

Better Breathing

A publication of
Breathe California
of the Bay Area

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A Toxic-Free Spring Cleaning Kit

Source: *Green Living and FOXNews.com*

Spring is finally here and many households will engage in their Spring Cleaning rituals. While you may have some great ideas for clearing out the cobwebs and dust bunnies, you may want to consider a more non-toxic cleaning method.

Many people buy cleaning supplies because of their antibacterial qualities and ability to eradicate germs. However, they contain strong chemicals that can be a health hazard, especially for those who suffer from respiratory complications. Some chemicals can trigger allergic and asthmatic reactions when inhaled.

For a toxic-free home use these homemade cleaning formulas:

All-purpose Cleaner

An all-purpose cleaner will save time and money because it can be used to clean most surfaces. Mix ½ cup of vinegar and ¼ cup baking soda (or 2 teaspoons borax) into ½ gallon (2 liters) of water. Apply and wipe off with a sponge or rag.

Window Cleaner

For clean and clear windows, add ¼ - ½ teaspoon liquid detergent, 3 tablespoons vinegar and 2 cups water in a spray bottle. Shake bottle to mix solution and spray onto windows then wipe down with a clean cloth or towel. The soap is

important to help cut wax residue from other commercial cleaners that you have used in the past.

Disinfectant

Germs are everywhere and on everything from doorknobs to tabletops. Borax has been recognized for its disinfecting properties. Use this formula for your home disinfectant: mix 2 teaspoons borax, 4 tablespoons vinegar, and 3 cups of hot water.

Mold Killer

Tea tree oil is a natural fungicide and kills all the mold families that it contacts. Mix 2 teaspoons tea tree oil and 2 cups water in a spray bottle. Shake to blend and spray on mold areas. Do not rinse. The smell of tea tree is very strong, so keep your windows open. The smell will dissipate in a few days.

Carpet stains

Use this on carpets as well as a spot cleaner. Mix equal parts white vinegar and water in a spray bottle and spray directly on stain. Let it sit for several minutes, and clean with a brush or a sponge using soapy warm water.

Furniture Polish

Everyone likes the shiny look of polished wood furniture. Mix ½ teaspoon of oil (such as olive or

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Bothered By Secondhand Smoke?

Do you know of bars and restaurants that are still smoking?

Does someone smoke at your work?

Does smoking in public places affect you?

If you answered 'Yes' to any of these questions, Breathe California's Secondhand Smoke Helpline can assist you.

Each year, 53,000 Americans will die due to exposure to secondhand smoke.

- Of the 53,000 who will die:
- 37,000 will die of heart disease.
 - 4,000 will die of lung cancer.

For more information about your rights, contact us at (408) 998-0500 or visit www.lungsrus.org.

All calls remain confidential.

A Toxic-Free Spring Cleaning Kit

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Jojoba) with ¼ cup vinegar or lemon juice in a glass jar. Dab a soft rag into solution and wipe wood surfaces. Cover the jar and store.

Air Freshener

A sweet smelling room is always

inviting. Mix baking soda or vinegar with lemon juice in small dishes and place them in a room. This will absorb odors around the house. Or for a garden smell, place bowls of fragrant dried herbs and flowers in each room.

Do We Have to Pay Taxes?

The answer to this is **“Not always... We have some choices.”**

Because a lot of us use the standard deduction, we are not aware of the benefits of legal tax avoidance and reduction. We look at the whole process as automatic. Our paychecks are reduced by the amount withheld to pay the Federal and State taxes. We never see those tax dollars, so we don't think much about them.

However, buried in the tax code are provisions that enable us to avoid certain taxes and reduce others. One of these areas has to do with making contributions to charity.

There are plans available that let us put these tax savings to work for us instead of for the government. For instance, when we sell an appreciated asset, like a home, commercial real estate or securities, the government may collect a tax, called “capital gains tax”. If we put this asset, or a part of the asset, into a charitable plan, we may be able to avoid this tax at sale and get a tax deduction.

This money stays under our control, producing income for us, before going to charity. In most cases the income earned from the tax will substantially offset the cost of the gift.

Is this legal? Yes, it's 100% approved by the IRS, and lots of folks are doing it. It's not something that just the wealthy are doing either.

We can help. If you would like to see if you might be able to exercise more control over your tax dollars and do some good for yourself and local charitable organizations, take advantage of our gift planning service.

To arrange for a no cost, no obligation discussion with Breathe California's planning advisor, Contact Steve French at (408) 998-5865. You will receive information to discuss with your professional advisors, or he can help find advisors if you don't have them.

Smooth SailingSM

14th Annual Cruise for Respiratory Patients

Sunday, September 14 through Sunday, September 21, 2008



Cruise to Alaska

aboard Holland America's MS Westerdam

coordinated by
American Respiratory Alliance of Western Pennsylvania

Tour includes:

- Roundtrip non-stop air from San Francisco
- Arrangements will be made with the airline for those who need on-air oxygen
- 7 night Alaskan Cruise aboard the MS Westerdam
- Cruise Glacier Bay National Park and 4 Ports of Call: Juneau, Sitka, Ketchikan and Victoria, British Columbia
- All on-board meals
- Shipboard gratuities (a \$70 value/person) and all driver gratuities
- Educational seminars (optional)
- Volunteer Medical Staff
- Port and Departure taxes, security fees, and government taxes
- All baggage handling

Inside stateroom (Category L-Deck 5) is \$2,369 per person/double occupancy (pp/do); Oceanview stateroom (Category C-Deck 1) is \$2,689 pp/do; and Balcony/veranda stateroom (Category VP-Deck 5) is \$2,719 or (Category VC-Deck 5) is \$2,719. Oxygen and other respiratory equipment (except vents, BIPAP and CPAP) will be provided for \$300-\$600, depending on your needs. Details about portable oxygen can be found in the complete registration packet. Taking the trip cancellation insurance is strongly encouraged. You qualify for a waiver of the pre-existing medical conditions clause when you make your reservation and enroll at that time.

To receive a cruise packet with reservation and insurance forms, please call:

1-800-220-1990



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In
Collaboration
with



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Better Breathing
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*As the local Clean Air
and healthy lungs
leaders, Breathe
California of the Bay
Area fights lung disease
in all its forms and works
with its communities to
promote lung health.*

Upcoming Better Breathers Club Meetings

Thursday, April 3rd, 11:00 am to 12 Noon – Gilroy

St. Louise Regional Hospital, 9400 No Name Uno

Speaker: Representative from Valley Mechanical Corporation
"Whole House Testing: Key to a Healthier Environment"

Monday, April 14th, 1:30 pm to 3:00 pm – Palo Alto

Avenidas Senior Center, 450 Bryant St.

Speaker: Representative from Valley Mechanical Corporation
"Whole House Testing: Key to a Healthier Environment"

Monday, April 28th, 1:30 pm to 3:00 pm – San Jose

Breathe California Offices, 1469 Park Ave.

Speaker: Representative from Valley Mechanical Corporation
"Whole House Testing: Key to a Healthier Environment"

A Look Ahead: Our March BBC Meetings

Palo Alto – Monday, May 12th, 1:30 pm to 3:00 pm

San Jose – Monday, May 19th, 1:30 pm to 3:00 pm

Note: San Jose will meet one week early because of Memorial Day.

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