



Tips for Living Greener

The creator of the Zero Waste Home says she and her family produce a pint of trash each year. For most of us, that's a drastic and overwhelming lifestyle change to consider, but all of us can embrace some of these habits to live greener every day.

Some of these are ideas you've already considered, including the three Rs and composting, but there may be ways you haven't thought of yet. Think about which of her ideas you can implement in your home this week.

In the kitchen and laundry room:

Use cloth rags instead of paper towels, containers instead of sandwich bags and aluminum foil and avoid plastic dishes altogether. Rags can be old T-shirts and other clothes that are too worn to wear anymore.

Buy in bulk and freeze meat, produce and even flour until you're ready to use it. Also look for dish soap, laundry and dishwasher detergent in bulk.

Drink tap water or buy a water filter. Bottled water requires significant resources to create, filter and move and take up tons of space in landfills.

Get a pressure cooker, which can cut cooking time in half and reduce the amount of energy needed to make dinner. When you're bored of leftovers, find a way to use them in a different dish instead of throwing them



away.

Hang clothes quickly after they finish drying to reduce the amount of ironing needed. A side bonus: no one really likes to iron, so this saves you from one of the least pleasant chores.

In the bathroom:

Use 100 percent recycled, unbleached toilet paper that is wrapped in paper instead of plastic.

Buy shampoo, conditioner and body wash in bulk and refill containers.

Use baking soda and vinegar instead of harsh chemicals to scrub the bathtub, sink and toilet.

In the living areas:

Instead of air fresheners, get a plant and open a window (if the weather outside is nice).

Use cloth napkins, both for meals and parties.

Use rechargeable batteries in your TV remote, use a whiteboard to write notes to family members instead of paper, sweep instead of vacuuming whenever possible.

Use a power strip on your office equipment; refill your printer cartridges instead of buying new; avoid printing whenever possible; and when you need to print, print double-sided copies.

Event Schedule

8 AM Bird & Nature Walk (Meet at Row River Nature Park)	12:30 PM Cottage Grove Wastewater Treatment Plant Tour (transportation provided by South Lane Wheels)
11 AM Event opens with Earth Day blessing (at Coiner Park) Cottage Grove Drinking Water Treatment Plant Tour (transportation provided by South Lane Wheels)	2 PM Cowboy Cadillac takes the stage (music) Singing Creek Biodynamic Farm Tour (transportation provided by South Lane Wheels)
11:15 AM Trashion Show Preview (Opal Center)	3 PM Arbor Day Proclamation by Mayor Gowing & OR Community Trees speech
11:30 AM Almost Home takes the stage (music)	4 PM - Event Concludes

8 am - Row River Nature Park Bird & Nature Walk

Explore the spring awakening at our local nature park with Alison Center, the OR Chapter President of the North American Butterfly Association and a Coast Fork Birder. She will lead the casual, beginner-friendly walk in looking for spring migrant birds, native turtles, butterflies, dragonflies, and flowering plants. Bring binoculars and a bird identification book (we have some spares in case you don't). Transportation is NOT provided for this walk. Meet at Row River Nature Park, 33301 Row River Rd. at the kiosk near the weigh station. *Difficulty level: Uneven ground.*

11 am - Cottage Grove Drinking Water Treatment Plant

Follow the flow of water from the watershed, into the river diversion, through the various multi-barrier treatment processes and finally to the distribution system for customer use. The tour will include seeing the water quality laboratory facilities and their computer control system. *Difficulty level: Moderate, Stairs.*

12:30 pm - Cottage Grove Wastewater Treatment Plant

From flush to finish, learn how the City of Cottage Grove treats wastewater. Visitors will tour the plant to learn about the processes that convert our wastewater to effluent water, which can then be returned to the water cycle with minimum impact to the environment. *Difficulty level: Moderate, Stairs.*

2 pm - Singing Creek Farm

Local farmers Tim and Marjory began farming at Singing Creek Farm (formally Kizer) 3 years ago. They have been growing seasonal salad greens and vegetables for local restaurants and farmers markets. They farm using organic and biodynamic methods. Learn more about their methods during this visit. *Difficulty level: Moderate, Uneven Ground.*

Free round trip transportation provided, unless otherwise noted, from Coiner Park to the tour location by South Lane Wheels.

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-Est 1870-

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- ★ Seed Potatoes
- ★ Great Garden Straw
- ★ Local Worm Castings
- ★ Baby Chicks Still Available

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Saturday 10-4

942-3042 ★ 327 S. River Rd. ★ Cottage Grove

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Earth Day Celebration

Saturday, April 20th 11 am - 4 pm

@ Coiner Park

1319 E. Main St.
Cottage Grove

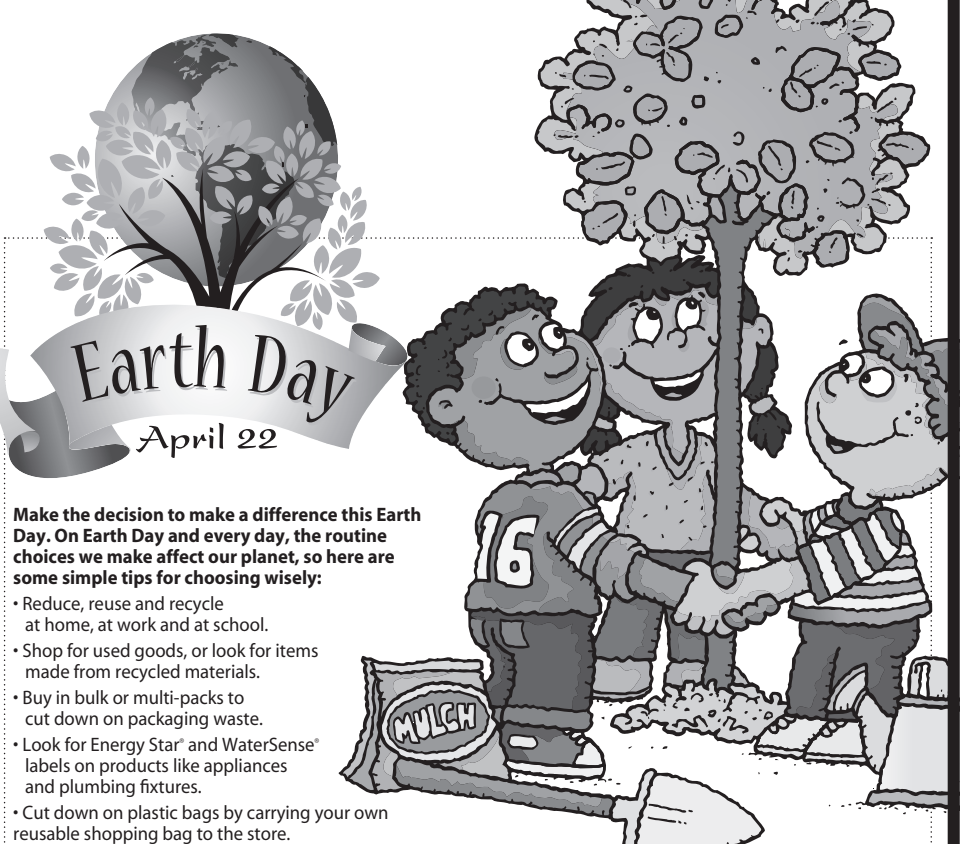


- Food
- Vendors
- Live Music
- Local Tours
- Tree Planting
- Kids Activities
- Arbor Day Proclamation by the Mayor



Check out the full event schedule or to sign up for a tour at www.coastfork.org

Cause an Effect



Earth Day
April 22

Make the decision to make a difference this Earth Day. On Earth Day and every day, the routine choices we make affect our planet, so here are some simple tips for choosing wisely:

- Reduce, reuse and recycle at home, at work and at school.
- Shop for used goods, or look for items made from recycled materials.
- Buy in bulk or multi-packs to cut down on packaging waste.
- Look for Energy Star® and WaterSense® labels on products like appliances and plumbing fixtures.
- Cut down on plastic bags by carrying your own reusable shopping bag to the store.
- Properly dispose of recyclable items, electronics and potentially hazardous materials.
- Always turn off lights and appliances when you leave a room.
- Unplug your mobile phone charger when it's not in use.
- Walk, ride your bike or use public transportation whenever possible.
- Choose locally and organically produced foods.
- Turn off the water while brushing your teeth or shaving.
- Don't top off your gas tank, as this lets harmful chemicals enter the air.
- Go to www.epa.gov/earthday to find local volunteer opportunities and to learn more about steps you can take to protect our planet.

Green your routine with eco-friendly choices from these local businesses:

Brads CG Chevolet 2775 Row River Road CG 541-942-4415	Old Mill Farm Store 327 South River Rd. CG 541-942-3042	Jim's Point S Tires 302 S. Goshen-Divide Hwy. CG. 541-942-3831
Grace Olson Cottage Grove	Bookmine 702 East Main St. CG 541-942-7414	Sunshine General Store 824 West Main St. CG 541-942-8836
Bring Recycling 4446 Franklin Blvd. Eugene, Oregon 97403 541-746-3023	Cottage Grove Sentinel 116 N. 6th Street Cottage Grove, OR 97424 (541) 942-3325	