



Lemons – the Versatile Fruit, Part III

By Joanne McEvoy-Samborn

Degreaser:

Straight lemon juice can be used as a general degreaser.

Furniture:

2 parts olive oil mixed with 1 part lemon juice makes an excellent furniture polish

Hair:

To lighten hair, dampen it with lemon juice and sit out in the sun for an hour.

Lemon juice mixed with one cup of warm water is a great hair conditioner. It should be allowed to stay in your hair for a few minutes then rinse off.

Cuts, Stings and Itches:

A small amount of lemon juice dripped onto minor wounds can help bleeding and disinfect the injury, (it will sting a bit). Lemon juice applied to itches, poison ivy rashes and wasp stings is said to relieve discomfort.

Hands:

The smell of fish on your hands after scrubbing with soap - rub your hands with lemon juice and the smell will be neutralized.

Isn't it incredible how we have so many environmentally harsh cleaning chemicals in our homes when nature can offer most of what we need!

Source www.greenlivingtips.com

Continued from page 6

Highlights of October 4, 2017 LWVH Board Meeting

Scouts in Riverhead to determine what they can do to help them earn their Suffrage badge. The SC Board of Elections is planning to visit high schools to familiarize students with voting processes. Pierson High School has committed \$500 to present the 100th Anniversary Committee musical revue at their school. The committee will also address the NYS position on Charter Schools and prepare an update in time for the February 15, 2018 deadline.

- Natural Resources Committee: Elena Rivera Williams, at the committee's request, is exploring a way to include the Shinnecock Nation in a future meeting. The committee is also exploring CCA (Community Choice Aggregation) as a topic for a spring PIM. CCA is a way for municipalities to pool their

needs and buy energy from a choice of sources (looking to save money and focus on renewable energy sources) rather than having to use the local supplier as is done now.

- Publicity: Arlene Hinkemeyer publicized the Sept 18 Con-Con PIM, National Voter Registration Day, two candidates debates Oct 16 and 26 and the CCOM candidates forum Oct 12th
- 100th Anniversary Committee: There are two events left. October 19 is the lecture called "Ladies of Liberty" with Arlene Hinkemeyer at the East Hampton Library and Nov 19, a musical revue at the Southampton Arts Center at 3pm.

The next Board meeting is Wednesday, November 1, 2-4 p.m. at the Bridgehampton Senior Citizen Center.