

Winter 2015

CARLTON COUNTY RESOURCE AND RECYCLING NEWSLETTER

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Carlton County Extension Hosts “Make Your Own Non-toxic Cleaners” Workshop

On January 22, thirty-two community members attended Carlton County Extension’s Community Connect Class “Making Your Own Non-toxic Cleaners”. The information was presented by Karola Dalen, Resource & Recycling Coordinator for Carlton County. Why use non-toxic cleaners? We are all exposed to avoidable and unavoidable toxins everyday. Common commercial cleaners can contain a plethora of chemicals defined as toxic by the U.S. EPA. For example, formaldehyde (classified as a probable human carcinogen by the U.S. EPA) can be found in air fresheners. Pthalates are a new chemical of concern currently being researched by the U.S. EPA and nongovernmental research institutions. Pthalates belong to a group of chemicals called “plasticizers” and are classified as endocrine disruptors or hormonally active agents. They are often just listed as “fragrance” in many household cleaners and beauty products. Chemicals like these are a concern because only a small fraction of the more than 75,000 registered chemicals have gone through complete testing for human health concerns.

Children are more susceptible to toxins than adults because they consume more food, water, and air compared to their body size than adults. Toxic chemicals in household products can pollute our lakes, rivers, and groundwater because some chemicals that go down the drain cannot be removed during the waste water treatment process. So to play it safer, making your own non-toxic cleaners is good for you, your family, and the environment. They are also easy, effective, and cheap!

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“Non-toxic Cleaners” continued...

The following are resources to help you reduce toxins in your home and make your own non –toxic products.

For a list of non-toxic cleaning recipes, visit the Carlton County Zoning & Environmental Services website here: http://www.co.carlton.mn.us/vertical/Sites/%7B315ADE76-21A3-4241-B977-F94AEE8A7FO4%7D/uploads/Non-Toxic_Cleaning_Recipes.pdf

A Healthy Environment Starts at Home – WLSSD

http://www.wlssd.com/uploads/A_Healthy_Environment_Starts_at_Home.pdf

Book: Nontoxic Housecleaning (Chelsea Green Guides)

<http://www.amazon.com/Nontoxic-Housecleaning-Chelsea-Green-Guides/dp/1603582037>

Skin Deep, Smartphone App – Environmental Working Group

<http://www.ewg.org/skindeep/app/>

Search the web for recipes on making your own non-toxic household cleaners and beauty products. Pinterest and YouTube are especially helpful for showing photos or videos with step-by-step instructions.

Where to buy essential oils locally:

Cloquet Natural Foods <https://www.facebook.com/pages/CNF-Cloquet-Natural-Foods/258988257601467>

Whole Foods Co Op, Duluth, MN <http://wholefoods.coop/>

Essential oils with antibacterial properties:

Rosemary
Spearmint
Ginger
Orange

The best essential oils for non-toxic cleaners that have antibacterial, antifungal, and antiviral properties:

Tea Tree oil
Eucalyptus
Lavender
Lemon



Workshop attendees make their own non-toxic all-purpose cleaner using water, liquid soap, vinegar, and essential oils.

Aquatic Invaders Summit held in St. Cloud

The 2014 Legislature established a \$10 million annual Aquatic Invasive Species (AIS) Prevention Aid Program to counties, and appropriated \$4.6 million through the Outdoor Heritage Fund to fund pilot programs to test local innovation for AIS prevention. Minnesota's focus of AIS efforts and resources at the local level is not only likely to continue, but to increase in the future.

These new AIS funding presents a great opportunity, but they also raise many questions and challenges for county resource managers, policy makers and elected officials. The 2015 Aquatic Invaders Summit was held for the first time in St. Cloud on January 20 and 21. The purpose of the summit was to help County resource managers and local leaders plan strategically, deliver AIS programs effectively and build consensus around AIS prevention activities. Carlton County was represented at the summit.

The county received \$33,426 in 2014 to implement its AIS prevention program and will receive \$74,279 in 2015. The major component of the plan is for outreach and education efforts through on-the-ground inspectors at popular public boat landing in the county (Chub Lake, Island Lake, Tamarack Lake, Eagle Lake, Cole Lake, Hanging Horn Lake, Bear Lake, Hay Lake, Park Lake, Sand Lake, Moose Lake, and Big Lake). The Carlton County Sheriff's Department has been utilized for enforcement to issue citations if necessary.

What is the state of aquatic invasive in Carlton County? Currently the only known aquatic invasive species is Eurasian Watermilfoil in Chub Lake and Sand Lake (located on the border of Carlton County and Pine County). However, all our lakes are at extremely high risk of being contaminated by neighboring invasives species. Nearby aquatic invasives include Eurasian Watermilfoil in Sturgeon Lake (Pine County), Zebra Mussels in Pike Lake (South St. Louis County), Spiny Waterflea in Fish Lake and Island Lake Reservoirs (South St. Louis County). Lake Superior and Mille Lacs lake each have Eurasian Water Milfoil, Spiny Waterflea, and Zebra Mussels. While these invasives are close to home, aquatic invasives can travel anywhere a boat and trailer can travel. All boats or equipment leaving any lake or river, even if invasives are not present, should be cleaned.

What can you do? There is hope. Management, science, and most importantly people, can make a difference. Learn about aquatic invaders and inform others. Minnesota's waters are your waters.

- 1. CLEAN** all visible aquatic plants, zebra mussels, and other prohibited invasive species from watercraft, trailers, and water-related equipment before leaving any water access or shoreland.
- 2. DRAIN** water-related equipment (boat, ballast tanks, portable bait containers, motor) and drain bilge, livewell and baitwell by removing drain plugs before leaving a water access or shoreline property. Keep drain plugs out and water-draining devices open while transporting watercraft.
- 3. DISPOSE** of unwanted bait, including minnows, leeches, and worms, in the trash. It is illegal to release live bait into a waterbody or release aquatic animals from one waterbody to another. If you want to keep your live bait, you must refill the bait container with bottled or tap water.

Click on the "Protect Your Waters" icon below for more information.



Protect your waters

STOP AQUATIC HITCHHIKERS!

mndnr.gov

Minnesota
DEPARTMENT OF NATURAL RESOURCES

The banner features a background of green aquatic plants. On the left is a red octagonal sign with a white boat and a red stop sign symbol. On the right is the Minnesota Department of Natural Resources logo, which includes a map of Minnesota and the text 'Minnesota DEPARTMENT OF NATURAL RESOURCES'.

TIP:

**KEEP A
RECYCLING BIN
IN YOUR
BATHROOM.**



Recycle your bathroom plastic bottles from: shampoo, conditioner, body wash, lotion, baby powder and oils for example. Just a quick rinse and remove caps. (Removed caps may go into the plastic recycling.) Toilet paper rolls can be recycled with your boxboard (cereal boxes).

Winter Recycle Shed Hours

Carlton County Transfer Station

November 1– March 31

Monday - Friday 8:30 a.m. - 4:00 p.m.

Saturday: 8:30 a.m. - 1:00 p.m.

Barnum (behind fire hall)

Year-Round Hours

Monday: 12:00 p.m. - 4:00 p.m.

Wednesday: 3:00 p.m. - 6:00 p.m.

Friday: 12:00 p.m. - 4:00 p.m.

Saturday: 10:00 a.m. - 3:00 p.m.

Carlton (County Highway 1)

November 1– March 31

Thursday: 2:00 p.m. - 6:00 p.m.

Friday: 2:00 p.m. - 6:00 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.

Thomson / Esko (next to town hall)

November 1– March 31

Monday: 3:00 p.m. - 5:00 p.m.

Tuesday: 3:00 p.m. - 5:00 p.m.

Thursday: 3:00 p.m. - 5:00 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.

Moose Lake (next to arena)

Year-Round Hours

Thursday: 3:00 p.m. - 6:30 p.m.

Friday: 3:00 p.m. - 6:30 p.m.

Saturday: 9:00 a.m. - 2:00 p.m.

STAFFED SHEDS (BARNUM, CARLTON, PERCH LAKE, MOOSE LAKE AND ESKO/THOMSON):

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans, Newspapers, Magazines, Box Board and Office Paper

UNSTAFFED SHEDS (BLACKHOOF, CROMWELL, HOLYOKE, KETTLE RIVER, MAHTOWA, WRIGHT):

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans and Newspapers

TRANSFER STATION:

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans, Newspapers, Magazines, Corrugated Cardboard, Car Batteries, Medical Sharps and Used Motor Oil and Filters

