

THE RECYCLER

Newsletter of Recycle Rutherford, Murfreesboro, Tennessee Winter/Spring 2016

Prizes Totaling \$850 Given in Inaugural Postcard Contest

At its Monday, Oct. 26, 2015, semi-annual meeting, Recycle Rutherford named and honored winners of its inaugural Postcard Contest to Promote Recycling. They are

- **Elementary Category**
Lily Smith, 5th grade, Saint Rose School, Jodi Vehr, teacher
- **Middle Category**
Zoe Villanueva, 7th grade, Saint Rose School, Mary Beth McClain, teacher
- **Senior Category**
Abigail Bobo, 10th grade, Providence Christian Academy, Melissa Hutson, teacher

The new contest attracted 43 entries from eight schools in Rutherford County. Participants were instructed to use the theme “What Recycling Means to Me.” Each student winner received a \$50 gift card; their classrooms each got \$200 to use for supplies.

“Recycle Rutherford was quite pleased with the quality of work submitted in this first year of our postcard competition,” said Glenn Himebaugh, president. “It was our privilege to meet several of the students, display their artwork at our fall meeting, and award them and their classrooms for taking part.”

In addition, the Postcard to Promote Recycling Teacher Appreciation Award went to Don McMurphy of Providence Christian Academy. His name was drawn from those teachers who submitted entries but did not receive an award. He received a \$100 prize.

For the competition, students created 8.5 by 5.5 inch postcards and submitted them to their teachers. They were encouraged to use any number of artistic mediums, including markers, paint, collage, digital media, and written words. Teachers chose one entry from their classes and submitted to Recycle Rutherford by the Friday, Oct. 2, 2015, deadline. Winners were decided by a panel of judges, including three members of Recycle Rutherford’s Board, local artist Art Growden, and Mimi Keisling, Rutherford County environmental education coordinator.

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Winning postcard in the middle category

TDEC’s Donn Describes New Recycling Program in State Parks

Although parks in general got off to a slow start on the “Go Green with Us” program that kicked off January 2015 at a park managers’ meeting, our October speaker said that steady progress is being made. Leila Donn, environmental specialist with the Tennessee Department of Environment and Conservation (TDEC) Office of Sustainable Practices, explained that previously, some recycling was taking place in the parks, but it was spotty and no numbers

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Postcard Contest Replacing Phone Book Collection Is Successful

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Recycle Rutherford hopes to repeat the Postcard to Promote Recycling contest in 2016 and beyond. “Our hope is that in its second year the postcard contest will really catch on with teachers and students,” said Crystal Mallory, a Recycle Rutherford board member and contest judge. “We provided teaching standards with our information last year, and we are trying to identify additional ways to get contest information out to schools across the county.”

According to Recycle Rutherford board members, the organization sponsored a phonebook recycling contest for many years; however, it made sense to launch the postcard contest with phone book use and contest participants in decline.

“Recycle Rutherford does not plan on reviving a phonebook recycling competition, but we ask that folks please continue to recycle used phonebooks,” said Himebaugh. “Those who want to learn more about recycling in Rutherford County should visit our website at www.recyclerutherford.org.

--Crystal Mallory



Winning postcard in the elementary category

Speaker Describes New Recycling Program in State Parks

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were kept nor information captured. The initiative wasn't popular “because we're asking them (park personnel) to do more with the same staff.” State personnel encouraged the Green Team at each park (which might comprise members of maintenance and hospitality and sometimes a



Winning postcard in the senior category

ranger—generally a group with one main contact) with technical support and new bins. In most cases, parks collect aluminum, other metals, paper, cardboard, glass, used cooking oil, and pallets. At some sites, pallets were broken down and parts used to build a supportive holder for the bins, Donn told the group.

Since parks had to spend money on garbage pick-up, the plan was to increase recycling and therefore decrease the amount of trash to be hauled and save money. In the eight months the program had been operating in October, some 139 tons had been diverted from landfills, resulting in a savings of \$3,819, which goes back to the parks.

Donn, who hold a B.S. in Geology from the University of the South, Sewanee, indicated that plans call for some “Go Green” workshops at meetings of rangers and others to help foster a sense of ownership and to seek input. Another aspect is to develop partnerships with counties in which the parks are located. She indicated that parks face the same problem confronted elsewhere at recycling locations of the public putting trash in recycling bins, either by mistake or intentionally. In urban parks, there is a problem with people taking aluminum.

She thinks the program will continue to grow and improve with increased signage and awareness. She encouraged her listeners to support the parks, each of which has particular characteristics, and to consider volunteering. During questions from the audience, Donn said that Montgomery Bell and Fall Creek Falls both make use of geothermal heating and cooling.

Donn concluded her presentation with a trivia contest and prizes. Most of the winners came from the postcard contest winners in attendance, adding to their celebration of success!

Be Green When You Clean!

One of the best ways you can decrease the amount of toxic chemicals you put into the environment is to change the way you clean—meaning change the cleaners you use. There are environmentally friendly cleaners available, but if you want to save some money while you're being a responsible citizen, try making your own. I recommend changing gradually to keep from being overwhelmed. I've been making my own glass cleaner for a while and have decided to move on to try some other products. Following are some examples which came from a Lost Arts class offered by Linebaugh Public Library in 2013.

Glass Cleaner #1

16 oz. spray bottle
1 c. white vinegar
1 tsp. dish detergent
Fill the rest of the way with water; use a squeegee and black and white newspaper for a streak-free shine.

Glass Cleaner #2

Large spray bottle
8 oz. water
2 oz. vodka
9 drops essential oil

Unclog a Drain

Mix 1 c. salt, 1 c. baking soda, ½ c. vinegar
Pour down drain; let set for 15 minutes.
Carefully flush with 3 quarts of boiling water.

Keep Drains Fresh (aka Sink Volcano)

Mix ½ cup baking soda with ¼ c. table salt and pour down drain. Follow by pouring 1 c. heated vinegar down the drain (it will foam and bubble). Let it set for 15 minutes; then run hot tap water for 30-60 seconds.

Daily Shower Spray

Mix 1 part each rubbing alcohol, hydrogen peroxide, and distilled water in a spray bottle. Add 5 drops

essential oil—peppermint or tea tree. Squeegee your shower after each use; follow with spray once a day.

Shower/Tub Scum Buster

Put 6 oz. very hot water in a spray bottle; add 6 oz. Dawn dish soap; shake bottle to combine. Spray on surfaces and scrub with a bristle brush. Rinse.

Toilet Bowl Cleaner #1

Pour 1 c. borax and ¼ c. white vinegar into the bowl; let sit overnight. In the morning, scrub and flush.

Toilet Bowl Cleaner #2

Mix ½ c. baking soda, ¼ c. vinegar, and 4 drops tea tree oil; pour into toilet bowl; scrub with a bowl brush.

Grout Cleaner

Mix ½ c. baking soda and ¼ c. white vinegar in a small open container. Using a toothbrush, apply paste to grout and allow to sit for 5 minutes. Rinse.

Surface Cleaners:

It is recommended that these cleaners be tested on a small, out-of-the-way spot before using.

All-Purpose #1

Mix 2 tsp. baking soda, ½ tsp. Dawn, 4 T. white vinegar, and 1 ¾ c. distilled water. Stir/shake/mix well. Keep in spray bottle; wipe away after spraying.

All-Purpose #2

Mix juice from ½ lemon, 1 c. white vinegar, and 1 ¾ c. distilled water. Stir/shake/mix well. Keep in spray bottle; wipe away after spraying. This works well for toys.

All-Purpose #3

Mix 1 c. white vinegar and 2 tsp. Dawn in a spray bottle; add 7 drops essential oils if you like. Shake well before use.

--Suma Clark

Recycle Rutherford Membership Form

I enclose my annual dues to support Recycle Rutherford and receive the newsletter.

\$25.00 supporter \$15.00 student \$100.00 patron

I am contributing \$_____ in addition to my dues.

PLEASE PRINT:

name _____ amount enclosed _____

address _____

city, state, zip _____

telephone: day _____; evening _____

e-mail _____; volunteer interest _____

Please make check payable and mail to Recycle Rutherford, P.O. Box 1804, Murfreesboro, TN 37133-1804

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Officers, Board to Be Elected

Following is the slate of officers and board members for 2016-2018 to be voted on at Recycle Rutherford's annual meeting on Monday, April 25, 2016, 7:00 p.m., Rutherford County Courthouse Courtroom:

President	Rachel Cornett
Vice President	Bonnie Black
Secretary	Suma Clark
Treasurer	Rick Racker
Past President	Glenn Himebaugh

Board Members:

Gib Backlund
Linda Hardymon

If you are interested in serving as a Recycle Rutherford board member, please contact Glenn Himebaugh or Gib Backlund.

Help Save Monarch Butterflies

Remember that you can help save monarch butterflies by planting milkweed seeds or plants. Milkweed is the only source of food for the monarch caterpillar, but plants are disappearing because of fields being sprayed with weed killer and also because of increased land development. For more information and to get seeds, go to <http://www.saveourmonarchs.org/>

Reminder: To renew your membership, please see the form on page 3. Dues are only \$25 per year. We don't want to lose you!

This newsletter is printed on recycled paper.



P.O. Box 1804
Murfreesboro, TN 37133-1804

2014-16 Officers and Board

Recycle Rutherford holds elections each April at the annual meeting; in general, officers and part of the board are elected in even years for two-year terms, and approximately half the board is elected in uneven years, providing for staggered terms.

The officers are listed below with the board members, who are elected each April and serve staggered terms. The date indicates when the term of each ends. The board meets monthly on first Mondays at 6:15 p.m. at First Presbyterian Church, 210 N. Spring Street.

Glenn Himebaugh, president
Linda Hardymon, vice president
Rachel Cornett, secretary
Rick Racker, treasurer

Board Members:

Gib Backlund, 2016	Suma Clark, 2016
Bonnie Black, 2016	Crystal Mallery, 2016

Dates to Remember

25th Annual Green Tie Affair—Tennessee Environmental Council:

Thursday, April 7, 2016, 6 – 10 p.m.
<http://tectn.org/>

Earth Day 2016—Murfreesboro:

Saturday, April 23, 2016, 10 a.m. – 2 p.m.
Public Square, Downtown Murfreesboro

Spring Annual Meeting—Recycle Rutherford:

Monday, April 25, 2016, 7:00 p.m.
Rutherford County Courthouse Courtroom

For more information, go to www.recyclerutherford.org

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