoes - Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blueberries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplies you with a great deal of energy for weight loss and other life activities.



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St. Aidan's is an Episcopal church where people come together to be transformed by the power of the Holy Spirit as disciples of Christ, building a relationship with God and others, while reaching out to the community.

SUNDAY'S AT ST. AIDAN'S

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9:15am Fellowship Breakfast
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Sunday,
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WEDNESDAY'S AT ST. AIDAN'S

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6:30pm - 6:45pm Worship
6:45pm - 7:30pm Classes for All Ages

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You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.

Our Priest, Father Justin, looks forward to meeting you!





October 17, 2009

Come out and support the Cypress Ranch Athletics Program and **WATCH THE UT vs. OU** game with us before the tournament starts. Lunch will be served during the football game and dinner at the end of the tournament. Shotgun start will be at 2:00PM

2nd Annual Mustang Classic Golf Tournament

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Address

Phone

Registration Fee: \$400 - Foursome (before 9/18/09)
\$500 - Foursome (after 9/18/09)

Player 1:

Player 2:

Player 3:

Player 4:

I cannot play in the tournament, but would like to make a donation to the Cypress Ranch Athletic Booster Club in the amount of:

TOURNAMENT HELD RAIN OR SHINE

Mail registration form and payment to:

CRABC - GOLF TOURNAMENT
10700 Fry Road
Cypress, TX 77433

PAY ON-LINE: WWW.CYPRESSRANCHATHLETICS.COM (Please mail this form with players names and contact information to complete the registration process)

Lone Star College - CyFair Perspective

In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:

Teens Driver's Education Available this Fall

Fall driver's education courses for teens ages 15 to 18 are available at Mondays through Thursdays at 4 p.m. and 6 p.m. Sept. 8 (Sept. 7 is Labor Day holiday) through Oct. 5 and at 6 p.m. Oct. 12 through Nov. 5 and Nov. 9 through Dec. 7 (except Thanksgiving holiday Nov. 26). The in-classroom (permit) driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 281-290-5242 for information.

"2009 Faculty Art Exhibition" in the Bosque Gallery

Check out the artistic talent of full-time and adjunct art faculty from LSC-CyFair and LSC-Fairbanks Center this fall. This exhibition will be on display Sept. 8 through Sept. 24 in the Bosque Gallery with an opening reception at 4:30 p.m. Sept. 10. Go to LoneStar.edu/bosquegallery for gallery hours and information.

L.I.F.E. Lessons in September

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in September include: flavors of Autumn Sept. 2, organ donation Sept. 9, preview of "Crowns" Sept. 16, travel tips Sept. 23 and new features on Cragislist Sept. 30. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

An Evening of ComedySportz

Enjoy comic improvisation at its best. "It's not stand-up comedy about sports ... it's improv comedy played as a sport!" This free event will be held at 7:30 p.m. Sept. 17 in the Main Stage Theatre. Go to Lonestar.edu/student-activities for information on this or other LSC-CyFair Student Activities events or call 281-290-3270.

Mark Your Calendars for Fifth Annual Cy-Fest

Lone Star College-CyFair will host the fifth annual community day for all ages in the Cy-Fair community Saturday, Oct. 10. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hay rides, moonwalks, a petting zoo and more. To help celebrate the five-year anniversary, Radio Disney will also be on site. For information go online to LoneStar.edu.



PUMPKIN PATCH

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Fall 2009

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Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
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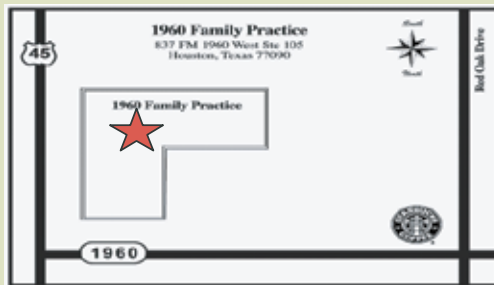
1960



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Located at 290 and 1960



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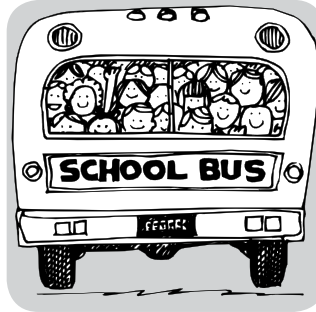
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Appointment press option 1

It's Not Too Late to Get Organized for the New School Year

Submitted by Kelly Butcher

School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.



SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar

electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of

putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For

(Continued on Page 13)



Don't Worry!

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It's Not Too Late to Get Organized - (Continued from Page 12)

younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!

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Knights of Columbus

Knight of Columbus Council 8771 is sponsoring a Golf Tournament benefiting the Cypress Assistance Ministries and Youth Activities on Monday, October 5 2009 at Longwood Golf Club.

For more information and registration please see <http://www.kofc8771.org>.



COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Online Shopping and Doing it Safely

Submitted by Laurie Scott

Online shopping is fast and money saving, but it can also be a minefield filled with everything from a disreputable seller to identity theft. However, with basic safeguards you can take advantage of the variety and cost savings the Internet can provide, while saving time and gas.

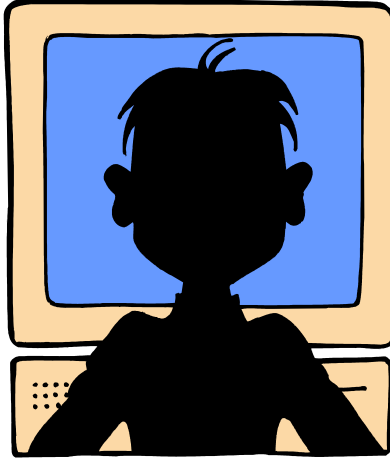
First, ALWAYS make sure before entering your credit card number in any website that you have a secure connection (easily confirmed by the https://... in the address bar rather than the usual http://...). Second, do basic research about the vendor if you're not familiar with them. A simple Google search on the name of the company will tell you if you're dealing with a legitimate company - if in doubt, shop elsewhere, it's not worth saving \$2.00 if the company isn't reliable.

An excellent option is available from many credit card companies, this is known as "Virtual" account numbers (one-time use) that if stolen, won't do the thief any good. This can be either in the form of an online tool you use prior to your purchase, or an applet you download one-time to your computer and use it to generate a new number for you. You

can ask at your bank if they offer this, but you're probably better off checking with their online support (they may not know in the brick and mortar building.) How it works is the applet generates a credit card number for you including the 3 digit security code and an expiration date (usually the end of the current month). The credit card company knows this number was generated for you, and charges your account normally just as if you had entered your real credit card information. The great thing is that it is good for the one purchase, and after that the number is not valid. If you want to make another purchase, you just have another number generated for you. The next month someone else may get that same number to use, but it will have a different security code and expiration date, so the credit card company won't be confused and think this is you.

Because we all have so many sites that require us to have a username and a password, it is easy to just use the same login for all your sites to keep it simple. The problem with this is of course if

(Continued on Page 15)



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Online Shopping- (Continued from Page 14)

someone should get your username and password to one site, they now have it to all your sites. Roboform is a great tool that I use many times throughout the day. This inexpensive program (available at www.roboform.com) will store as many user names and passwords as you need, allowing you to create different logins for each site with real hard passwords (because now you don't have to remember them.) If you have a Mac, 1Password is an excellent solution (available at agilewebsolutions.com) A great benefit of Roboform is that IF you are infected with a keystroke logger trojan (a virus that sends all your keystroke information back to the author of the virus), nothing is captured by the virus because Roboform doesn't use the keyboard mode to enter your personal information. All your information is kept securely encrypted using a passphrase only you know. If your computer is ever stolen, no one will be able to see your usernames and passwords because they won't know your master passphrase. Also, it has a password generator that will create passwords that are almost impossible to figure out (the limiting factor is the site and their password policy.)

So don't fear shopping on the Internet, just take basic precautions and you'll be fine.

Next month, news about the upcoming operating system from Microsoft, Windows 7.

Exciting Events

Hosted By

Cy-fair Republican Women

Sept. 8 - Come join us at Carraba's Italian Grill on Hwy 6 between Longenbaugh and FM 529 for an informative talk by Melinda Biersdorfer, Harris County Probation Officer. Coffee and social beginning at 10:30 AM, speaker and lunch beginning at 11:00 AM. RSVP on the website cfrw.net or call Mary Moss at 281-550-9415

Oct. 2 - HIGH HEELS AND HIGH TEA - this not-to-be-missed event is a luncheon, fashion show and shopping day all wrapped up into one. Come get to know your local officials and other women in the club. The event will be held at the beautiful Houston National Golf Club in the Stonegate subdivision. See our website for more details - cfrw.net or call Mary Moss at 281-550-9415.



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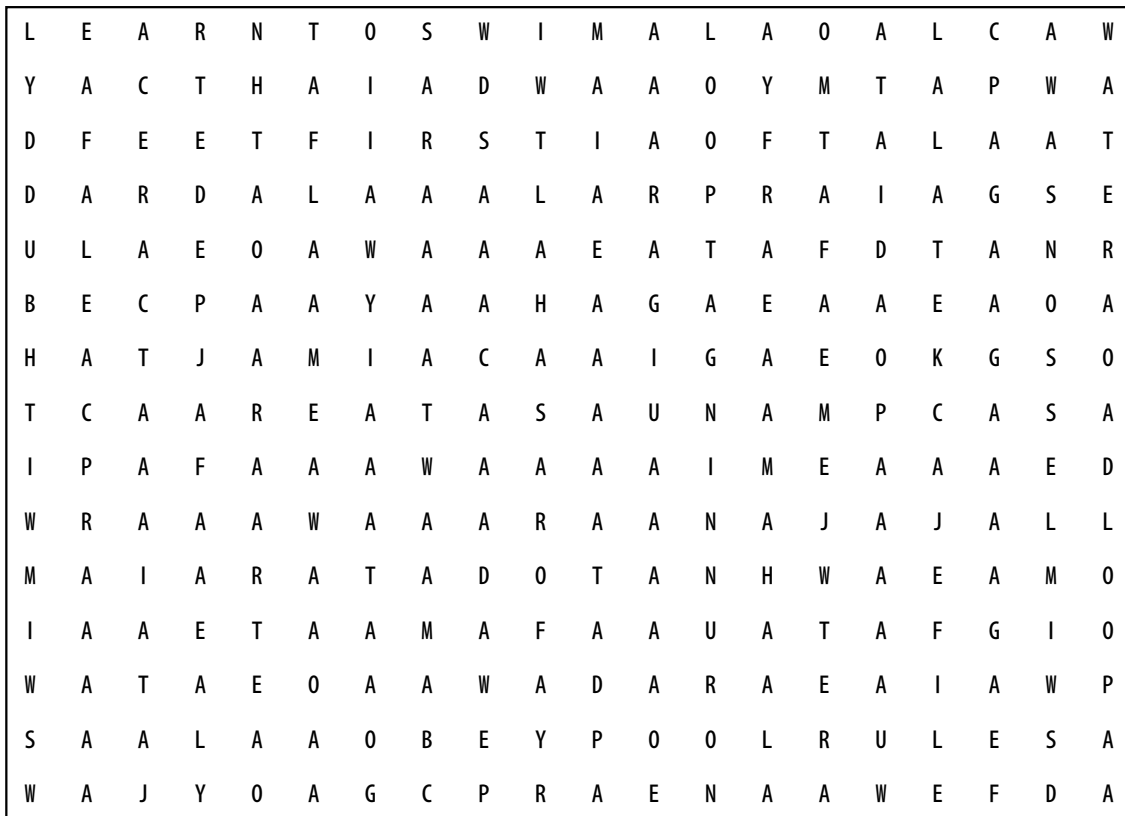
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COLIN'S HOPE

Increasing water safety awareness and standards

Water Safety Word Find



Find and circle all of the words that are hidden in the grid.

The words may be hidden in any direction.



POOL
LIFE JACKET
LIFEGUARD
LEARN TO SWIM
NO RUNNING AT POOL

SWIM LESSONS
FEET FIRST
SWIM WITH BUDDY
OBEY POOL RULES
WATER WATCHER



For more information check out our website at:

www.colinshope.org

Colin's Hope is an all-volunteer 501(c)(3) nonprofit organization that creates and supports programs that aid in preventing children from drowning. Despite numerous sources for water safety, the number of children who drown per year is staggering. Colin's Hope of saving children from drowning is being achieved through increased water safety awareness and improved standards throughout the community.

Healthier Homes

Improve Neighborhood Air Quality ... Fragrance Free Dryer Exhaust

By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets...think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry products.

FOR MORE INFORMATION:

- <http://ehnca.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- www.mcs-global.org – Could it be your Fabric Softener?
- www.physorg.com – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- www.scorecard.org – enter your zip code and you can get information regarding air, water and chemical releases for your county



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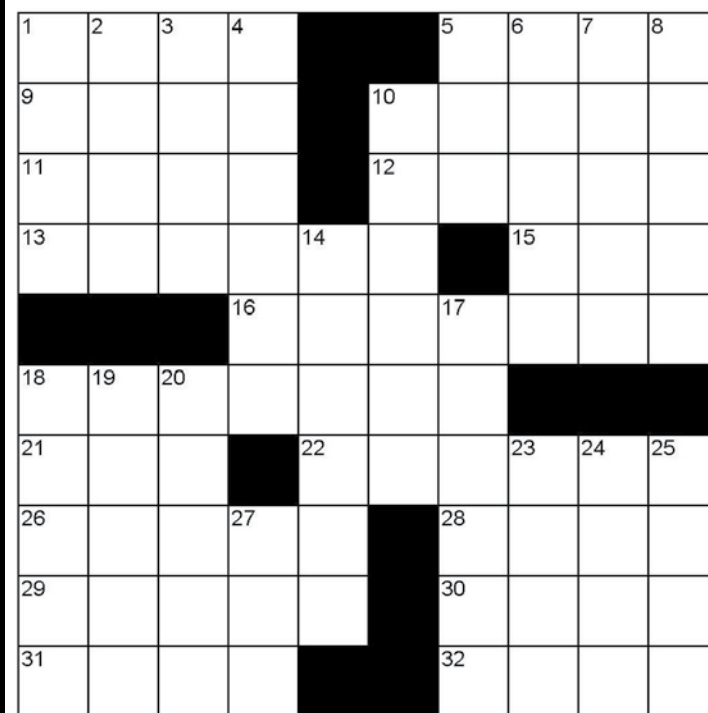
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Pebble Tech
Pebble Sheer

Crossword Puzzle



ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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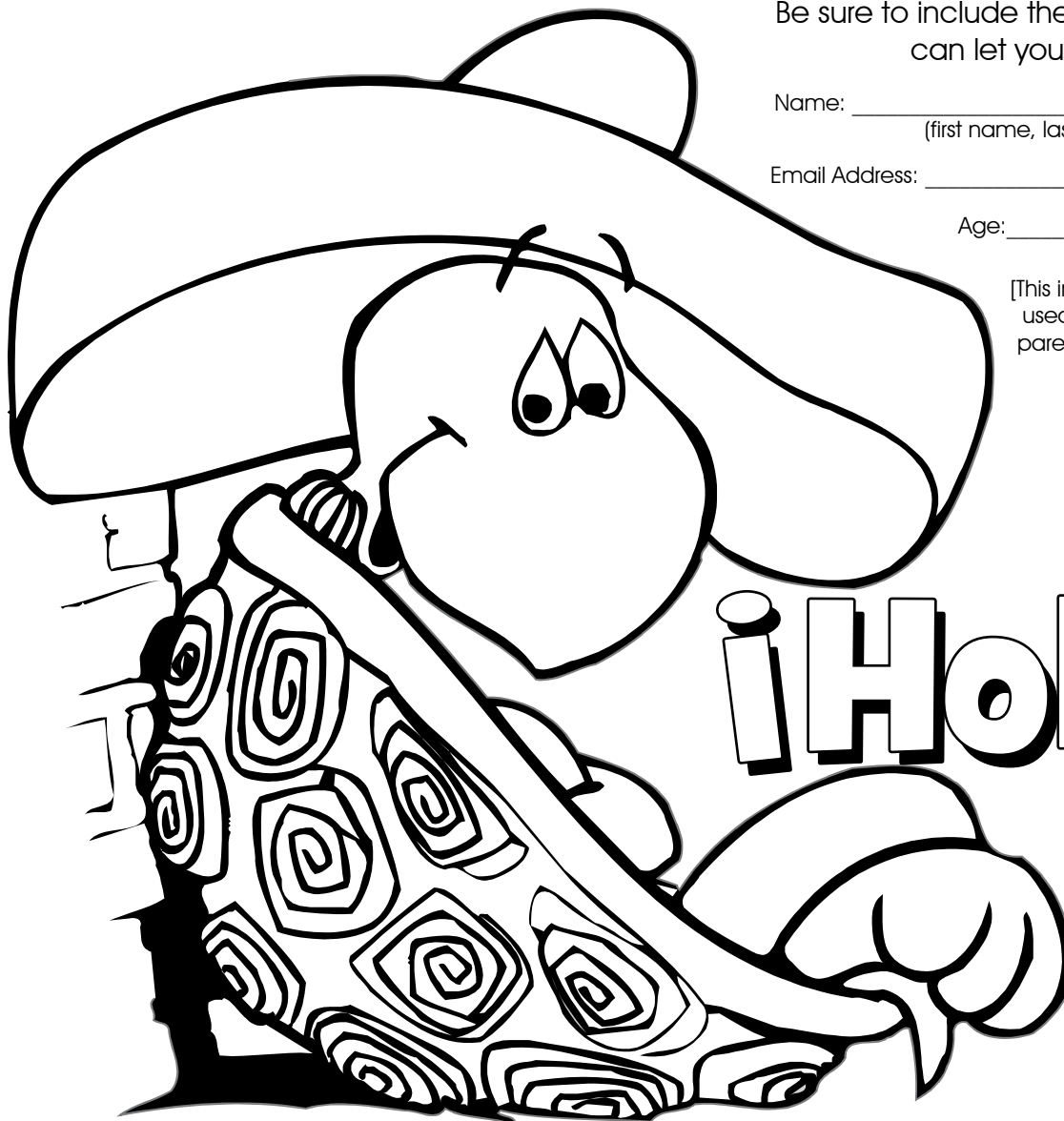
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Dawn Reich

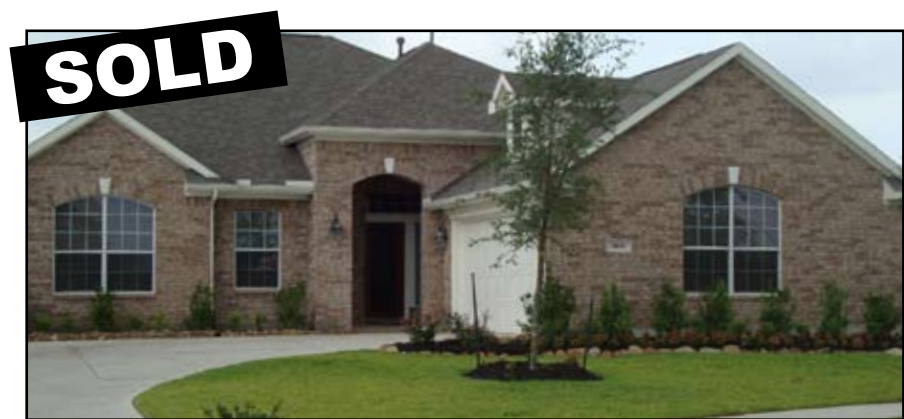
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