

# Highland Heights Green Task Force



Spring 2020 Newsletter

Judy Dearden, President

---

The Highland Heights Green Task Force is now beginning our 10th year! We are excited that our membership and attendance to our meetings, events and programs continues to grow! We would like to once again say thank you to all who have supported us over the years with donations, volunteer hours and in passing the message on that encourages friends, family and neighbors to “live more environmentally friendly lifestyles”, it is our shared future after all.

In keeping with our 2020 campaign, we were pleased to have Mrs. Herb Cleaner (aka Kathleen Gips) as our February speaker, with a great attendance. Thank you to all that attended. Kathleen gave a wonderfully entertaining and educational presentation all about keeping a naturally clean home with the use of everyday items from our kitchens, but also herbs from our gardens. Kathleen (who has a medical background and is past president of the Western Reserve Herb Society) informed us that many herbs from our gardens and most essential oils are stronger at killing bacteria than commercial cleaners. Here are a few of Mrs. Cleaner’s recipes that she shared with us:

## ***Gentle But Effective Scrub***

- 1/2 cup baking soda
- 1/4 cup liquid castile soap (such as Dr. Bronners)
- 1 tsp. citric acid (found near cleaning supplies)
- 10 drops grapefruit essential oil
- 10 drops rosemary essential oil

## ***Magic Window Wash***

- 1 cup vinegar
- 1/2 tsp. cornstarch
- 1 tbsp. rubbing alcohol
- 10 drops lemon essential oil
- 10 drops peppermint or spearmint essential oil

And here is one of Judy’s favorites:

## ***Lemon & Orange Vinegars, general cleaning for non-stone sinks, bathtubs, toilets, countertops, floors, etc.***

Steep clean lemon and/or orange peels in white vinegar in glass jars for 1-2 weeks. Strain and use in spray bottle. May add a few drops of liquid soap (castile soap). **NOT** for use on natural stone counters or floors.

### ***Why make your own cleaning products?***

More than 95% of the chemicals in synthetic fragrances are derived from petrochemicals. These chemicals include benzene derivatives, aldehydes, phthalates and other known toxins that are capable of causing cancer, birth defects, nervous system disorders and allergies. Phthalates have been shown to disrupt hormone activity along with other serious health issues.

### ***ALKALINE BATTERY RECYCLING***

To date, we have collected 400 lbs. of AA, AAA, C, D and 9-volt batteries for recycling! Collection boxes are located at City Hall and Mayfield Wildcat Fitness Facility. Thank you for your participation in this recycling program!

### ***Upcoming Events***

- May 6 - Green Book Club - 7:00 p.m. - Highland Hts. Community Center
- May 12 - Hillcrest Hospital Earth Day Celebration - Atrium - 11:00 a.m. - 2:00 p.m.
- June 3 - Climate Changes Impact on Mental Health - 7:00 p.m. - Highland Hts. Community Center
- June 28 - Freecycle/EWaste Drives - Highland Hts. Community Park - 10:00 a.m. - 3:00 p.m.

**All programs and events are free and everyone is welcome!**

---

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](http://www.highlandhtsgreen.com), or email [hhgreentaskforce@yahoo.com](mailto:hhgreentaskforce@yahoo.com) or call Judy Dearden @ 440-646-9820 for more information.