

Green Cleaning Home Makeover ~ Think Green When You Clean!



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Three part series on how to transition your home to be Clean & Green.

Kitchen

We spend much of our in-home time and cleaning time in the kitchen. Babies crawl on floors then put their hands into their mouths. Dogs spill their food then lick it off the floor. Keeping harmful toxins found in traditional cleaning products out of the kitchen is a great place to start your green home cleaning makeover.

Dishwasher detergent

Did you know that dishwashers contribute significantly to indoor air pollution? They are highly efficient at transferring water pollutants and chlorine from detergents into the air.

- test your water for radon and take appropriate corrective measures
- use natural detergents that are chlorine & phosphate free

(The dishwasher's intense heat kills germs making chlorine unnecessary. Harmful phosphates are surprisingly still legal in dishwashing detergents yet are extremely hazardous to aquatic life.)

- if you have hard water, test a small load of dishes & glassware in case the natural ingredients in the detergent adhere minerals in the water to their surfaces. If this happens, rinsing in vinegar will remove the mineral deposits. Try a couple brands to find the one that works best with your water.
- if your water is highly chlorinated from a public source, consider a full-house filter (your skin & hair will benefit, too)

Floors

Have you ever looked into a bucket of dirty mop water and thought, "There must be a better way?" You're right. The best and

most sanitary results for cleaning your floor are achieved by using multiple micro-fiber mop pads. The method involves dampening numerous pads, mopping a section, then swapping out with a fresh pad. They are washable & reusable and you no longer have to wash your floor with a germ-trapping sponge mop rinsed in a bucket of dirty water.

Hot water with a dash of dish soap and a splash of vinegar works great at cutting grease, leaves no film or residue, and won't remove wax or wood finishes. Steer clear of traditional products that contain petroleum based ingredients, and either make your own, or pick a natural product scented with essential oils. Check out: Mrs. Meyers, 7th Generation, Ecover (my favorite), or Method (available at Target).

Oven

The heat generated during the self-cleaning cycle uses enormous amounts of energy. Use this sparingly and time it for right after you've already heated the oven for baking or cooking. Traditional oven-cleaners are highly toxic. The best advice is prevention. Wipe up spills as soon as the oven cools. Consider an oven-liner such as Chef's Planet that is easily removed for

safe cleaning. For older ovens, sprinkle salt on grease spills and try scrubbing with baking soda on a cellulose sponge.

Labels

Natural cleaning products have been proven as effective, and often, more effective than traditional products. Read the ingredients just as you do for the food you purchase. Don't be

fooled by a leaf or flower on the product label. Do your research and make informed choices that protect your family's health by keeping toxins out of your home.

For additional resources - visit www.harmonyclean.com & click Green Cleaning Resources or call 215-230-7700 and we'll be happy to help.

**Let's face it,
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FIRST FEDERAL OF BUCKS COUNTY presents

nova's Galaxy ART SHOW AND SALE

16th Annual Fundraiser

Galaxy Art Show & Sale November 5-8

Friday, 10-10
Saturday, 10-5 / Sunday, 10-4
FREE and open to the public

Preview Reception Thursday, 5-8 pm
Tickets \$35.00

New York Artist Opens Up to Color with Move to Bucks

Painter George Thompson, featured artist for this year's Galaxy Art Show & Sale benefiting Network of Victim Assistance, grew up encircled by New York City's and his parents' artistic influences. He began a successful career as an illustrator, then migrated to figurative painting. But it was his move to rural Bucks County nine years ago, he says, that "opened my eyes to the heart of nature, its beautiful light and possibilities." Influenced by the Bucks County Impressionists and the rolling countryside, his artistic journey veered onto yet another path.

"Moving from one place to another affects life and art," Thompson has said. "For one

thing, the light is totally different. My New York paintings are blue with neutrals and grays. Here in Pennsylvania, I'm opening up to color."

A graduate of Pratt Institute with a Fine Arts degree, he began a successful career as a freelance illustrator. Meanwhile, he also played in a band and was a founding member of an improvisational comedy group called Premises Premises. His developing interests and further study soon took him into figurative painting. As education chair for the Society of Illustrators, he coordinated weekly life drawing sessions in the city for more than 10 years—a pursuit he's continued here in Bucks County.

As Galaxy's featured artist, Thompson will exhibit an enticing

selection of his finest pieces in the third-floor rotunda of the Bucks County Courthouse, where his oil, "Juliana in Blue Kimono," took Best in Show last year.

Galaxy opens Thursday with a catered preview reception from 5:00 to 8:00 of the works in various media of more than 85 respected regional artists; tickets for this event are \$35. The remaining days of the Show & Sale are FREE and open to the public: Friday 10-10:00, with First Friday activities 6-10:00 in Starbuck's courtyard; Saturday 10-5:00, with artist's demo by Thompson at 2:00; and Sunday 10-4:00, including tea with Thompson at 2:00. The silent auction of a George Thompson oil continues all weekend. Reception tickets or information: 215.343.6543 or www.NOVABucks.org.



Featured Galaxy artist George Thompson paints a Bucks landscape *en plein air*.