

# EARTH TALK™

Questions & Answers About Our Environment

**Dear EarthTalk:** Is there a way to get local communities involved in cleaning up waterways, like rivers, lakes, streams and creeks?

— Rebecca, via e-mail

Indeed, many of our local waterways have seen better days, thanks to de-

cadecades of pollution. And cleaning them up and preventing further damage can be challenging, since much of the contamination has accumulated over time and results from what is known as “non-point source” pollution, which accounts for as much as 60 percent of the water pollution in the U.S.

“When it rains, fertilizer from lawns, oil from driveways, paint and solvent residues from walls and decks and even pet waste are all washed into storm sewers or nearby lakes, rivers and streams—the same lakes, rivers and streams we rely on for drinking water supply, boating, swimming and fishing,” reports the non-profit Natural Resources Defense Council (NRDC). “Also, improper handling of materials

around the house can lead to pollution.”

According to NRDC, each of us can do our part to reduce this runoff pollution and thus help protect local waterways. For one, we can replace concrete and other hard surfaces around our homes with porous materials, so that rainwater drains naturally into the ground and not into pathways that lead it into waterways.

We can landscape with native plants and natural fertilizers, and refrain from over-watering our lawns and gardens. And we can properly dispose of hazardous products (that is, not right down the drain), wash our cars at professional carwashes (where there are proper wastewater treatment procedures), recycle used motor oil, and use non-toxic alternatives for household chemicals whenever possible.

Of course, there is only so much that individuals can do on their own. While preventing pollution at the source is important, many waterways have so much legacy pollution in them already that they need to be cleaned up directly—no small job and typically way beyond the scope of a few individuals.

Some municipal, county or state governments might be inclined to help, but getting friends and neighbors involved first is a good way to demonstrate community support. Also, local businesses,



Local community volunteers clean up the Des Moines River. (Photo by Rastoney, courtesy Flickr)

non-profit groups, youth centers and schools are often looking for ways to get people involved in community service projects, so asking around town might be the best way to enlist dozens or more volunteers.

Another way to get the ball rolling is to sign up with American Rivers' National River Cleanup program. Individuals, organizations and anyone interested in conducting a cleanup on their local river can register with the program and get free trash bags as well as assistance with media coverage, volunteer promotion and technical support.

The program has helped more than a million volunteers participate in thousands of cleanups covering more than 244,500 miles of waterways across the U.S. since it began in 1991.

“These cleanups have removed more than 16.5 million pounds of litter and debris from America's rivers and streams,” reports American Rivers.

(Continued on Page 4)

## dish Make the Switch to DISH Today and Save 50%\*\*

Promotional prices starting at only ...

# \$19.99

mo.

for 12 months  
Not eligible with Hopper or iPad 2 offer.

# FIVE

## PACKAGES UNDER \$50

Prices valid for 12 months. Requires 24-month commitment and credit qualification.

**ASK ABOUT HIGH SPEED INTERNET AS LOW AS ...**

# \$14.95

mo.

where available

**FREE**

OVER 30 PREMIUM MOVIE CHANNELS

**HBO CINEMAX**

**SHOWTIME. sturz**

For 3 months.

Offer subject to change based on premium movie channel availability.

**FREE**

SAME DAY INSTALLATION IN UP TO 6 ROOMS

Where available.

**CALL TODAY - INSTALLED TODAY!**

All offers require 24-month commitment and credit qualification. \*\*Savings applies to AT120 and AT120+ with HD programming, 2 year commitment and credit qualification. Discount applied to first year of service in form of promotional credits plus free HD for Life which is a \$10/mo credit.

Call Now And Ask How To Save Up To 50%™

# 1-800-241-9874

Call 7 days a week 8am - 11pm EST Promo Code: MB0913

**Important Terms and Conditions: Promotional Offers:** Requires activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current everyday monthly price applies and is subject to change. **ETV:** If you cancel service during first 24 months, early cancellation fee of \$20 for each month remaining applies. **HD Free for Life:** Additional \$10/mo HD fee waived for life of current account; requires continuous enrollment in AutoPay with Paperless Billing. **Premium Channels:** 3-month premium offer value is \$165; after promotional period, then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires online DISH account, broadband internet to stream content. HD-only channels not available with select packages. **Hopper Features:** AutoHop feature is only available with playback the next day of select primetime shows on ABC, CBS, FOX and NBC as part of PrimeTime Anytime feature. Both features are subject to availability. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Certain equipment is leased and must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 9/19/13. Watching live and recorded TV anywhere requires a broadband-connected, Sling-enabled DVR and compatible mobile device. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. Offers end 1/16/14. © 2013 DISH Network L.L.C. All rights reserved. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC.

## Parker Realty, Inc.

**Stephenson Neighborhood - \$419,500**

**VIEW! VIEW! VIEW!**  
Perched on top of the world. Close-in SW better than new home. Three bedrooms plus office and 2.5 baths. Updated gourmet kitchen with stainless steel appliances & granite counters. Family room with fireplace attached. Gleaming hardwood floors. MLS #13423422

The inventory of houses for sale in the Portland Metro area remains at historic lows. High demand for homes in our area coupled with low interest rates and lack of homes for sale translates to higher prices! If you are thinking of selling contact us today for a free market analysis.

503-977-1888 • 7830 SW 35th Ave., Portland, OR  
[www.parkerrealtyportland.com](http://www.parkerrealtyportland.com)

**Jeff Parker**  
Your Neighborhood Realtor Since 1980

Call toll-free: 1-800-730-4675

Are You Still Paying Too Much For Your Medications?

You can save up to 75% when you fill your prescriptions at our Canadian and International prescription service.

Their Price

**Celebrex™**  
**\$568.87**

Typical US brand price for 200mg x 100

Our Price

**Celecoxib\***  
**\$62.00**

Generic equivalent of Celebrex™  
Generic price for 200mg x 100

Compare Our Prices! Call us toll-free at 1-800-730-4675.

Get An Extra

# \$10 OFF

And FREE SHIPPING

**Get an extra \$10 off your first order today!**

Call the number below and **save an additional \$10 plus get free shipping** on your first prescription order with Canada Drug Center. **Expires June 30, 2014.** Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household.

**Order Now! Toll-free: 1-800-730-4675**  
Use code **10FREE** to receive this special offer.

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison above is valid as of November 1, 2013. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. \*Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

Portland's Favorite Neighborhood Pet Supply Stores

- All Natural Pet Foods
- Raw Food Diets
- Allergy Relief
- Herbal Remedies
- Pesticide-Free Flea Control
- Eco-Friendly Toys and Beds

Three Convenient Portland Locations

7642 SW Capitol Highway  
971-222-2686

1736 SE Hawthorne Blvd  
503-236-8036

2224 NE Alberta St  
503-249-6571

Look for Monthly Specials at:  
[www.healthypetsnw.com](http://www.healthypetsnw.com)

The Natural Alternative for Pet Foods & Supplies