

From: Express Email Marketing [mailer_response@emailcounts.com] on behalf of My GREEN Cranford [info@mygreencranford.org]
Sent: Friday, November 06, 2009 4:11 PM
To: daved199@verizon.net
Subject: My Green Cranford E-News

My Green Cranford E-News - November 2009



Plant A Tree at Lenape Park

The Friends of Lenape Park is joining the efforts of Union County Parks to plant native trees and shrubs in Lenape Park on Friday, **November 13th**. They will be planting over 600 trees and shrubs to replace invasive vegetation-Japanese knotweed. Through a US Fish & Wildlife Service Partners for Wildlife grant they successfully treated much of the knotweed population and are now ready for planting. If you would like to help with this important project, contact **Betty Ann Kelly**, Environmental Specialist, Union County Department of Parks & Community Renewal at **908-789-3683** or email her at bkelly@ucnj.org.

Environmentally Safe Disposal of Prescription Drugs

The first statewide medical disposal day will be **Saturday, November 14th**. Over the counter and prescription medications should not be disposed down the drain because wastewater treatment facilities are not designed to remove pharmaceutical compounds and they may end up in your local waterways.

Bring your expired/unused prescription drugs to the Cranford Municipal Bldg. - Room #7. This statewide effort, with over 420 participating New Jersey police

Rake For The Planet Continues

Last Saturday was the first **Rake For The Planet** day. Did you spend the day raking instead of blowing? If so, let us know by completing the [pledge form](#) on MyGreenCranford.org.

If you didn't, please join the MyGreenCranford Green Team members and keep your power blowers in the storage shed and "rake for the planet" one day during this fall leaf clean up season. This is an opportunity to spend some quality time with your family, have some fun, and do something that will put a smile on Mother Nature's face.

According to a report by the California EPA published in 2000, commercial leaf blowers run for 30 minutes emit CO2 equivalent to a car being driven 7,700 miles and carbon monoxide equivalent to 440 miles of driving. Another way of putting it, commercial leaf blowers emit over 500 times the amount of CO2 as cars. Residential leaf blowers are quite different, but still not good; these leaf blowers emit CO2 equivalent to 2,200 miles of driving and carbon monoxide equal to 110 miles.

Noise level is another concern. Older gasoline-powered blowers at full throttle have been measured at more than 100 decibels. Newer equipment has improved on noise levels but can still hit 70 decibels.

Blowers' high-velocity air stream removes topsoil, mulch, and other organic material from your lawn and garden and the dust particles that can be blown into the air can trigger allergies for many people.

Rake For The Planet offers us an opportunity to examine the effects small engine equipment has on the environment and to consider alternate methods of maintaining our property. The program is voluntary and you should consider your physical condition before deciding to participate.

Visit MyGreenCranford.org for more information.

departments, is being spearheaded by the Drug Enforcement Administration's New Jersey Division (DEA), the New Jersey Office of the Attorney General and the Partnership for a Drug-Free New Jersey (PDFNJ).

More information can be found at <http://www.operationmedicynecabinetnj.com/>

Improve Your Indoor Air Quality with Plants

Giving houseplants as gifts can do more than brighten someone's mood: Plants like the areca palm, mother-in-law's tongue, money plant, peace lily, and certain orchids are known for their ability to [remove toxins from the air](#). The next time you're planning a party, consider using potted greenery for decoration. After the event is over, donate the plants to a local hospital or nursing home. It's a gift that'll help everyone breath easier.

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