

# LIVING GREEN

## Education for a Healthy Future

May/June 2014

VOL #1 ISSUE #1



*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. – Margaret Mead*

### LOCATED:

SNAP ARMORY  
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SPOKANE, WA 99201

### DO YOU WANT TO KNOW MORE ABOUT THE LIVING GREEN PROGRAM?

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## WELCOME BACK LIVING GREEN!

Some of you may remember the popular Living Green program! After receiving multiple community requests for our programs, we are back and greener than ever.

Living Green's mission is to empower all people to live in a safe, comfortable, healthy environment through sustainable education. Our goals are to: reduce household costs, conserve natural resources and maintain a safe, comfortable healthy home. We provide educational resources on: Solid Waste Reduction, Energy and Water Conservation, Do It Yourself Minor Home Repairs and Healthy Homes.

If you feel the same way, come attend a free, workshop, visit our website, sign up to receive our bi-monthly newsletter or volunteer.

# APRIL SHOWERS, BRING MAY FLOWERS

## Outdoor Water Conservation

This time of year plants start to bloom, the sun is shining and people turn their attention to gardening and landscaping.

Here are some tips to save your lawn, garden and your pocketbook.

- (1) **Grass only needs 1" of water a week.** If you want to find out if your grass needs water, step on it. If it springs back, no water needed. If it lies flat, it is ready for water.
- (2) Water deeply, so that it encourages root growth. Letting the grass grow taller (up to 3") will promote water retention in the soil.
- (3) Water early in the morning instead of dusk to prevent fungal growth and pest infestation.
- (4) Before you spread fertilizers and other chemicals onto your lawn this year – think again! Learn what type of grass you have and its needs. Check with the WSU Spokane Extension office.

### Further resources:

Spokane County Water Resource Center  
[www.spokanecounty.org/utilities](http://www.spokanecounty.org/utilities)

Green Zone  
[www.thegreenzone.org](http://www.thegreenzone.org)

Spokane County Water Resources  
[www.spokanecounty.org](http://www.spokanecounty.org)

## SPRING CLEANING FOR A HEALTHY HOME

May is Asthma Awareness month in the U.S. *The EPA currently estimates that 1 in 10 children suffer from asthma.* Children spend about 90% of their time inside schools and homes. Severe asthma attacks can be the result of indoor air containing chemicals. While you are cleaning your home this spring, why not try the following Non-Toxic Cleaning recipes:

### ALL PURPOSE WINDOW CLEANER

#### Need:

1/4 Cup white distilled vinegar  
1/2 teaspoon liquid soap  
2 Cups water

#### Directions:

1. Combine the ingredients in a spray bottle.

## STAFF FAVORITE THIS MONTH:

*Berthold-Bond, Annie. "Better Basics for the Home: Simple Solutions for Less Toxic Living."*

Check out her website:  
<http://www.anniebbond.com/>

# APRIL SHOWERS, BRING MAY FLOWERS

## ALL PURPOSE CLEANER

### Need:

- 1/2 teaspoon washing soda
- 2 Cups hot water
- 1/2 teaspoon liquid soap
- 2 teaspoons borax

### Directions:

1. Combine washing soda, borax and soap in a spray bottle.
2. Pour in the hot water & shake until dissolved.
3. Spray on surfaces to clean.
4. Shake before each use.

## SEASONAL SAFETY CHECK

Have you checked your smoke alarms lately? Many of us forget to check the batteries or alarm operation at least twice a year.

The Spokane Fire Department shared these tips with Living Green staff.

- (1) Install *one smoke detector on every level of your home.*
- (2) Know what *type of detector* that you have (Ionization, Photoelectric or Dual sensor).
- (3) What is the *age of your detector*? Battery operated smoke detectors only last approximately 10 years before they need to be replaced. Smoke detector may still beep but needs to be replaced regardless of its age.
- (4) Make sure that you *dust your smoke alarms.*
- (5) *Test all smoke alarms every month* to ensure they work properly.
- (6) Devise a *family fire escape plan* and practice it every 6 months. In the plan, describe at least two different ways each family member can escape every room, and designate a safe place in front of the home for family members to meet after escaping a fire.

## SUMMER SEASON ENERGY USE

Once the weather warms up, we turn down the heat and turn on the air conditioning!

The Department of Energy estimates that *"two-thirds of all U.S. homes have air conditioners."* ([www.doe.gov](http://www.doe.gov)) Homeowners can save 20-50% on their energy bill through purchasing a high efficiency model and adopting energy saving behaviors – even in the summer.

Here are some tips that you can adopt right now:

- (1) When it cools off at night, open your windows. In the morning, shut the windows and blinds to capture the cool air.
- (2) Keep your home warmer during the day and lower the thermostat setting to 78 degrees when you are at home. If you use an air conditioner, turn on a ceiling fan. This allows you to raise the thermostat setting about 4 degrees.
- (3) Avoid placing TV's and lamps by the air conditioning unit.
- (4) Avoid using the oven and stove in the heat. Use a microwave or grill outside.
- (5) Minimize activities that generates a lot of heat in your home such as; computers, running a dishwasher, hair dryers and even stereos.



# WASTE REDUCTION

While on a popular topic of Spring Cleaning, I wanted to share a wonderful discussion by Graham Hill on TED talks titled "Less Stuff, More Space". Graham shares his personal experience on editing his life. You can view this discussion on:

[http://www.ted.com/talks/graham\\_hill\\_less\\_stuff\\_more\\_happiness#t-279358](http://www.ted.com/talks/graham_hill_less_stuff_more_happiness#t-279358)

If Graham doesn't inspire you, then perhaps mentioning that a key to maintaining a healthy home is to de-clutter. I had to go through this exact process when I moved several times. Nothing like moving to make you think:

- (1) What do I truly need? Have you used it in the past year?
- (2) What can you sell, donate or lend to others in your neighborhood?
- (3) Purchase, maintain and repair quality items that will last over time.
- (4) What can be recycled? For a list of allowable recyclables contact your garbage hauler or visit: [www.spokanecitysolidwaste.org](http://www.spokanecitysolidwaste.org).



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**Shipping Address**