

# HAPPY FOURTH OF JULY

CARLTON COUNTY, JULY 2008

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## RED, WHITE AND BLUE.....AND GREEN!

### SUMMER ENERGY-SAVING TIPS

*Be a speedy chef*

- Nothing is more energy efficient for cooking than your microwave. It uses two-thirds less energy than your stove.

*Push a button to wash your dishes*

- Surprise! Your dishwasher uses less water than washing dishes by hand. Then let the dishes air-dry to save even more.

*Use your appliances wisely*

- Do your laundry by efficiently using the warm or cold water setting for washing your clothes.
- Line dry your clothes whenever you can.
- When you need to use the dryer, run full loads, use the moisture-sensing setting, and clean the clothes dryer lint trap after each use.
- Replace air conditioner filters. Dirty air filters restrict airflow and can cause the system to run longer, increasing energy use.

*Conserve water*

- Use water from the dehumidifier to water plants.
- Chill drinking water in the fridge instead of running the faucet until the water is cold.
- Don't use your toilet as a wastebasket for used Kleenex.
- Consider making a rain barrel to catch water from your gutter to use on plants or the lawn. Contact Heather for instructions at 218-384-9178.

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## RECYCLING REMINDERS

**Just a few reminders about recycling at the Carlton County Recycling Sheds:**

- Carlton County Recycling Sheds now accept plastics #1– 7.
- Even though microwaveable foods trays, produce and deli containers, 5-gallon pails, toys, flower pots, plastic bags, styrofoam, and tupperware are coded with a number, we are unable to accept them at the recycling sheds.
- Magazines, office paper, and box board are accepted at the Barnum, Carlton, Moose Lake, Perch Lake and Thomson Recycling Sheds.
- New recycling brochures are available at the sheds or at [www.co.carlton.mn.us](http://www.co.carlton.mn.us)
- The Carlton County Recycling Sheds are for residents ONLY! No business recycling. If you are a business looking to recycle and need ideas on how to start, call Heather for more information at 218-394-9178.
- Please remember to rinse all of your recyclables!

**Something to consider...energy savings in the manufacturing process when using recyclables rather than virgin materials:**

- For aluminum, recycling can cut energy consumption by 95%
- Plastics by 70%
- Steel 60%
- Paper 40%



## CRAFT PROJECT—PLASTIC BAG DISPENSER OR RAG BAG

This craft project can either be used to dispense plastic grocery bags or rags. If you're like me, you save your plastic bags from stores; this bag can be used to store them. Another use for the bag is to store rags. You can either buy some inexpensive bar rags or better yet, cut up old towels or clothes. So instead of reaching for a paper towel, you can grab a rag from your rag bag. Not only is this project easy-to-make, but it is inexpensive as well.

The materials you'll need to make one dispenser are a new, decorative, standard-size dish towel and approximately a foot-and-a-half of 1/8 inch-wide elastic. You'll also need a sewing needle and thread.

### Steps to Take:

1. Lay the dish towel right side up and on a flat surface. Fold one of the long sides over so it meets the other edge. The towel should now be inside-out.
2. Sew up the open edges of the dish towel so you end up with a long tube of fabric. Turn the fabric right-side out so the design on the dishtowel is now on the outside.
3. Turn down the top of the dispenser. Measure and cut enough elastic so it runs around the inside, upper opening of the bag. Don't cut the elastic too short, or the end will be puckered too much. Allow some space so you can easily place plastic grocery bags into the top of the dispenser without struggling. You'll need to measure down about an inch from the edge of the top. Then, sew in the pieces of elastic you have measured and cut.
4. Measure and cut another piece of elastic for the bottom opening of the bag. Again, turn up the bottom and sew in this piece of elastic so it puckers at the end. But not too tight or you'll have trouble pulling the bags out.
5. The final step is to cut a third piece of elastic, about 5 or 6 inches long, to make a hanger. Fold the elastic over and sew it inside the upper end so the dispenser hangs evenly.



## NON-FOOD USAGE TIPS FOR OLIVE OIL

We're most familiar with olive oil in relation to cooking, but there are so many other ways it can be used, often avoiding the need to use chemicals, compounds and substances that aren't very environmentally friendly. For these tips, you don't need to use the best grade of olive oil.

- Can be used as a stainless steel cleaner; apply sparingly.
- Remove paint from hair or skin by dabbing a cotton ball dipped in olive oil to the affected area.
- Use it as an alternative for de-squeaking hinges.
- Coat garden tool blades with a thin layer of olive oil to prevent dirt sticking to them and to help prevent rusting.
- Mix one part lemon juice with 3 parts olive oil to make a wood furniture polish.
- A small amount of olive oil applied after shampooing can substitute hair conditioner.
- Extra light olive oil can be used as a massage oil.
- Olive oil can replace shaving cream.
- Use as a makeup remover.
- Mix olive oil with brown sugar or finely ground Epsom or sea salt for an exfoliating scrub (add essential oil for a spa-like experience).
- Use extra virgin olive oil as a nightcreme for wrinkles.
- Rub olive oil into your feet and put on some socks before bedtime for really soft feet.

### *Various olive oil grades:*

*Extra-virgin: comes from the first pressing of the olives; the best quality.*

*Virgin: has an acidity less than 2% and no refined oil content.*

*Pure olive oil: usually a blend of refined olive oil and virgin olive oil. Refining is carried out using charcoal or other chemical filters.*

*Extra light: more of a marketing term than a grade. Usually highly processed, may be mixed with other oils. The "light" refers to flavor rather than caloric content.*

## HAVE YOU READ YOUR LABELS?

**FACT:** The Food and Drug Administration (FDA) does not review or regulate cosmetic products or ingredients for safety before they are sold to the public and has no legal authority to require safety assessments of cosmetics. From the FDA website:



“The regulatory requirements governing the sale of cosmetics are not as stringent as those that apply to other FDA-regulated products...Manufacturers may use any ingredient or raw material, exempt for color additives and a few prohibited substances, to market a product without a government review or approval.” This can be found at:

[www.cfsan.fda.gov/~dms/cos-206.html](http://www.cfsan.fda.gov/~dms/cos-206.html)

**FACT:** Legally, the term cosmetics refers to any product you apply to your body that are not drugs. This includes shampoo, conditioner, deodorant, hand soap, sunscreen, lip balm and hand lotion, along with makeup.

**FACT:** The European Union now bans more than 1,110 chemicals from personal care products because they may cause cancer, birth defects or reproductive problems.

**FACT:** In its 67-year history, the FDA has only banned 10 chemicals from cosmetics in the United States.

In 2004 the Environmental Working Group (EWG) developed an online database for cosmetics and personal care products. Their aim was to provide a resource of personal care product ingredient listings with more than 50 toxicity and regulatory databases. The EWG is also working to fix the policies that allow our exposure to toxic chemicals. The database can be found at:

[www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)



The following groups of chemicals are commonly found in personal care products and are often listed as chemicals to avoid:

### **PROPYLENE GLYCOL (PG) AND BUTYLENE GLYCOL**

Propylene glycol is obtained from petrochemicals and is added in numerous skin care creams and lotions as an emulsifying agent. It makes skin look smooth; however, it speeds up aging of the skin. It also causes irritation and contact dermatitis. Propylene glycol is also found in antifreeze.

### **SODIUM LAURYL SULFATE (SLS)**

SLS acts as a surfactant, degreaser, and emulsifier and is used in numerous foaming personal care products such as soaps, shampoos, body wash products, face cleansers, shaving cream, etc. This detergent affects the eyes and delays healing time. It can be absorbed by the skin surface and accumulate in your organs. When used in products containing nitrogen-based raw material, it forms carcinogenic nitrates, which are known to cause irritation to the eye and skin.

### **MINERAL OIL**

Mineral oils are obtained from petroleum products and can cause skin irritations. They block skin pores, which restricts movement of nutrients and waste matter from the cells. Mineral oil can promote acne and slow down skin and cell development.

### **PARABENS (PROPYL, METHYL, BUTYL, OR ETHYL)**

Parabens are used as preservatives in numerous skin care and hair care products, such as deodorant. This group of chemicals has been found in breast cancer tissue.

### **DIETHANOLAMINE (DEA), MONOETHANOLAMINE (MEA) AND TRIETHANOLAMINE (TEA)**

These are found in shampoo, shaving cream and bubble baths. This group of chemicals is restricted in Europe. DEA is readily absorbed in the skin and is potentially a cancer-causing ingredient often found in cosmetics. They react with nitrates in cosmetics to form another potential carcinogen.

### **PHTHALATES**

A large group of chemical compounds used in cosmetics such as nail polish. Affects the lung, liver, kidney and the developing testes of male embryos.

### **ISOPROPYL ALCOHOL**

Drying, irritating solvent that strips skin of moisture, creating vulnerability to bacteria and viruses. Made from a petroleum derivative also found in shellac and antifreeze.

### **FRAGRANCE**

Many fragrances are found to contain toxic and carcinogenic chemicals. Some even contain animal urine.





# **Keep the plants. We'll take the pot. Recycle.**

**Recycle your PLASTIC GARDEN POTS, POLYSTYRENE TRAYS & HANGING BASKETS! Dump all soil and remove metal hangers. Do not bring household plastic or clay pots.**



**Recycle your plastic garden pots, polystyrene trays and hanging baskets at these locations:**

<b>Boreal Natives</b>	<b>3943 Munger Shaw Road, Cloquet</b>
<b>Engwall Garden Center</b>	<b>4749 Hermantown Road, Duluth</b>
<b>Lake Superior Garden Center - 2 locations</b>	<b>5137 Jean Duluth Road, Duluth 2724 North 21st Street, Superior</b>
<b>Miller Creek Garden Center</b>	<b>4785 Swan Lake Road, Hermantown</b>
<b>WLSSD Materials Recovery Center</b>	<b>4857 Ridgeview Road, Duluth</b>



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