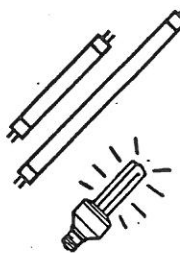


**ENERGY**

**Home Energy Use**



- Tune gas furnaces that are more than 5 yrs. old every 2 years; tune oil furnaces every year.\*\*
- Turn down heat when not in room or when leaving the house. Keep thermostats at lowest possible comfort level in winter, e.g. 62 - 65 F. Wear a sweater to compensate. Each 1 degree decrease saves 3-4% in fuel cost.
- Insulate your home, especially the attic. Use caulking and weatherstripping on windows and doors. Install storm windows or double/triple-glazed replacement windows.
- **Forced Air Systems:** Change furnace filters once a month during heating season. Insulate ducts that pass through unheated spaces.
- **Hot Water/Steam Systems:** Use reflectors behind radiators to prevent heat loss through walls (buy or make one by taping foil on cardboard.)
- **Air Conditioners:** Clean or replace air filters once a month. When turning on, do not switch to a colder setting; this will not cool rooms faster. Set thermostat no lower than 75 - 78 F.
- Ceiling fans can cool in summer and circulate warm air down into room in winter (reverse direction, low-setting switch.)
- Interested in solar energy options? Real Goods ("Everything Under the Sun") is a mail order company with a catalog full of possibilities to explore. Call 1-800-762-7325.
- Do not use electricity to heat your home. Change to gas heat.
- Replace incandescent lamps\*\*with fluorescents and compact fluorescents. Quality and quantity of light is same; lamps last longer and are more energy-efficient. See brochure: **Energy Efficient Lighting\***
- Insulate water heater with pre-fab blanket if in unheated area (available at hardware stores.) Wrap hot water pipe as well.
- Clean dryer lint traps after every load. Hang clothes to air dry after fluff drying briefly in machine.
- Wash only full loads, using warm water wash and cold rinses.
- Turn water heater to 130 or "energy conservation" setting. If dishwasher has no back-up heater, stay with 140 for sanitation, but use "energy saver" cycle and let dishes air dry.
- Buy energy efficient products. Federal "Energy Guide" tags on major appliances give estimated operating costs. A low operating cost can often justify a higher purchase price.



**RECYCLING**

- For up-to-date information about recycling, call **GRIP** (Group for Recycling in PA) at 661-4447.
- **Glass** (clean, sorted by color,) **steel cans** (labels removed, lids inside, cans flattened) and **aluminum cans** (flattened.) Take to the drop-off site behind the Woodland Hills School District Administration Building, 2430 Greensburg Pike the 1st Sunday of each month between 10 AM and 1 PM.
- **Newspaper ONLY.** Pile neatly in the dumpster on the parking lot of the Wilkins Munic. Bldg. Pepper Rd. (off Churchill Rd. at Gardenia Dr.)
- **Mixed paper** (newspaper, magazines, catalogs, white phone books. Deposit in the container behind the Monroeville Borough Building, 2700 Monroeville Blvd.
- **Junk mail.** Write: Mail Preference Service, Direct Marketing Assoc., 6 E. 43rd St., NY, NY 10017 to ask that your name be removed from lists.
- **Paper products.** Buy paper (greeting cards, stationery) made from 75% post-consumer waste and use both sides of every sheet.
- **Plastic**  
**Bags** to Giant Eagle containers. Better yet, use your own cloth bags. Giant Eagle pays 5c for each re-used bag.  
**Styrofoam pellets** to Mailbox Stores for re-use (Edgewood Town Center or 322 Mall Blvd.)  
**Containers.** The market for plastic jars, bottles *et al.* is unstable. Call **GRIP** (661-4447) for current info.  
**Rings** holding six-packs together should be snipped at all corners before disposal in trash. Birds and other small animals can get caught and strangled.
- **Coat hangers.** Donate or return to cleaners.
- **Motor Oil.** Take to BP and other stations for re-use in paving materials *et al.*
- **Household goods** (clothing, furniture, utensils *et al.*) Donate to Goodwill, Salvation Army, Vietnam Vets.
- **Batteries.** Use rechargeables whenever possible. Heavy metals (e.g. cadmium, mercury) from household batteries are major pollution sources at landfills.) The E House Co., 1511 E. Carson St. accepts small batteries for recycling, as well as computer floppies.



**AROUND THE GARDEN**

**-Go Native.** Plant native, hardy trees and shrubs.



Rear rubrum

- 1) Choose species whose adult size fits your garden's scale. Avoid oaks, birches, flowering dogwood (all subject to insects or disease.)
- 2) Use native evergreens (White Pine, E. Red Cedar, Mt. Laurel) for winter interest and windbreaks.
- 3) Add a variety of native perennials and ferns from reputable nurseries\*\* to create natural "corridors" for wildlife. Urge neighbors to do likewise.
- 4) Prevent soil erosion. Plant all bare ground with ground covers or cover with mulch etc. Brochure available: **Trees and Shrubs for your Yard.\***

**-Lawns.** These ecological "deserts" should be reduced in size to save energy, fertilizer and water.

- 1) Mark turf to be eliminated; spray with Round-Up on a windless, sunny day. In 10 days turn dead grass under; mix in compost; plant native species.
- 3) Mow often at 3" setting; let clippings lie as natural composting mulch and water conserver.
- 4) Watering is not essential. Lawns brown and go dormant during droughts (good beetle grub and flea control) but recover later. If you must water, do it in the morning 1"/week during long droughts only.
- 5) Fertilize in small amounts (1/4 dose) monthly through growth season, more heavily in fall.
- 6) Avoid contractors who spray routinely. Treat specific problems early (as they arise) and locally.



**-Pesticides and Herbicides.** Use the least toxic remedy:



- 1) Pick and destroy large insects by hand.
- 2) Use insecticidal soaps or pesticides containing rotenone or pyrethrum (derived from plants.)
- 3) Try nicotine sulfate or malathion if 2) above is ineffective for problem.
- 4) Use broad-spectrum controls (Orthene, diazinon, Sevin) only as last resorts. Follow pkg. directions.
- 5) Pick weeds; use a pointed digger tool to get roots; 2,4-D for major lawn weeds; Round-Up kills all plants (e.g. on driveways.) See brochures: **Pests in Perspective\*** and **Gypsy Moth.\***
- 6) Try organic control of fruit tree insects: Mix equal amts. water and apple cider vinegar in milk jug (see ill.) Add 1 Tbsp. black-strap molasses. Hang in tree at blossom time. Use 2 jugs for large trees.



**(ENERGY, continued)**

**Transportation**

- When buying a new car get the latest EPA Gas Mileage Guide; check fuel economy figures and compare specs.\*\*
- Carpool to work or use public transit, bicycles or walk, even if only once a week.
- Keep your car well-tuned and tires properly inflated to get maximum fuel efficiency.
- Idling your car becomes less efficient than restarting after about a minute.
- Stay light; unnecessary, extra weight in your car decreases fuel economy.
- When pumping gas, if there is a "vapor catcher" (plastic hood on nozzle) don't pull it back or pull out the gas nozzle to top off the tank. This lets gas vapors into the air and creates smog.

\* A brochure, produced in a past year by the Churchill Area Environmental Council and available from your Municipal Building or, call 242-6738.

**\*\* Additional Sources of Information:**

- "Heating System" booklet from Educational Resources, Mass. Audubon Society, Lincoln MA 01773.
- "Consumer Guide to Energy-Saving Lights" (\$2) to Home Energy Magazine, 2124 Kittredge St. #95 Berkeley CA 94704.
- "Gas Mileage Guide," Consumer Information Center, Pueblo CO 81009.
- "Household Hazardous Waste Fact Sheet," Pa. Environmental Council, 1211 Chestnut St., Suite 900, Philadelphia PA 19107.
- Reputable sources for native plants (not wild-collected):  
The Primrose Path, R.D.2, Box110, Scottdale PA 15683 (412)887-6756 (\$2 Catalog.)  
Wild Earth Native Plant Nursery, 49 Mead Ave., Freehold NJ 07728 (908)308-9777 (\$2 Catalog.)

This leaflet will be updated periodically. Send your favorite environmental tips to:

Churchill Area Environmental Council  
(Chalfant, Churchill, Forest Hills, Wilkins)  
2300 Wm. Penn Highway, Pittsburgh PA 15235

**HOUSEHOLD ITEMS**

- Pets.** Use "Program" flea pills (1 x month) from vets for dogs. Ask for best control methods for cats. Try to avoid pesticide-laden flea collars and sprays.
- Water.** Use low-flow shower heads and limit showers to 5 mins. New toilets use only 0.5 to 1.5 gal. water per flush. Old ones use 5 to 7 gallons. Replacing old units can save approx. \$40/yr. on water bills. Try placing a plastic container filled with water and a few pebbles (tightly capped) inside the water tank to reduce water used each flush. Experiment with bottle sizes. Some toilets need a certain volume of water to provide proper pressure for flushing. Do not use bricks (they flake and harm plumbing.)
- Detergents.** Use non-phosphate formulations. Phosphates accelerate algae growth, blocking sunlight, and depleting oxygen in water.
- Cleaning Products.** If labels on your household cleaners read "CAUTION, WARNING, DANGER" - switch to an all-purpose homemade mix of 1 gal. hot water and 0.5 cup washing soda (sodium carbonate.) Add a few drops of dish detergent if you need extra cleaning power. Clean windows with a mix of 2-5 tbsps. vinegar in 2 cups warm water. See brochure: **Household Hazardous Waste\***
- Paper.** Use white or natural color only. Dyes/bleaches pollute streams.
- Radon Gas.** Test kits are available at hardware stores.
- Aerosols.** Avoid cans containing CFC's (chlorofluorocarbons) which deplete the ozone layer. Use pump spray containers.
- Hazardous Wastes.** \*\* The average home discards 15lbs. of haz. waste/year into the trash. This includes paints, pesticides, solvents, cleaners, batteries. Until there is a local haz. waste collection program, do the following:
  - 1) **Reduce volume.** Buy small quantities as needed; give away excess; use non-toxic alternatives; recycle what you can, e.g. used motor oil.
  - 2) Wrap items for disposal in newspaper; place in plastic bag, then in garbage. Read package labels. See brochure: **Household Hazardous Waste\***
- Environmentally friendly products.** Shop at the East End Co-op, 7516 Meade St. in Point Breeze. When shopping elsewhere avoid excess packaging and notify the manager of your action.



**(AROUND THE GARDEN, continued)**

- Natural predators.** Attract birds, mantids, lady beetles to your garden. They help control pests and provide environmental balance.
  - 1) Plant seed and berry-bearing shrubs.
  - 2) Provide a source of clear, fresh water.
  - 3) Maintain sugar-water hummingbird feeders from April to October. Hummers eat lots of insects.
  - 4) Feed birds all winter. Include crushed eggshells.
- Fresh vegetables.** Try a small, pesticide-free veggie garden in a sunny corner. You may need a fence.
  - 1) Spade soil 12" or more in depth.
  - 2) Add as much compost as possible.
  - 3) In early April sow loose-leaf lettuce (Oak-Leaf, Black-Seeded Simpson) around the front edge and plant onion sets around the sides.
  - 4) In mid-May plant 2-4 tomatoes (buy disease-resistant varieties or grow your own from seed.)
  - 5) Try adding something new each year.Brochure available: **Recommendations for a Small Vegetable Garden. \***
- Compost.** Build a compost pile in inconspicuous corner. 10-20% of suburban "garbage" is leaf and/or grass waste. Turn it into a nutritious mulch and soil additive for all your plants. Just toss plant trimmings onto a simple heap, alternating grass, twigs, peelings and leaves to prevent compaction. Add a cup of lime and all-purpose fertilizer every few weeks and poke holes for aeration. Harvest from the bottom within 2-3 months. NOTE: Never put animal waste in compost. See brochure: **How to Compost\***
- Pet Waste.** Clean up pet waste promptly.
  - 1) Train your dog to one corner of the yard, away from plantings. If possible, dig out a catchment basin and fill with limestone chips. Wash area periodically, using borax or baking soda.
  - 2) Remove solid waste promptly to your toilet.
  - 3) Spay or neuter all pets. Brochure available: **Dogs and Public Health\***
- Trees.** Avoid excessive tree trimming by utilities (electric, cable) by 1. notifying your municipal manager that you want to be told when trimming is scheduled and 2. indicating in writing to your utilities a) what work you will permit, b) your desire to be present when work is done and c) a video or photo will be taken beforehand.  
Plant trees so as to avoid contact with utility lines. Brochure available: **Everything you Need to Know about Utility Tree Trimming\***

