

North Coast Sustainability

Sharing new ideas and best practices



A COLLABORATIVE ELECTRONIC NEWSLETTER FOR CUYAHOGA COUNTY

Fall/Winter 2010

Volume 2, Issue 3

Waste Reduction Tips for the Holidays

(Obtained from Ohio EPA's website, <http://www.epa.ohio.gov/pic/facts/holiday.aspx>)

According to a report from Use Less Stuff (ULS), Americans throw away 25 percent more trash during the holidays than any other time of year. The extra waste amounts to 25 million tons of garbage, or about one million extra tons per week. Much of the 28 billion pounds of edible food thrown away each year is wasted during the holiday season. For more information, go to their Web site at <http://use-less-stuff.com/>.



There are many things you can do to reduce the amount of waste generated during the holidays. The tips below cover a wide variety of things you can do from reducing paper products used to changing your gift-giving focus. In addition to the tips below, you can [click here](#) for a Holiday Waste Reduction calendar - a tip for each day from November 22 to January 1!

- Buy holiday cards made from recycled paper or make your own creative cards on recycled paper.
- Be selective when deciding how many holiday cards to send.
- Reuse packaging cartons and shipping materials.
- Buy outdoor light strands that are wired in parallel. If one bulb goes bad, the others still work, so you won't be throwing away "bad" strands.
- Put all your lights on timers for energy savings and peace of mind while you're away.
- Use those tins you've been saving for gift boxes.
- Recycle unwanted and duplicated gifts by promptly exchanging them or giving them to a local charity.
- Get a tree that can be mulched or planted, or better yet, buy an artificial one (each year, Americans purchase 25-30 million Christmas trees).
- Plan ahead. Making a list will save time, money and last-minute shopping frenzies.
- Keep it simple: one thoughtful gift is better than six wrapped packages of unwanted gifts.
- Let children know that what you really want does not have to come from a store. Their time is even more valuable. Children can give coupons for their time as Christmas presents in ways such as taking on extra chores, cooking dinners, watching a younger sibling or giving plenty of hugs and kisses.
- Give the gift of an experience - music lessons, lessons for a new hobby, a massage, a trip to a state park, or tickets to a sporting event or play. This is perfect for friends who want to try something new but aren't willing to spend the money on themselves. Plus, you don't have to wrap the gift.
- Give a monetary donation to a local charity in someone else's name. Many people feel good knowing that they are helping out someone during the holidays.
- Invest in your family and friends. Instead of giving a gift, contribute to a child's savings account, education IRA or give them a U.S. Savings Bond.
- Don't wrap oversized gifts. Hide them and give the recipient clues. Make the search a treasure hunt.
- Make the wrapping a useful part of the gift; put cookies in a flower pot or hide jewelry in a new pair of gloves or socks. Just make sure that the receiver finds the gift if it's hidden!

Upcoming Events:

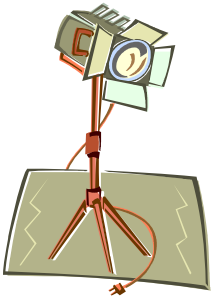
- "DISEASE DETECTIVES" EXHIBIT, CLEVELAND MUSEUM OF NATURAL HISTORY, THRU JANUARY 23RD, 2011. FOR MORE INFO: WWW.CMNH.ORG
- OHIO CITY CHRISTMAS WALK, DECEMBER 4TH, 2010, FOR MORE INFO: WWW.OHIOCITY.COM
- WEBINAR: "CLIMATE CHANGE AND WATER QUALITY IN THE GREAT LAKES", SPONSORED BY THE OSU CLIMATE CHANGE OUTREACH TEAM, FREE, PRE-REGISTRATION REQUIRED BY DEC. 6TH, 2010 AT [HTTP://CHANGINGCLIMATE.OSU.EDU/REGISTER/#REGISTER-FORM](http://CHANGINGCLIMATE.OSU.EDU/REGISTER/#REGISTER-FORM)
- CLEVELAND ENERGY EFFICIENCY FAIR, CLEVELAND CITY HALL ROTUNDA, 601 LAKESIDE AVE., CLEVELAND, JANUARY 20TH, 10AM-2PM (THE CLEVELAND CONSERVES CAMPAIGN)

Inside this issue:

COMMUNITY SPOTLIGHT: CITY OF SOUTH EUCLID	2
"MORE" HOLIDAY TIPS FOR SUSTAINABILITY	3
TEARS TO CHEERS!	4
REDUCE YOUR CARBON FOOD PRINT— HOW TO EAT MORE SUSTAINABLY	5
COLLEGES GO FOR THE GREEN	6
HELP OTHERS THROUGH RE-USE	7



Community Spotlight



South Euclid's Green Neighborhoods Initiative: Creating Sustainable Communities

(Michael Love, Development Assistant, City of South Euclid)



The South Euclid Green Neighborhoods Initiative is an innovative neighborhood revitalization strategy funded by two competitive grants obtained by the City. These grants, totaling over \$1 Million, were obtained through the Federal Neighborhood Stabilization Program and the Northeast Ohio First Suburbs Consortium.

The Green Neighborhoods Initiative has two main components: the purchase, rehab, and resale of vacant and abandoned homes, and the creation of community gardens and community green space. The Initiative is concentrated in the Bexley/Rowland and Cedar Center Neighborhoods, as these were the areas most severely impacted by the foreclosure crises.

The first objective is buying vacant, foreclosed, and abandoned homes. The homes purchased by the City are being rehabbed in an innovative way using green building techniques and universal design to accommodate first floor living and all life phases. Once completed, these revitalized homes will be resold to qualified owner-occupants.

The Green Neighborhoods Initiative takes a common concept, rehab and resell, and pushes the limits in a new and creative direction. Grant funding allows us to demonstrate tangibly the benefits of using sustainable techniques to show the potential in what some consider to be outdated housing stock. Foreclosed and vacant houses are now available in our City and neighboring cities for 1940's prices. There is no better time to create a paradigm shift in community thinking. Creating multiple demonstration projects will allow developers, rehabbers, and existing homeowners to see the success of this process firsthand without making the investment themselves. Once proven to be an attractive and financially lucrative proposition, we anticipate this type of rehab will become the new industry standard. This model will be further supported by legislation that simplifies the process for private industry to follow our example.

The City recently completed the first of these fully rehabbed homes, located at 4182 Wilmington Road. The home rehab was a project of Zarembo Home Again Restoration Company and City Architecture. However, the rehab would not have been possible without the generous contributions from a variety of community partners; including the Cleveland Institute of Art, Notre Dame College, John Carroll University, Whole Foods, Kurtz Brothers Paving, Moen Faucets, and Schlage Locks. A special thank-you must also be provided to Pam Pierce, the volunteer Green Rater for the project who has worked tirelessly to ensure the home achieves LEED Platinum Status.

The Wilmington Home is currently for sale, with the City recently beginning construction on three additional green home rehabilitations. The hope is to utilize the grant funding to perform complete green rehabilitations on ten homes in the targeted Neighborhoods.

This Initiative is the ultimate way to "reduce, reuse, and recycle". Our housing stock and that of other inner-ring suburbs has the potential to become the "sensible first choice" for those seeking right-sized, affordable, conveniently located, pedestrian friendly, accessible living with the added privacy of living in a detached single family home.

Do you have
sustainable
ideas?
Share them!

Are you interested in submitting an article on a sustainability topic for the next newsletter? If so, please email it to Jill Lis at jilis@ccbh.net by March 11th, 2011.



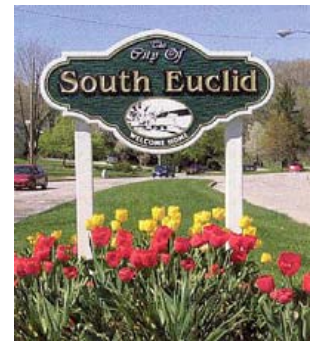
South Euclid...

Continued from page 2

As mentioned, the Green Neighborhoods Initiative also includes the creation of community gardens and community green space throughout the targeted Neighborhoods. Currently two Community Gardens have been created as part of the Green Neighborhoods Initiative: one on Warrendale Road north of Warrensville Center Road, and one on Colony Road south of Warrensville Center Road. Additional Gardens will follow in the target Neighborhoods for Summer of 2011.

The purpose of the gardens is to create opportunities for neighbor interaction and to provide a venue for residents to grow their own food. It is our belief that community gardens build and strengthen a neighborhood while increasing the health of residents. The gardens have been extremely successful in neighbor-to-neighbor bonding and would not have been possible without the generous assistance, promotion, and marketing provided by Whole Foods. The Gardens are being placed on vacant residential lots that have been obtained by the City.

Banners promoting the Initiative have been placed throughout the City and all are encouraged to visit the Community Gardens and the Green Rehabbed Homes. For more information on South Euclid's Green Neighborhoods Initiative, please visit the City Website, www.cityofsoutheuclid.com, and click on the GNI Logo. Also, be sure to become a fan of the Green Neighborhoods Initiative on Facebook.



“THE PURPOSE OF THE GARDENS IS TO CREATE OPPORTUNITIES FOR NEIGHBOR INTERACTION AND TO PROVIDE A VENUE FOR RESIDENTS TO GROW THEIR OWN FOOD.”

“More” Holiday Tips for Sustainability

(Suzanne Krippel, R.S., Program Manager, Cuyahoga County Board of Health)

We have searched the web to discover tips for creating a green holiday season.

- Department and discount stores want to give you plastic; instead go green by bringing your reusable grocery bags.
- Make the switch to E-cards. It saves you time and money. Urge your friends to do the same.
- Add organic and locally grown food to your holiday menu.
- Save gift wrap to rewrap and old holiday cards for gift tags or holiday post cards.
- When purchasing gifts try to choose the more locally produced, minimally packaged items.
- Purchase rechargeable batteries for your electronics.
- Compost food scraps after a big holiday meal.
- Instead of staying indoors to watch sports on TV get out and play a sport as a family. Touch football, Frisbee, and kickball are great sports that most can play.
- Avoid disposable table settings and opt for regular dishes.
- Many area hospitals and charitable agencies accept gently used toys for their clients. Plan on a trip to donate prior to the holidays to free up space for the new toys that will arrive.
- Carpool with family members on the way to and from common events.
- If staying in a hotel, choose environmentally conscious establishments. Self service lodges and apartments are sometimes available and can be very reasonable.
- Give friends a gift certificate to Tonic or other junk mail stoppers to eliminated unwanted advertisements from the waste stream.
- Make a resolution to become more sustainable in 2011!



North Coast Sustainability

Tears to Cheers!

(Rosemary Driessen, R.N., B.S.N., Cuyahoga County Board of Health)



Do you remember the commercial that showed a male Native American in tribal dress with a tear running down his cheek? It was a public service announcement made in 1971 addressing the issue of littering and its harmful effects. You can see it on YouTube, called *The Crying Indian Commercial*. Aside from its politically incorrect title, I remember it having a tremendous effect on me at the time as it brought the whole issue of “earth-care” to my mind. An article on snopes.com describes that there were actually three events that occurred in the early 1970’s that may have jump-started the ecology revolution.

The first Earth Day occurred in 1970 when a group of environmentalists and activists started a grass-roots movement to promote public awareness on issues regarding our waterways, pesticides, sewage, air pollution, forestry and a myriad of other ecological concerns. The second event was the promotion of the peace sign ecology flag in 1970 that later had everyone raising their index and middle fingers in V-formation to give the peace sign. This flag has green and white stripes and a white peace symbol embedded in the blue upper left hand corner of the flag. Lastly, in 1971, *The Crying Indian Commercial* was aired on Earth Day of that year.

Not everyone has bought into the concept of green living as have I and thousands of others. However, it’s difficult not to read a newspaper, magazine, or internet articles without coming across a piece of journalism related to an environmental, ecological, or green issue. Just in recent weeks, I have come across several of them.

The Toledo Blade published an article on November 6, 2010 describing a successful alternative energy project using solar power to supply highway lighting. The Ohio Department of Transportation, in partnership with the University of Toledo, will study this project and will subsequently inform the community how effective this technology was in conserving other energy sources.

Plain Dealer reporter, Robert Schoenberger, wrote in his November 10, 2010 article that Cleveland’s first community “charging station for electric vehicles went into service this week, and by the end of the year, dozens could be open, mostly in the University Circle area.” The site is located at 7100 Euclid Ave., the parking lot of the Baker Electric Building. Recharge Power, a local company who developed these power stations, plan to install many more stations in the community over the next several months.

There is an article depicting the community of Orange and its recycling program in the November 11, 2010 issue of the Solon Times. Sali McSherry, the article’s author, describes that Orange’s pro-active efforts have brought them to a point where they are initiating a compost program in their community. They are planning an information meeting for residents in March, 2011.

On November 11, 2010, the Sun Post had an article about the Big Creek watershed. Mark Holan wrote that Parma Heights Council members have passed a resolution to support the Big Creek Watershed Balanced Growth Initiative, which will deal with land preservation and development issues.

Akron Beacon Journal staff writer, Bob Downing, described improvement projects to the Little Cuyahoga River in an article published on November 12, 2010. The hope is that sewage overflow and run-off from hard surfaces that “dump a toxic soup” into the river become significantly cleaner before polluting the Cuyahoga River.

Regina Brett, in her November 14, 2010 Plain Dealer commentary, described Campus Conservation Nationals, where colleges compete in areas of electricity, water, and waste reduction. Brett reports that 40 colleges in the United States are participating, including one local college, Kent State University (see article on page 6 of this newsletter).

On a more intimate level, the November 14, 2010 edition of the Plain Dealer included Patricia Wren’s article in its rental section describing how to make green holiday decorations. Fruit, spices, holly or spruce branches make wonderful centerpieces, and knowing that you are saving the environment from styrofoam and plastic refuse is comforting to the soul!

And on a more personal level, I received a \$1.00 Extra Buck from CVS last weekend by using my reusable shopping bag. I saved the landfills from storing more plastic and filled my wallet at the same time-life doesn’t get much better than that!

“AND ON A MORE PERSONAL LEVEL...I SAVED THE LANDFILLS FROM STORING MORE PLASTIC AND FILLED MY WALLET AT THE SAME TIME...”

Reduce Your Carbon Food Print—How to Eat More Sustainably

(Ann Stahlheber, M.S., R.D., L.D., Cuyahoga County Board of Health)

Each piece of our current conventional food system harms the environment in a uniquely destructive way. Understanding the issues at play with each piece can be mind boggling to the average consumer who is simply looking for the best way (healthiest, best quality, cheapest, most convenient) to put food on the table for the family. Here's a list of some simple tips to reduce your carbon food print with brief descriptions of why they are better choices for the environment. Try one or try them all. Every little thing you do can make an impact, for better or worse, on the environment.

1. Shop at “producer only” farmers’ markets. For a listing of markets, visit <http://ccfoodpolicy.org> to download a pdf of the “local food guide”. Supporting local farmers reduced fuel costs to transport food from distant lands to your average conventional grocery store, and smaller, local farms tend to grow their food more sustainably.
2. Find Ohio grown foods in your grocery store. Many grocers are tagging Ohio grown foods so consumers may identify the origin of their foods (see tip #1).
3. Eat foods that are in season. This way of eating lends itself to purchasing foods from local farms (see tip#1).
4. Join a community supported agriculture program (CSA). Sign up to receive a freshly picked share of produce each week from a local farm. For a listing of CSA’s near you, visit www.localharvest.org and type in your zip code. You can choose between conventional, natural, and certified organic programs (see tip #1).
5. Join City Fresh. Similar to a CSA, City Fresh offers the flexibility of week to week payments and a discount for income qualifying members. Visit www.cityfresh.org to find out if there is a “Fresh Stop” near you (see tip#1).
6. Eat less meat. If you do choose to include meat, choose grass fed, pastured, free range raised animals. Find local meat farmers and visit the farm to see how they treat their livestock. Providing animals with ample space to pasture reduces the number of livestock per acre, and reduces the issues with waste management, pollution, livestock medication, and food-borne illness.
7. Choose naturally or organically raised produce, dairy, eggs, and meats. To find out how your organic dairy compares to the standards, visit www.cornucopia.org. This Institute surveys farms to find out how they treat their animals and how strict and environmentally conscious their practices are.
8. Eat mostly whole foods (not processed). Boxed noodle and rice meals, frozen, canned, and boxed foods all contribute to the trash in our landfills. Buy bulk dry goods, cereals, and fresh produce and meats to reduce the packaging.
9. Avoiding single portion food packages. Yogurts, puddings, string cheese, or even snacks can be packaged either in bulk or with excessive, single use containers. Portion your foods out at home and place in reusable containers.
10. Choose foods with less packaging. Choose loose produce rather than those wrapped in plastic and on Styrofoam trays. Purchasing concentrated frozen juices saves on packaging rather than fully constituted juices in a plastic jug.
11. Choose foods with packaging that is easy to recycle. Aseptic (juice box) containers are very difficult to recycle. Waxed cardboard may not be recyclable either. Glass and plastic bottles rated 1 or 2 are easiest.
12. Eat smaller portions. More food equals more tax on our environment.
13. Grow your own produce in a garden. Create your own little Eden and enjoy the fresh tastes of your labor. Growing your own is the most local you can get!
14. Eat more foods at home. Eating out wastes money and energy. If you do want to eat out, try to eat at an establishment that is committed to locally, sustainably sourced items. Bring your own reusable takeout containers instead of getting disposable doggie bags.
15. Bring leftovers in to work (in a reusable container). Microwavable meals may save time, but create a large amount of waste. They also take a huge amount of fuel to produce, package, and distribute. Make casseroles, soups, and salads at home and save money and the environment.
16. Use reusable utensils and plates, even at work. Avoid using disposables, unless you have access to compostable supplies.
17. Use a reusable beverage container. Disposable water bottles and coffee cups add a significant amount of waste to our landfills. Most plastic water bottles are never recycled. Invest in a nice mug or bottle and save some landfill space.
18. Buy only what you will use. We may have the best of intentions, but end up throwing moldy food in the trash. Save on landfill space by planning your meals and shopping lists according to historical use.



“EVERY LITTLE THING YOU DO CAN MAKE AN IMPACT, FOR BETTER OR WORSE, ON THE ENVIRONMENT.”



North Coast Sustainability

Colleges go for the Green

(Debbie Weisbarth, B.S.N., R.N., M.Ed., Supervisor, Cuyahoga County Board of Health)



Football isn't the only competition taking place on college campuses around the country. From Nov. 1 to Nov. 19, 2010, a total of 40 colleges and universities from across the United States participated in the Campus Conservation Nationals, a competition to reduce electricity, water, and waste. According to the Regina Brett column featured in the Nov. 14, 2010 edition of the Plain Dealer, the competition is sponsored by the Lucid Design Group, the Alliance to Save Energy and the National Wildlife Federation. On her radio show, Ms. Brett interviewed Andrew deCoriolis, an Oberlin graduate who is manager of public programs for Lucid Design Group and who helped create the Campus Conservation Nationals.

The competition involves monitoring a residence hall's energy use floor by floor. Ohio schools involved in the competition include Kent State University, Oberlin College, The Ohio State University, Wittenberg University, the University of Cincinnati, Miami University and Bowling Green State University. According to Kent State University's website, "the goal of this competition is to educate, motivate, and empower students to conserve resources within the residence halls. Student behavior can play a large role in the amount of electricity consumed on campus each and every day, and the campaign's aim is to illustrate the impact of developing habits to support energy conservation and sustainability."

Both the Brett article and the KSU website offered several energy saving tips for not just college students but for all of us to practice in our every day activities:

- Use natural daylight whenever possible
- Use a desk lamp instead of an overhead light
- Swap incandescent bulbs with compact fluorescent ones
- Use a power strip to cut energy to computers, phone chargers and TVs
- Keep windows closed when the heat or air conditioning is on
- Take the stairs instead of the elevator. Taking just two flights of stairs will save 72 kilowatts of energy
- Wash clothes in cold water and use a clothes line for drying
- Shorten showers to five minutes or less, take fewer showers or turn the water off while soaping up; also, turn the water off while brushing your teeth
- Bike instead of driving; if you have to drive, save all of your errands for one trip
- Don't buy bottled water; use a water filter and fill a safe reusable water bottle
- Buy used instead of new. Check out local resale shops, Craigslist, freecycle and eBay
- Don't print out anything that doesn't have to be on paper
- Buy locally grown food and bring your own bags to the grocery store
- Unplug your cell phone charger when not in use -- and don't leave the video game on pause or computer in sleep mode. Idle electronics consume power even when not in use

Open and shut your refrigerator door quickly. When you open the door of your fridge, 30% of the cold air escapes

Hopefully we will all be motivated by this college energy conservation competition to Go for the Green every day in our own communities, whether that be school, home or our places of employment. (And, as always, GO BUCKS!)

“STUDENT BEHAVIOR CAN PLAY A LARGE ROLE IN THE AMOUNT OF ELECTRICITY CONSUMED ON CAMPUS EACH AND EVERY DAY...”



Help Others Through Re-Use



Lake Erie Nature & Science Center

Donated Items we can really use!

Each year the Center serves more than 180,000 children and adults on site and off and cares for over 100 permanent animals and over 1,000 rehab animals. To provide the best possible service with the least amount of expense, we ask for your help! The following is a list of items used on a daily basis to help fulfill our mission. Being an independent, nonprofit organization, we rely on the generosity of the communities we serve. All donations, both monetary and goods, are not only appreciated but crucial to our continued success!

HOUSING SUPPLIES:

- Pine shavings
- Clay cat litter
- Pine bark mulch
- Cypress mulch
- Straw (dry!)
- Corn cob bedding
- Ceramic pet bowls
- Plastic terrariums
- Ceramic heat bulbs
- Reptarium

MISCELLANEOUS:

- Bleach
- Hand sanitizer
- Laundry detergent
- Dawn dish soap
- Paper towels
- Light bulbs
- 55 gal. garbage bags
- Zip lock bags (all sizes)
- Batteries (all sizes esp. AAA)
- Masking tape & duct tape
- Scrub brushes
- Sponges with scrubber side
- Dust Buster

FOOD/NUTRITIONAL SUPPLIES:

- Baby Food (mixed veggie in jars)
- Frozen or fresh vegetables
- Frozen or fresh fruit
- Frozen ground turkey
- Unsalted nuts
- Pedialyte
- Earthworms
- Mealworms
- Reptomim
- Fresh fish
- Live feeder fish
- Live crickets
- Timothy hay
- Bird seed
- Guinea pig pellets
- Rabbit pellets
- Dry dog & cat food
- Lab mice/rats
- Avian hand-rearing formula
- Nutri-cal
- Laxatone
- Reptile vitamins
- Yogurt
- Oyster shell grit
- Peanut butter natural

ANIMAL FIRST AID:

- Latex Gloves
- Vetwrap
- Non-stick bandages
- Penlights
- Eye Saline
- 1cc Syringes
- Bag balm

GIFT CERTIFICATES

- True Value Hardware
- Heinen's
- Pet's General Store (Lakewood)
- Landmark
- Giant Eagle
- Pat Catan's
- Michael's Arts and Crafts
- Sam's Club
- Target
- Wal-mart

THINKING BIG!

- PC Computer (less than 3 yrs. old)
- LCD monitor
- Infant incubator
- Binocular microscope
- Digital Camera

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Attention CCBH Employees:



Please bring your unwanted coffee mugs, drinking glasses, plates, and silverware to the office cafeteria. These items will be stored in the cafeteria cabinets and drawers for your use to help eliminate the use of throw away items and their disposal into the garbage and recycling waste streams.



What is the ReStore?

- **Recycle!** the ReStore, operated by Greater Cleveland Habitat for Humanity, is one of the largest reuse and recycle centers in Cuyahoga County.
- **Reuse!** The ReStore recycles and resells salvaged and reclaimed building materials, fixtures and tools that are in good condition.
- **Reduce!** The ReStore diverts thousands of tons of usable materials from local landfills.
- **Rebuild!** The community can purchase affordable home improvement items at a fraction of retail cost. Proceeds from the ReStore support Habitat's mission to eliminate poverty housing through home construction and rehabilitation.

Are you interested in submitting an article on a sustainability topic for the next newsletter? If so, please email it to Jill Lis at jllis@ccbh.net by

March 11th, 2011.

Do you have sustainable ideas? Share them!