

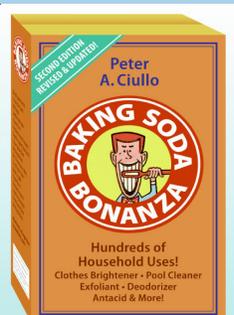


Blue Bin News

St. Louis City Residential Recycling Newsletter

1

Baking Soda Cleans Everything



Working with toxic chemicals can trigger asthma, allergies, headaches, rashes, and other ailments. If released into the environment, they can contaminate our air, water, and soil. Proper disposal of such products can also be expensive. To prevent health and environmental problems, and save money, consider using safe, non-toxic alternatives for your household chores.

According to the USEPA, if a product with the following labels were accidentally ingested, the corresponding amount could kill an average-sized (200-pound) adult: **DANGER** or **POISON** - a taste to a teaspoon; **WARNING** - a teaspoon to an ounce; **CAUTION** - an ounce to a pint.

To avoid products with these labels, look for products labeled “non-toxic,” or make your own using ingredients already stocked in your home. Baking soda, borax, cinnamon, club soda, cream of tartar, ketchup, lemon juice, olive oil, peppermint oil, salt, and vinegar are common household supplies that can be used to clean, deodorize, lift stains, manage pests, polish wood or metal, wash clothes, and much more. On our website, at <http://stlouis.missouri.org/citygov/refuse/hhw.html> (towards the bottom of the page), you will find links to non-toxic, homemade recipes to use for all your household chores.

If you'd like to begin switching to non-toxic alternatives, fill out the inventory sheet at www.earthwayscenter.org/2007/Detox-Your-Domicile-Booklet.pdf (page 3) to determine what products in your home are hazardous. Then, you can explore non-toxic alternatives to replace them.

If you have hazardous products to dispose of, Area Resources for Community and Human Services (ARCHS) St. Louis Area Communities Against Toxics (SLACAT) will use funding from an Environmental Justice Grant awarded by the USEPA, to hold a one-day Household Hazardous Waste (HHW) collection event this Spring. On Saturday, April 24, 2010, from 10:00 a.m. to 2:00 p.m., residents can drop off HHW items at New Sunny Mount Missionary Baptist Church, 4700 Florissant Road (Highway 70 and Shreve Avenue), St. Louis, Missouri 63115. For more information, visit www.stlarchs.org/slacat.htm.

April 2010 Upcoming Events

Details available at

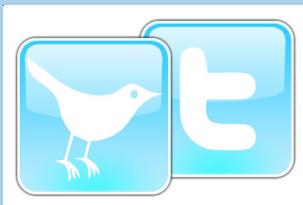
<http://stlouis.missouri.org/citygov/recycle/calendar2010.html>



Due to limited space, details about the following April events are not listed. Please click on the 2010 Calendar weblink above for details about these events.

- | | |
|-------------------------|------------------------------|
| Home Composting Classes | Composting Workshop |
| Native Plant Classes | Community Tox-A-Way Day |
| Share-A-Pair Shoe Drive | St. Louis Earth Day Festival |

Follow us on Twitter



How do you prefer to be informed? Social networking is quickly becoming one of the top methods for communicating with people. Because you choose who you are communicating with and when you are communicating, social networking allows you to get the information you want at your convenience.

To keep up with the latest news about reducing, reusing, and recycling in St. Louis, follow us at <http://twitter.com/CSLRRR>.

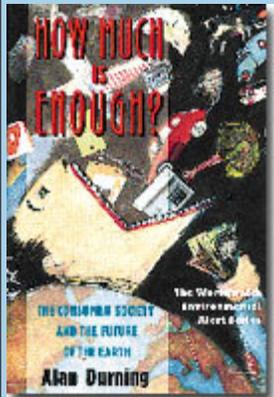


Book Review

How Much Is Enough? The Consumer Society and the Future of the Earth

“Over a few short generations we in the affluent fifth of humanity have become car drivers, television watchers, mall shoppers, and throwaway buyers.

While the consumer society has contributed to environmental problems, it has failed to provide us with a sense of fulfillment. Yet, poverty may be even worse for the human spirit and devastates the environment, too.



If the Earth suffers when people have either too little or too much, the questions arise: How much is enough? What level of consumption can the planet support? When do more things cease to add appreciably to human life?

These are the issues that Alan Durning tackles in *How Much Is Enough?*

The Consumer Society and the Future of the Earth.”

BoomerRacks



Thanks to everyone who donated bikes and bike parts to St. Louis Artworks, the artists have plenty of feedstock to create this year’s collection of BoomerRacks. BoomerRacks are “upcycled,” one-of-a-kind bike racks made from used bike parts. This will be St. Louis Artworks third year

producing these unique racks.

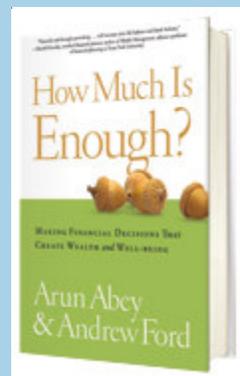
Some of the group’s functional artwork is already on view in Forest Park, the Magic House, and Trailnet, among other places. This year, they are creating racks for Soulard Art Market, the Way Out Club, and Belas Artes.

If you’d like to commission a BoomerRack e-mail assistant@stlartworks.org to make arrangements. Learn more at www.stlartworks.org/Commissions/Overview.aspx.

Book Review

How Much Is Enough? Making Financial Decisions That Create Wealth and Well-Being

This book will guide you through a holistic approach to financial planning, one based on the fact that money is only one element in the overall chemistry of a happy life. Authors Arun Abey and Andrew Ford believe “the secret is to figure out how to increase our happiness without increasing our spending. Too many times, people make happiness conditional based on their next big purchase. But this rarely produces lasting satisfaction. In America, we are always being upsold by people interested in making money for themselves, with no interest in our happiness.”



Instead of measuring the cost of everything in terms of money or materials, it’s more useful to think of the opportunity cost, which measures cost in terms of the next best thing we have forgone. Linked to that is the idea of happiness arbitrage, which is the potential to increase happiness without spending more or consuming more materials.

In a test Abey gives to people in his seminars, he asks what they would run into their house to save if they could get only one thing before it went up in flames. Rather than grabbing expensive items, most people say they’d rescue photos. For many people, family photos tucked away in a \$5 photo album possess more value than any expensive material good in the house.

This book will help you work on increasing your happiness without necessarily increasing your spending or consumption of natural resources. Having the things that make you most happy in the back of your mind, makes it a lot easier to say no to people trying to upsell you.

References: <http://www.pnnonline.org/increase-happiness>



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To Subscribe e-mail recycle@stlouis.missouri.org.

Archived Issues Available at <http://stlouis.missouri.org/citygov/recycle/residentialnewsletter.html>.