

My apologies
for any
inconvenience
in contacting
me. I can be
reached by
email at
sbresso@gmail.com

or
330.466.1067

I hope the
warm weather
is filling you
with joy and
optimism. Let
the
transformation
of spring bring
positive growth
to your life.

Silvia

CLEANING GREEN

Cleaning products are the leading source of toxic indoor air pollution, according to the Consumers Guide to Effective Environmental Choices, published by the nonprofit Union of Concerned Scientists (ucsusa.org). This pollution in your home can lead to a host of problems including difficulty breathing, headaches, dizziness and skin rashes. If you answer yes to even one of the following questions, you may be spreading toxic petrochemicals, which are isolated and derived from petroleum or natural gas, throughout your home. Do you:

Spray surfaces with a chemical antibacterial spray?

Use a bleach disc in your toilet?

Use a dishwashing detergent or multi-purpose cleanser with "bleaching action"?

Use bleach and/or commercial laundry detergents?

Spray wet areas with a mildew retardant?

Use scouring powder to clean sinks?

If you do use any of the above methods to clean your home, you may want to consider some natural and effective alternatives that are healthier for your family.

For naturally clean laundry, try the following options separately or combined

1 cup Borax or Arm & Hammer Washing Soda to deodorize and enhance cleaning power

1 cup plain white vinegar to remove soap residue

1 cup hydrogen peroxide for whitening and disinfecting

Wood floors: ¼ cup vinegar and ½ tsp citrus essential oil with 1 gallon distilled water

Traditional floors: 1 cup vinegar and ½ tsp essential oil with 1 gallon distilled water

Grout stains: sprinkle baking soda or Borax on the stain and set with water. Leave over night and then scrub.

Toilets and sinks: Sprinkle with baking soda, spray with vinegar to create foam and scrub.

Surface disinfectant: Spray surfaces with hydrogen peroxide then with vinegar and wipe clean (the combination of acid in the vinegar and oxidation of the peroxide disinfects surfaces). Add antibacterial tea tree oil or your favorite essential oil to the solution.

Windows and shiny surfaces: Spritz with vinegar and buff dry with a lint-free cloth diaper.

Cleaning your home naturally will improve your well-being and probably save you money.

To learn more about the dangers of common household cleaners, log onto www.householdproducts.nlm.nih.gov. You can also find nontoxic cleaning and laundry products at www.ecover.com, www.seventhgeneration.com, www.simplegreen.com, and www.citrus2.com.

**With the approach of summer comes sandals, shorts and swimsuits!
Schedule your essential pedicure to make feet happy using organic and toxin free products. Waxing services remove hair to get you smooth and worry free skin with organic milk and honey. During the months of June, July and August evening hours will be limited so schedule your appointment in advance!**

HORSES, A DIFFERENT KIND OF THERAPY

As a Certified Therapeutic Riding Instructor with the organization NARHA, North American Riding for the Handicapped Association, I have witnessed the healing power of animals, especially horses, first hand. Therapeutic riding uses equine oriented activities for the purpose of cognitive, physical, emotional and social well being of people with disabilities. Therapeutic riding provides benefits in the areas of therapy, education, sport, and recreation and leisure. The 3-dimensional gait of the horse closely simulates the movement of the human pelvis and is a valuable therapeutic tool. This movement and the warmth of the horse promote many physical benefits such as increased circulation, relaxation of tight muscles, strengthening of weak muscles, increase in pelvic & trunk mobility, development of balance & coordination and improvement in posture. Riding benefits people in physical, psychological and social ways that are still being explored by the medical field. The bond between horse and rider helps many individuals overcome challenges in their personal life. To learn more about therapeutic riding visit www.narha.org . Interested in riding lessons for yourself or a family member? Contact me and my horse.

Let Me Teach You

by Willis Lamm

*When you are tense, let me teach you to relax.
When you are short tempered, let me teach you to be patient.
When you are short sighted, let me teach you to see.
When you are quick to react, let me teach you to be thoughtful.
When you are angry, let me teach you to be serene.
When you feel superior, let me teach you to be respectful.
When you are self absorbed, let me teach you to think of greater things.
When you are arrogant, let me teach you humility.
When you are lonely, let me be your companion.
When you are tired, let me carry the load.
When you need to learn, let me teach you.
After all, I am your horse.*



Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also can create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your service.

You can compile a mailing

list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. It's recommended that you publish your newsletter at least quarterly so that it's considered a consistent

source of information. Your customers or employees will look forward to its arrival.

Your headline is an important part of the newsletter and should be considered carefully.

In a few words, it should accurately represent the

contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

Examples of possible headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer. Your headline is an important

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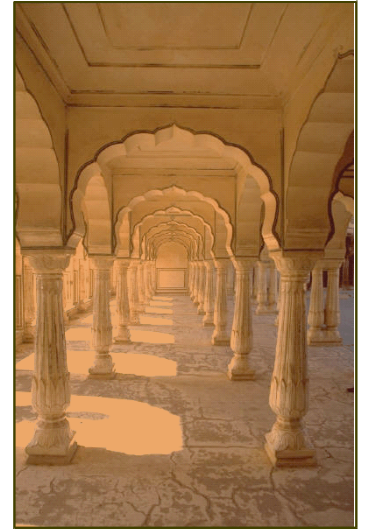
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Caption describing picture or graphic.

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A great way to add useful content to this newsletter is to develop and write your own articles, or to include a calendar of upcoming events or a special offer that promotes

a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Company Name

Street Address
Address 2
City, ST 78269

PHONE:
(708) 555-0101

FAX:
(708) 555-0102

E-MAIL:
someone@example.com

We're on the Web!

See us at:
www.adatum.microsoft.com

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product

Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

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Continued Story Headline

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About Our Organization...

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of

context.

Microsoft includes thousands of clip art images that you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

COMPANY NAME

Street Address 1
Address 2
City, ST 78269



COMPANY NAME
STREET ADDRESS
CITY, ST 22134