

Highland Heights Green Task Force



Summer 2016 Newsletter

Judy Dearden, President

CONGRATULATIONS ARE IN ORDER!

The members of the Highland Heights Green Task Force would like to congratulate Isaac Bykhovsky as the first recipient of the HHGTF Alan Lorenz Environmental Scholarship. Isaac is a 2016 graduate of Mayfield High School and will be attending Northwestern University. We wish him every success!

DID YOU KNOW?

Antidepressant Microbes in Soil Can Make You Happy? -According to an article by Bonnie L. Grant, "antidepressant microbes in soil cause cytokine levels to rise, which result in the production of higher levels of serotonin. The bacterium was tested both by injection and ingestion on rats and the results were increased cognitive ability, lower stress and better concentration to tasks than a control group."

"Gardeners inhale the bacteria, have topical contact with it and get it into their bloodstreams when there is a cut or other pathway for infection. The natural effect of the soil bacteria antidepressant can be felt for up to 3 weeks if the experiments with rats are any indication. So get out and play in the dirt and improve your mood and your life!"

LITTLE FREE LIBRARY:

Please help us restock the "Little Free Library" that is in our city park, in front of the pool house with books, both for adults and kids. While you are there, see if you find a book that you would like to take and read. The motto is "**TAKE A BOOK, RETURN A BOOK**". Thanks!

UPCOMING EVENTS:

- July 21 - **Green Cleaning Workshop for Inside and Out 6:30-8:30 p.m.** More information on page 16.
- July 23 - **Highland Hts. Community Day** - stop by our table to learn more about our non-profit organization. We will be there from 12-7:00 p.m.
- Aug. 3 - **Greenwood Farm - Richmond Hts. - 6:30 p.m.** For the fourth year, we will be meeting here for our August event. The topic this year will be "Cooking with Herbs" presented by Kathy Mahovlic from the Western Reserve Herb Society. There will also be a slide presentation about the history of Greenwood Farm. Don't miss this one!

- Sept. 7 - **Gazebo Potluck Dinner with 50/50 Raffle** - This will be the fifth year hosting this popular event. Please note that it is a **ZERO WASTE** event. If you would like to join us, please contact Judy Dearden at 440-646- 9820 or at hhgreentaskforce@yahoo.com.
- Nov. 5 - **Green Vendors - Holiday Gift Sale** - at the Highland Hts. Community Center - Plan on doing some shopping for alternative gifts for the holidays.

LIST OF RECYCLABLE MATERIALS THAT ARE ACCEPTED

BY KIMBLE RECYCLING & DISPOSAL IN CURBSIDE COLLECTION

- Plastics #1 through #7. Look for the recycling symbols embedded at the bottom of most plastic bottles to identify the #1-7.
- Non-Fiber items: Aluminum cans, trays, foil; bi-metal cans; empty aerosol cans; clear, brown or green glass bottles
- Fiber items: Newspapers; magazines; corrugated cardboard; telephone books; mail; printer/copier paper; chipped board (cereal boxes)

NO SORTING NEEDED!

PUT ALL YOUR RECYCLABLE MATERIALS IN YOUR BRIGHT GREEN KIMBLE CART!

There is no need to bundle your newspapers, cardboard and other materials separately. We do encourage you to rinse your recyclable containers to help reduce odors, insect attraction, liquid soiling of fiber products and rejection of containers at the recycling plant.

Thank you to all for continuing to be interested in our shared environment and how to keep it and ourselves healthy.

Please visit www.highlandhtsgreen.com, or email hhgreentaskforce@yahoo.com or call Judy Dearden @ 440-646-9820 for more information.