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Behavioral Health Systems, Inc.
Two Metroplex Drive
Birmingham, Alabama 35209

Behavioral Health Systems EAP Newsletter

School Bus Safety

http://www.nsc.org/mem/youth/8_school.htm

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus. Remember these safety tips:



- Use the handrail to enter and exit the bus.
 - Stay away from the bus until the driver gives his/her signal that it's okay to approach.
 - Be aware of the street traffic around you.
- Drivers *are* required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!
- Have a safe place to wait for your bus, away from traffic and the street.
 - Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
 - When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.

A Study in Time Management: Why We Over-Commit

[Melissa C. Stöppler, M.D.](#)

Most busy people are no stranger to over-commitment. Taking on too many responsibilities and then being unable to cope with the resultant demands on our time is one of the biggest sources of lifestyle stress. Two business school professors have tried to find out *why* we tend to commit to any- and everything even if it leads to more stress in our lives. Their conclusion: people over-commit because they believe

they will have more time in the future than they have today.

Surprised by the fact that they are so busy today, people act as though the future will be ideal and free of unexpected time traps.

These studies about our perception of time demands in the future suggest that we need to **think about how busy we are today** when agreeing to any future plans or committing to yet another duty or activity. Before agreeing to a new project, endeavor, or responsibility, ask yourself the following questions:

- Would I have time to spend on this *today*?
- What kinds of feelings would I associate with this responsibility or commitment (dread, excitement, worry, accomplishment)?
- If I want to do this, are there areas in which I can cut back to make time for it?
- Am I doing this for me or to meet someone else's expectations

Zauberman G and Lynch Jr., JG. **Resource slack and propensity to discount delayed investments of time versus money.** *Journal of Experimental Psychology* 2005: *General*, Vol. 134, No. 1.

You know you drink too much coffee when...you can thread a sewing machine, while it is still running.

Vinegar and baking soda ... two household helps from ages past. They still rule.

Vinegar is a mildly bleaching, antiseptic, mineral loaded acid. It neutralizes alkali in soaps and detergents, which makes a good, balancing rinse for hair, clothing and floors. It preserves food against dangerous bacteria, cuts through grease, deodorizes and disinfects.

Baking soda is a naturally occurring substance, mildly abrasive, a good substitute for anything that takes abrasion - toothpaste, pot and pan scrubber, sink cleaner.

Naturally alkaline, baking soda is an acid neutralizer. Heartburn boils away when you down a half glass of water with a half teaspoon of baking soda. Test your garden soil for acidity by mixing one cup soil with two cups water, then stirring in 1/4 cup of baking soda. If you have a volcano erupting in your container, your soil is very acid. If you just have a little fizz around the edges, you have a minimally acidic soil. Mix it into your cat's litter box, put it in the refrigerator, or spray it (with water) into the air, and it's an odor neutralizer.

Find more helpful uses for vinegar and baking soda at <http://frugalliving.about.com/cs/tips/a/053199.htm>

Changing the Look of a Room with the Seasons

You can give any room a seasonal change by using some of these ideas.

- Alternate two sets of covers for decorative pillows — some for spring/summer and others for fall/winter.
- Order reversible drapery panels so they can easily be turned with the changing of the seasons. A plain ivory on one side can be a neutral option while a more colorful stripe on the reverse offers a fresh look for another season.
- When displaying plates, change them seasonally. Pretty florals in the summer can be switched out with classic holiday plates when the weather turns cool.
- Switch a light throw with a cozier one for cooler seasons.
- Remove spring themed silk flower arrangements as soon as summer is over.
- Change a cool cotton bed cover for a warmer down duvet.

http://interiordec.about.com/cs/quicktips/qt/qt_changelook.htm