

# Hunter's Glen

A Newsletter for Hunter's Glen

September 2009, Volume 3, Issue 9

## 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.

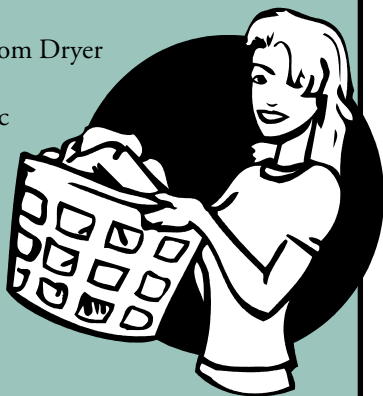
Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the 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://ehna.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- [www.mcs-global.org](http://www.mcs-global.org) – Could it be your Fabric Softener?
- [www.physorg.com](http://www.physorg.com) – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- [www.scorecard.org](http://www.scorecard.org) – enter your zip code and you can get information regarding air, water and chemical releases for your county



## 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

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## NEWSLETTER INFO

### PUBLISHER

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## Not Available Online

### Hunter's Glen Classifieds

Have any items that you need to get rid of but think someone else could use? Have a useful service to offer your neighbors? Why not place an ad in the Hunter's Glen newsletter? Just send the info and a phone to the newsletter editor, and your ad will be run in the newsletter for two issues.

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Hunter's Glen residents, limit 30 words, please e-mail [articles@PEELinc.com](mailto:articles@PEELinc.com).

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**Math Tutoring:** I am a Certified Math Teacher and worked as a full-time Middle School Math Teacher in Plano ISD. I have several years of tutoring experience at elementary, middle, high school, and Community College levels. Call (469) 585-2218. Email [planomathtutor@gmail.com](mailto:planomathtutor@gmail.com).

**Advertise  
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## *Its Not Too Late- (Continued from Cover)*

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 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.

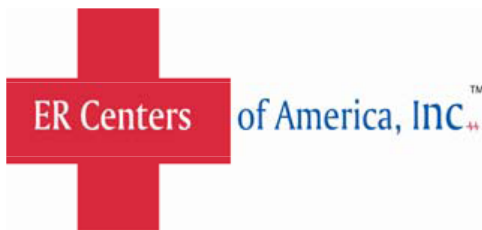
Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

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!



## Back to School

Slow down for school zones, buses, and children walking and riding bikes!



## Need medical care?

**15 MINUTES DOOR-TO-DOCTOR  
NO APPOINTMENT NECESSARY**

When you or someone you love needs immediate medical care or suffers a medical emergency, you shouldn't have to wait for the medical care you need now. At ER Centers of America, Inc. you will find a state-of-the-art emergency room with all the staff, the equipment, and the expertise ready to care for your medical needs whether urgent care or emergency care.

**BEGINNING JULY 1, 2009**

**NEW EXPANDED WEEKEND HOURS TO BETTER SERVE YOUR NEEDS**

**SATURDAY AND SUNDAY ~ 8:00 A.M.—12:00 MIDNIGHT**



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*Increasing water safety awareness and standards*

For more information,  
check out our website at  
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## FACTS YOU NEED TO KNOW ABOUT DROWNING

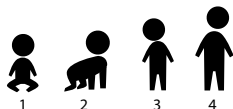
### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

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

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

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

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.

### 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

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