

Going Green 101

Everybody's talking about "going green" these days, but what in the world does that really mean? Is it a difficult and expensive process? Can you do it on your own? Does it mean you have to change your entire lifestyle?

Basically there are three overall aspects of "going green":

- ① Energy-efficient housing
- ② Environmentally-friendly, non-toxic household products
- ③ Reducing, reusing, and recycling products

Chance to Win!
Natural Cleaning Kit
\$29 Value

So come hear Sheila Cox:

1. Talk about how to make your home more energy-efficient.
2. Tell you about environmentally-friendly home products to use for your next remodeling project.
3. Recommend products that are safer for your family.
4. Show you how to make your own household cleaning products.
5. Give you tips for natural pest and weed control.

About Sheila Cox

For the past three years I have been focused on going Green with eco friendly products both inside and outside the home. That's why, as a REALTOR®, I chose to become EcoBroker Certified®...so I can help my clients live better, naturally, through non-toxic, environmentally friendly, energy-efficient housing.

I am passionate about improving the health of our children, and their children, by minimizing the toxins they are exposed to in our homes and in our environment. It's amazing how truly simple it is to remove most toxins from our children's living environment.

Previously I owned a successful technical writing and training consulting firm, TrainWrite Technologies, specializing in developing training programs, user's manuals, and Websites for the software industry. I also have a Business Degree with a major in Marketing from Texas A&M.

Beside my husband, daughter, and dogs (a toy Eskie and a French Bulldog) I am dedicated to our community and active in volunteerism...I love to help people! In recent years I have volunteered and/or belonged to the Junior League, MOPS (Mother's of Preschoolers), the MOMS Club, church "Sunday School" for toddlers and VBS. I am currently active volunteering with a local food co-op, The Third Day Health Market, my daughter's school, and the Houston Alzheimer's Association—an organization I truly care about because I know they are making a difference in the lives of families affected by Alzheimer's.

Other things that you may find interesting about me:

- Graduate of *The Seven Habits of Highly Effective People* from the Covey Leadership Center.
- Honored with the Emily Dickinson Award for Volunteerism in the Junior League.
- Honored by the Orange County Community Service Council for Outstanding Volunteer Service.
- Graduate of Pearle Eyecare University and Pearle Vision's Retail Management Training Program.
- American Board of Opticianary (ABO) Certified Optician from 1994 to 2003.

