

# THE RECYCLER

Newsletter of Recycle Rutherford, Murfreesboro, Tennessee

Spring 2016

## Speaker: Preventing Pollution from Stormwater

**H**ow much do you know about stormwater? Proper management of it is essential to avoid unnecessary pollution and damage to water resources. The Rutherford County Municipal Separate Stormwater Sewer System operates under a set of regulations and ordinances.

Katie Peay works for Rutherford County Planning and Engineering as the stormwater coordinator and is responsible for ensuring EPA and state compliance on stream quality. She will speak at Recycle Rutherford's annual meeting on Monday, April 25, at 7:00 p.m. in the courtroom of the Rutherford County Courthouse. In her remarks, she will **focus on pollution prevention and good housekeeping practices for municipal operations.**

A 2011 graduate from the University of Tennessee, Katie's degree is in biosystems engineering; she has worked for the county almost three years as an Engineer in Training and can sit for her Professional Engineering designation in another year. She also is a certified floodplain manager (CFM).

The ordinances and regulations under which the county operates can be seen at Rutherford County's Stormwater Management Website: <http://rutherfordcountyttn.gov/stormwater/regulations.htm>

The county is regulated under state and federal rules to implement a storm water quality program in six minimum measures:

- Public education and outreach on storm water impacts
- Public involvement/participation
- Illicit discharge detection and elimination
- Construction site storm water runoff control
- Post-construction storm water management in areas of new development and redevelopment
- Pollution prevention/good housekeeping for municipal operations

Katie says that when she isn't working for the County, she helps her significant other, Manny, with his new restaurant in town, The Block. "We

also have a 14-month old, Camille, who keeps us busy. We have a cat and boxer dog to keep us company. We love spending time outdoors, hiking or walking the greenway. When I get a chance, I try to catch up on reading."

**The public is invited to attend this meeting and hear this informative speaker.**

Also at the meeting, **officers and board members will be elected.** Following is the slate of officers and board members for 2016-2018 to be voted on at Recycle Rutherford's annual meeting:

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

### **Board Members:**

Gib Backlund  
Linda Hardyman

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

## **Celebrate Earth Day: Saturday, April 23, 2016**

Come to Murfreesboro's historic Public Square from 10 a.m. to 2:00 p.m. on Saturday, April 23, for exhibits and entertainment **focused on the 2016 Earth Day theme: Recycle, It's Our Future.**

The free event, coordinated by the Murfreesboro Electric Department, will include children's events, live entertainment, and educational and environmental booths.

Recycle Rutherford will have a booth and welcomes volunteers to help with set-up, talking with people about recycling, working with kids at the booth, or tearing down. If you can help, contact Rick Racker.

In the event of rain, the celebration will move to Patterson Community Center.

## Celebrate Earth Day All Year: 25 Ways to Live Green!

Every person can make a difference in this world; doing the right thing for the earth is good for the planet and for the individual. Probably you are already doing some of these things; celebrate Earth Day by adding some or being more intentional in your decisions. If you've not yet adopted many of these practices, there's no time like the present. Start small; the important thing is to start.

**1. Clean kindly.**

Use plant-based, biodegradable soaps and detergents and all-purpose and surface cleaners. Avoid ammonia in glass cleaners and chlorine in general.

**2. Be wise with laundry.**

Wash full loads to get the most out of water and energy use. Rinse in cold water and consider for washing lightly soiled loads. Use plant-based biodegradable detergents without fragrances or dyes. Use oxygen bleach rather than chlorine bleach. Line dry clothes when you can.

**3. Choose natural personal care products and cosmetics.**

Opt for pure products made with pronounce-able, plant-based ingredients. Avoid petroleum-based chemicals, synthetic ingredients such as paraben preservatives, and synthetic fragrances and colors. Avoid deodorants that contain aluminum and other chemicals. Select organic, nonchlorine-bleached feminine products.

**4. Go for recycled, naturally bleached toilet paper, paper towels, and tissues.**

Buy postconsumer recycled paper goods that are whitened with oxygen bleach.

**5. Used unbleached coffee filters for a dioxin-free cup o' joe.**

Choose unbleached coffee filters for your own health as well as the planet's. Take the next step and buy a reusable coffee filter or French press and get away from all disposable filters.

**6. Install a water filter.**

Enjoy safe water without the waste of plastic bottles. It is estimated that 40 million bottles *every day* are thrown in the garbage!!

**7. Get a low-flow toilet, or make your existing toilet low flow.**

This is an easy savings: old-style toilets use 3.5 to 7 gallons per flush; new, low-flow toilets use as little as 1.6 gallons per flush. Retrofit any toilet by installing a toilet dam or simply submerge a full plastic water bottle or two in the tank to replace the water volume.

**8. Don't be a drip; fix leaky faucets and toilets.**

Consider this: a leaky faucet or shower that loses water at the rate of one drip per second can waste 3,000 gallons of water in a year! A leaky toilet can waste 200 gallons a day. Most replacement parts are cheap, available, and easily installed.

**9. Kick off your shoes.**

Take off your shoes at the door and avoid tracking in dust loaded with things like pesticides, herbicides, toxic cleaners, and wood preservatives. Get a welcome mat to help stop the toxins at the door.

**10. Bring in houseplants.**

Plants improve the air in your home by producing clean, fresh oxygen and by absorbing carbon dioxide and chemicals such as formaldehyde and benzene.

**11. Plant a tree every year.**

Trees are the lungs of the planet; they remove carbon dioxide from the atmosphere, storing it in cellulose in their woody parts. This has the potential of offsetting and reversing the currently rising levels of greenhouse gases that are causing global warming.

**12. Opt out of getting junk mail.**

Stop credit card offers by going to [www.optoutprescreen.com](http://www.optoutprescreen.com) or calling 888-567-8688. To get off mailing and telemarketing lists, contact the Direct Marketing Association at [www.dmaconsumers.org/consumerassistance.html](http://www.dmaconsumers.org/consumerassistance.html). Stop your name from being sold by specifically requesting when you order something online or over the phone. To seek help from Green Dimes, a nonprofit organization that will reduce the marketing materials delivered to your home, go to [www.greendimes.com](http://www.greendimes.com) for details.

**13. Go veggie one day a week.**

A plant-based diet requires a lot less energy and water than a meat-based diet—and it's healthier for you! Meat is the least-energy-efficient food on the planet, requiring quantities of water and causing major pollution. Eating two to four pounds less meat a year will save as much water as not showering every day for a year!

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## Celebrate Earth Day All Year!

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### 14. Use energy-efficient light bulbs.

Bulbs such as compact fluorescent light bulbs and light-emitting diodes save energy, money, and emissions.

### 15. Change your thermostat.

During the cold months, lower the thermostat to at least 68 degrees during the day and 60 at night. Turning the heat down 5 to 10 degrees at night will save 5 to 10 percent on your heating bill. During the summer, set the thermostat at 78.

### 16. Set your water heater at 120 degrees F.

You'll find water at this temperature (49 degrees C.) is piping hot. Most water heaters are set at 140 degrees, which is a waste because that's too hot for household needs. Turning the temperature in an electric water heater down just 10 degrees will reduce the amount of carbon dioxide produced in a year by 600 pounds (440 pounds for a gas hot water heater.)

### 17. Smarten your 'fridge and freezer.

Turn thermostats up and make sure seals are tight. Set the refrigerator at 37 degrees F. (3 degrees C). Set the freezer at 3 degrees F (-16 degrees C). Vacuum the coils regularly. If you don't have a self-defrosting or no-frost freezer, defrost regularly for efficient operation.

### 18. Use power strips and unplug appliances.

Save energy and money by plugging your electronics into power strips that can be turned off when the components are not in use. TVs, stereos, game consoles, computers, and accessories all have a hefty "phantom" draw of energy even

when they're turned off—about the same as a 60-watt light bulb.

### 19. Choose green residential energy service options.

Utility companies offer renewable energy options for a small premium. For information, visit [www.epa.gov/greenpower/locator/index.htm](http://www.epa.gov/greenpower/locator/index.htm)

### 20. Buy local.

Buying locally grown food and other products means that fewer fossil fuels are used to transport the good to you. Not only is energy saved, the food is fresher and tastes better!

### 21. Go organic!

Buying and eating organically grown food is one of the single most powerful green choices.

### 22. Take cloth bags or a basket to the store.

If every American used just one less grocery bag, it would prevent 187.5 million pounds of waste and save millions of dollars in disposal costs.

### 23. Inflate car tires to their proper pressure to save gas and money.

Properly inflated tires can improve gas mileage by more than 3 percent and extend tire life.

### 24. Get a travel mug.

In a recent year, Americans used and disposed of 14.4 billion coffee cups, enough to circle the Earth 55 times.

### 25. Recycle your cell phone.

According to the *Washington Post*, users upgrade to a new phone every 18 months. Many programs will accept cell phones.

---Information taken from *Easy Green Living*, by Renee Loux, adapted by Recycle Rutherford, a volunteer organization that promotes recycling. Reprinted from an earlier newsletter.

## 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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### Swap Plants with Other Gardeners

The Master Gardeners of Rutherford County will host a free community plant swap 9 a.m. to 12 noon on Saturday, April 23, at the Lane Agri-Park, 315 John Rice Blvd., according to a story in the *Daily News Journal*.

Items to swap should be packaged to secure the soil and labeled with the plant's name and care instructions. Acceptable plants include flowers, vegetables, herbs, perennial divisions, small trees, shrubs, and houseplants.

There also will be a garden market with items for sale. For more information, visit [mastergardeners-rc.org](http://mastergardeners-rc.org)

### Dates to Remember

#### Free Electronics Take-Back Event

Friday, April 22, 2016, 8 a.m. – 12 noon  
Sims Recycling Solutions, 417 New Sanford Rd., LaVergne; includes computers, laptops, servers, copiers, printers, scanners, fax machines, cellphones, hard drives, speakers; Items not accepted include CRT monitors, TVs, liquids, gases, air conditioners, refrigerators.  
For more information, call 615-751-5812

#### Plant Swap—Murfreesboro

Saturday, April 23, 2016, 9 a.m. – noon  
Lane Agri-Park, 315 John Rice Blvd.

#### 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  
Speaker: Katie Peay, Stormwater Coordinator

### 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

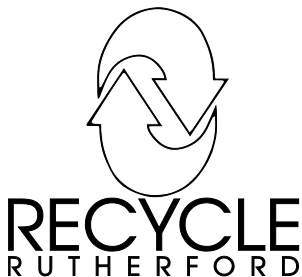
#### Board Members:

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

**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!**

**For more information, go to  
[www.recyclerutherford.org](http://www.recyclerutherford.org)**

**Like us on Facebook!**



P.O. Box 1804  
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