

# Environmental & Natural Resource Issues Newsletter

*A quarterly publication of the ENRI Task Force. Winter 2009.*

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**Contact Information:**

Mailing Address:  
 N122 Ag Science North  
 Lexington, KY 40546

Phone: 859-257-2505

Fax: 859-257-3655

Email:  
[ashley.osborne@uky.edu](mailto:ashley.osborne@uky.edu)

Website:  
[www.ca.uky.edu/enri](http://www.ca.uky.edu/enri)

**About this newsletter...**

This newsletter is available on the ENRI web site in PDF format. This newsletter is coordinated by Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues.

**Green Tip:**

Save energy during the New Year by installing a programmable thermostat. For more information visit [www.energystar.gov](http://www.energystar.gov).



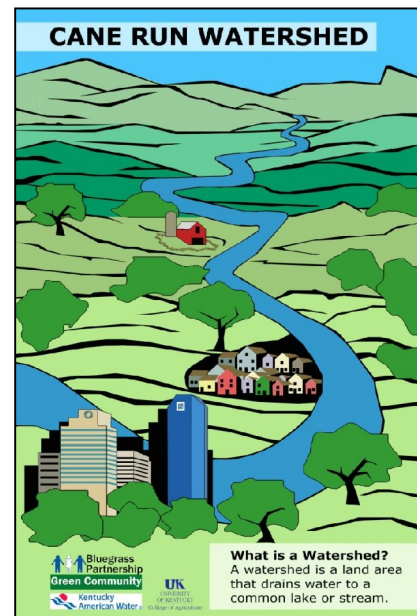
## Cane Run Watershed Project

Amanda Gumbert, UK Extension Water Quality Liaison

The Cane Run Watershed, located in Scott and Fayette counties, was selected as one of five priority watersheds in Kentucky by the KY Division of Water’s statewide watershed steering committee. The University of Kentucky (UK) has received two grants from the Environmental Protection Agency to address water quality problems in the watershed. Segments of the Cane Run Watershed, which includes the Royal Spring Aquifer (a drinking water source for the city of Georgetown, Kentucky) have been identified as having high levels of sedimentation/siltation, pathogens, and nutrient/organic enrichment. The stream has been placed on Kentucky’s 303(d) list of impaired streams.

UK will focus its efforts in the upper 15,000 acres of the watershed. Phase I of the Cane Run Project is the development and approval of a watershed based plan with some initial implementation. Phase II is the continued implementation of the watershed based plan. Implementation includes the cooperation of watershed stakeholders to install best management practices (BMPs), restore portions of the stream channel, and conduct an education and outreach campaign. Cooperators on the project include the Agricultural Research Station, Kentucky Horse Park, Lexington-Fayette Urban County Government, Kentucky Division of Conservation, Fayette County Conservation District, Lexmark, Friends of Cane Run, and many others. For more information about the Cane Run Project contact Amanda Gumbert at [Amanda.gumbert@uky.edu](mailto:Amanda.gumbert@uky.edu) or 859-257-6094.

Photo Right: Cane Run Watershed signs were installed throughout the watershed to educate citizens on the importance of not polluting or altering the watershed. Watershed signs were a joint effort of the Bluegrass Partnership for a Green Community, KY American Water, and UK.



# NEWS TO USE & IDEAS TO SHARE

## EcoMinds: Live Green & Prosper

Kyle Robinson, Boyd County Community & Economic Development Extension Agent

EcoMinds is a group of local citizens working towards a sustainable future. We believe that in order for communities to thrive they must:

1. Consider Ecology and Economy (Eco)
2. Live a Mindful existence (Mind)

Thus, Eco + Mind = EcoMinds! EcoMinds is dedicated to educating our children, our community, and ourselves in practical ways to "Live Green & Prosper".

The EcoMinds began as a network of local mothers in Boyd County known as the Ashland EcoMoms, a local chapter of the EcoMom Alliance. The EcoMom Alliance slogan: sustain your home, sustain your planet, sustain yourself, encourages people to take the "EcoMom Challenge" - ten easy steps towards a more sustainable lifestyle. The ten steps are:

1. Change a light bulb
2. Drive more efficiently
3. Shop local, fair trade, and organic
4. Use non-toxic products
5. Reduce, reuse, recycle & rot (compost)
6. Turn off & unplug electronics
7. Re-think your laundry plan (consider using a clothesline)
8. Plant a tree
9. Reduce mom guilt
10. Play more

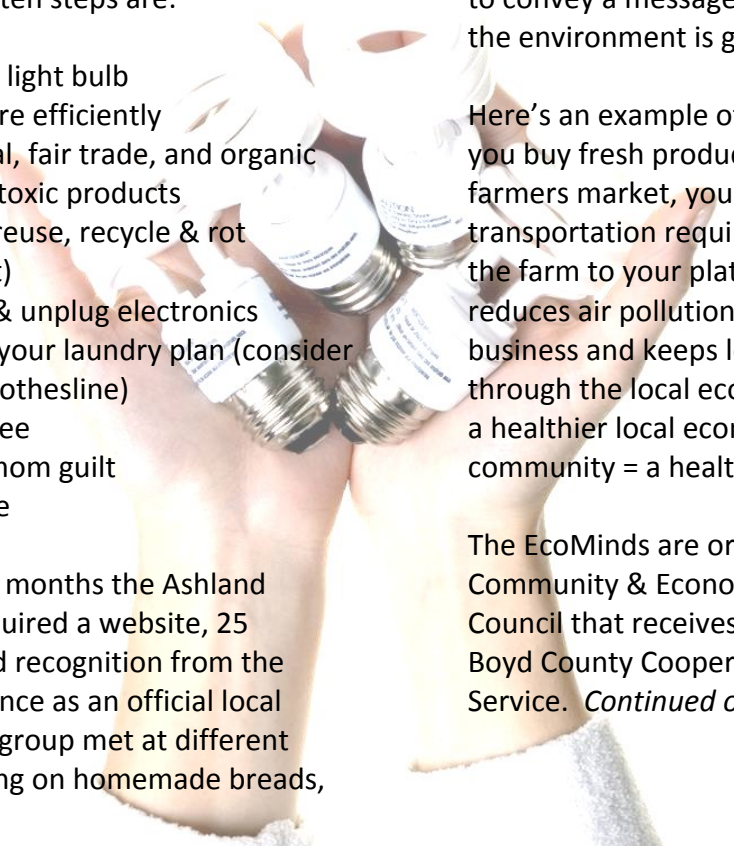
In a matter of months the Ashland EcoMoms acquired a website, 25 members, and recognition from the EcoMom Alliance as an official local chapter. The group met at different locations dining on homemade breads,

organic cheese, and Kentucky made wines discussing ways to achieve a sustainable lifestyle. There was only one problem – what about EcoDads (or EcoLoners for that matter)? Of course the Ashland EcoMoms were already open to everyone and in fact had several "non-mom" members. However the question remained: will the *name* limit our local potential?

The Ashland EcoMoms decided that to fully achieve their mission they needed to adopt a name that was all-inclusive, something that communicated the ideals set forth by the EcoMoms but also embraced all comers - something that encouraged education and the need to change the way people *think* about the environment. And so the Ashland EcoMoms gave birth to EcoMinds and adopted the slogan: Live Green & Prosper to convey a message that what's good for the environment is good for you.

Here's an example of how it works... when you buy fresh produce from the local farmers market, you reduce the amount of transportation required to get food from the farm to your plate. In turn, this reduces air pollution, supports local business and keeps local dollars cycling through the local economy. More local \$ = a healthier local economy = a healthier community = a healthier you.

The EcoMinds are organized under the Community & Economic Development Council that receives funding from the Boyd County Cooperative Extension Service. *Continued on next page...*



The EcoMinds are currently in the process of developing a curriculum for a crash-course in EcoLiving which includes EcoLogic: logical steps towards a sustainable future, and Ecotivities: activities relating to ecology and the local economy. Modeled after the Extension program Master Gardeners, the “Master Mind” course will teach local citizens about sustainable living. In return, graduates will be required to give back to the community by teaching others how to live “EcoLogically”.

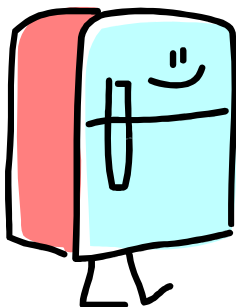
EcoMinds is family oriented. We want to communicate the EcoMind ideals to all members of our families and incorporate EcoMindedness into our daily lives. Many of our members have young children making it difficult to attend meetings. Therefore we welcome members to bring their children with them. We provide an atmosphere for their involvement as well as supervision (for when we need to get down to business). Kids can also become part of the EcoSquad: a group of super-ordinary heroes fighting environmental pollutants in an effort to protect and preserve the planet for future generations (More on this green youth-initiative to come).

Meanwhile, the EcoMinds are working on our very first community initiative – a program entitled: “Battle of the Bulbs”. This project will work with area schools, the Ashland Alliance Foundation, and the Winter Wonderland of Lights planning committee, to raise funds to change the light bulbs on a number of light displays located in Central Park during Ashland’s annual light show. This initiative will begin replacing the existing bulbs with energy efficient LED lights. Each LED light bulb uses 70% less energy, greatly reducing the amount of electricity required to power the displays as well as reducing costs to the City.

To learn more about EcoMinds, their local initiatives, or future programming efforts, please visit our new website at: [www.ecominds.ning.com](http://www.ecominds.ning.com). This social network allows members to learn more about sustainable living by sharing information, contributing to community forums, posting blogs, and learning new ways to go green through weekly EcoTips. You can also contact Kyle Robinson, Extension Agent for Community & Economic Development at the Boyd County Extension Office by calling 606-739-5184.

## ENERGY STAR Recycle My Old Fridge Campaign

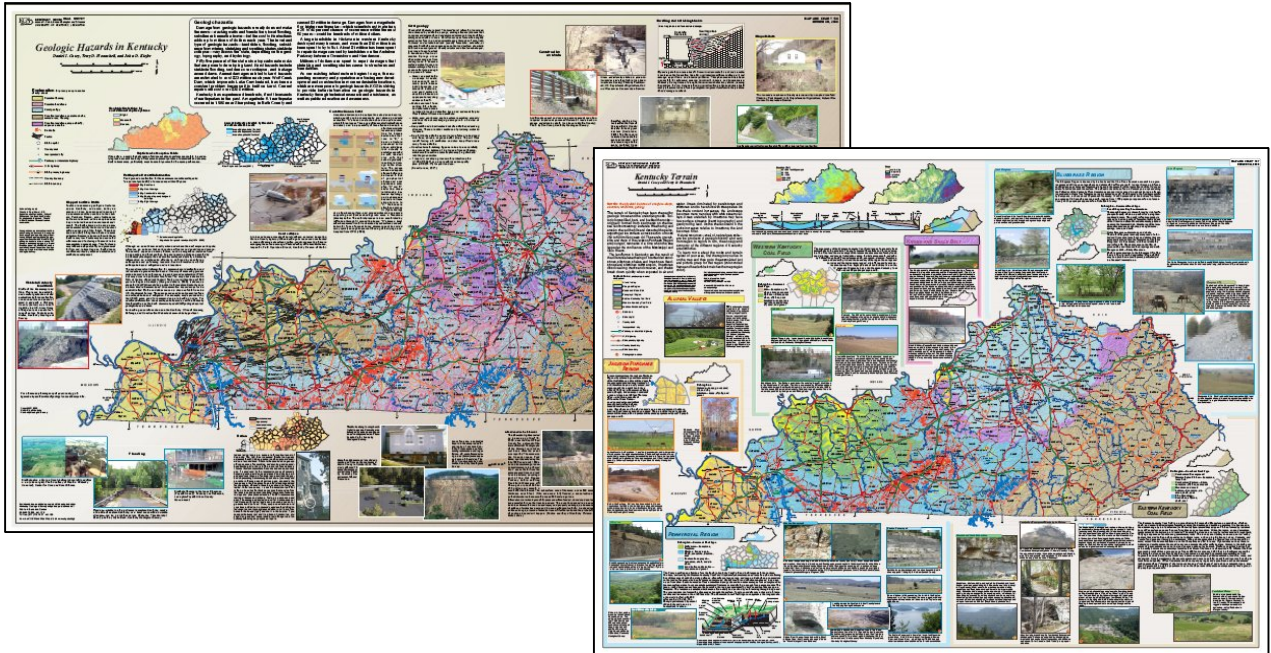
The U.S. Department of Energy and ENERGY STAR’s Recycle My Old Fridge Campaign encourages individuals to recycle their old, energy-wasting refrigerators. Refrigerators 16 years old or older use twice as much energy as needed to cool food. Visit [www.recyclemyoldfridge.com](http://www.recyclemyoldfridge.com) for information on the program, recycling centers, and a tool to calculate how much your old fridge is costing you. A National Energy Education Development (NEED) Curriculum Guide is also available for download on the site.



According to the NEED Curriculum Guide if every individual that purchased a new refrigerator in 2008 bought an ENERGY STAR refrigerator instead of a non-qualified model, consumers would conserve enough energy to operate an ENERGY STAR 32” high definition LCD television for 570,000 years. Did I mention that was non-stop viewing? For more fun facts visit [www.recyclemyoldfridge.com](http://www.recyclemyoldfridge.com) and click on NEED Teacher Guide.

## Kentucky Geological Survey Maps

Kentucky Geological Survey (KGS) offers a wide variety of maps. Topics include coal, fossils, karst, minerals, water and more. Two new maps are now available that feature geological hazards in Kentucky and Kentucky terrain. Many of the maps can be viewed on the KGS website (however, maps may be slow to download due to size). Maps can also be ordered online at <http://kgsweb.uky.edu/> or by calling 1-877-778-7827 ext. 126. Costs of maps may vary.



## Kentucky Water Quality Certification Program

Individuals planning activities that disturb stream or wetland areas need a Water Quality Certification (WQC). The certification ensures that Kentucky Water Quality Standards will be upheld. Visit the Kentucky Division of Water's WQC website at [www.water.ky.gov/permitting/wqcert/](http://www.water.ky.gov/permitting/wqcert/) for more information and to print an application. As of October 2008, a processing fee is required for certifications.



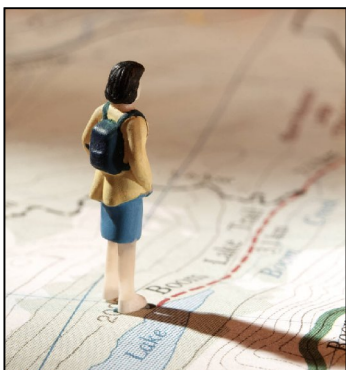
## What is SMAR<sub>x</sub>T Disposal™?

SMAR<sub>x</sub>T Disposal is a public awareness campaign that provides guidance to consumers on how to properly dispose of expired and/or unused medications. The U.S. Fish and Wildlife Service, American Pharmacists Association, and the Pharmaceutical Research and Manufacturers of America have formed a partnership to endorse the campaign. For more information visit [www.smarxtdisposal.net/](http://www.smarxtdisposal.net/).

## Show Me the \$\$\$ - Grant Opportunities

Coca-Cola/NRC Recycling Bin Grant Program: Grant recipients are provided recycling bins for the collection of recyclable beverage containers in public areas. The Spring 2009 grant period will open on February 16. Visit [www.bingrant.org/home.htm](http://www.bingrant.org/home.htm).

Project Orange Thumb Community Garden Grant: Funded by Fiskars Garden and Outdoor Living, this grant provides recipients with gardening tools and gardening-related materials for gardens and gardening-related projects. Visit <http://projectorangethumb.com/pot>.



Recreational Trails Program: Funded by the Federal Highway Administration, this grant program can be used to help acquire easements and/or develop and maintain recreational trails. Application deadline is Feb. 1, 2009. Visit [www.gold.ky.gov/grants/federal/rtp.htm](http://www.gold.ky.gov/grants/federal/rtp.htm).

Wal-Mart & Sam's Club: For information about Wal-Mart's Community Giving Program visit your local Wal-Mart or Sam's Club and ask to speak with the Community Involvement Coordinator. Visit <http://walmartstores.com/CommunityGiving/>.

*The Wal-Mart Foundation a \$1.1 million grant to the 2009 Special Olympics World Winter Games in Idaho to help "green" up the games and reduce the overall carbon footprint.*

For more information on available grants visit <http://eeinkentucky.org/>. See the "News" drop-down list at the top of the page, and click on "Grants".

### Reduce, **REUSE**, Recycle

Hanging from isles in grocery stores to the stand at the farmer's market, reusable bags can be purchased just about everywhere. Why all the hype over plastic bags? Each year billions of plastic bags are used around the world. According to Reuseablebag.com, in merely four trips to the grocery store the average family uses approximately 60 plastic bags. But what if the "average family" plans to recycle those plastic bags? Is it ok then? Recycling rates for plastic bags are around 1-3%. Other issues also come into play. Reports have been made that many plastic bags collected for recycling never actually get recycled. And if the bags do get recycled consider the collection, transportation, processing, and conversion involved, all requiring energy. And what about the bags that do end up as litter. Plastic bags photodegrade (meaning that the plastics break down into smaller and smaller pieces in the presence of light). These pieces enter soil and water bodies and even our food chain when animals accidentally consume them. For more information visit [www.reuseablebag.com](http://www.reuseablebag.com) or <http://earth911.com/plastic/plastic-bags/>.

*Eight hundred kilograms (approximately 1763 pounds) of plastic bags were found in the stomach of a dead whale that washed up on the coast of Normandy in 2002 (Source: Groupe d'Etude des Cétacés du Cotentin).*



## UPCOMING EVENTS

Visit [www.ca.uky.edu/gogreen/upcomingevents.php](http://www.ca.uky.edu/gogreen/upcomingevents.php) for a frequently updated list of activities, workshops, and programs.

### **January 1**

*How Green is Your Art? - Environmental Art Contest.*

The contest is sponsored by the Kentucky Department for Environmental Protection, and begins January 1 with a deadline of March 15, 2009. For more information visit [www.dep.ky.gov](http://www.dep.ky.gov).



### **January 7-9**

*Project Learning Tree, Project WET, and Project Flying Wild - Biodiversity Workshop.*  
Lake Cumberland 4-H Educational Center, Jabez, KY.

Contact Jennifer Turner for more information at [Jenniferl.turner@ky.gov](mailto:Jenniferl.turner@ky.gov) or 800-866-0555.

### **January 23**

*Kentucky River Watershed Watch Celebration Dinner.*

Location TBA.

For more information, including contact information, visit [www.uky.edu/OtherOrgs/KRWW/](http://www.uky.edu/OtherOrgs/KRWW/).

### **January 24**

*Kentucky River Watershed Watch 12th Annual Watershed Protection Conference.*

Midway College, Midway, KY.

For more information, including contact information, visit [www.uky.edu/OtherOrgs/KRWW/](http://www.uky.edu/OtherOrgs/KRWW/).

### **February 11-14**

*National Farm Machinery Show & Championship Tractor Pull*  
Kentucky Exposition Center, Louisville, KY

### **February 13**

*Biologist in Training (BiT) Workshop.*  
Wolf Creek National Fish Hatchery, Jamestown, KY.

The Biologist in Training (BiT) program focuses on fish and aquatic environments, and includes fun, hands-on activities. For more information or to register contact Amanda Patrick at 270-343-3797 or [Amanda\\_Patrick@fws.gov](mailto:Amanda_Patrick@fws.gov).

### **March 8-14**

*National Groundwater Awareness Week*

For more information visit

<http://www.ngwa.org/public/awarenessweek/index.aspx>.

### **March 25-26**

*WOW! - Wonders of Wetlands Facilitator Training*

Wolf Creek National Fish Hatchery, Jamestown, KY.

For more information or to register contact Amanda Patrick at 270-343-3797 or [Amanda\\_Patrick@fws.gov](mailto:Amanda_Patrick@fws.gov).

### **April 12-18**

*National Environmental Education Week – Be Water Wise!*

For more information visit

<http://eeweek.org/>.

### **April 22**

*Earth Day*

### **April 24-26**

*Global Youth Service Day*

<http://ysa.org/NatIGYSD/tabid/59/Default.aspx>

## May

### *Kentucky Water Awareness Month*

Counties across the Commonwealth celebrate Kentucky Water Awareness Month by participating in activities such as afterschool programs, environmental day camps, and homemaker club meetings.

## May 3-9

### *Drinking Water Week*

For more information visit [www.awwa.org](http://www.awwa.org) and enter "drinking water week" into the search engine.



## September 23

### *POW! - Planning of Wetlands Workshop.*

Wolf Creek National Fish Hatchery, Jamestown, KY.

Interested in creating a living, breathing wetland? POW! takes you through the process of building a schoolyard wetland from start to finish using 25 exciting student activities in lesson plan format. For more information or to register contact Amanda Patrick at 270-343-3797 or [Amanda\\_Patrick@fws.gov](mailto:Amanda_Patrick@fws.gov).

## October 23

### *Biologist in Training (BiT) Workshop.*

Wolf Creek National Fish Hatchery, Jamestown, KY.

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## SURFING THE WEB

### SMART About Water

[www.nesc.wvu.edu/smart](http://www.nesc.wvu.edu/smart)

SMART (Strategic Management and Available Resources and Technology) About Water is an environmental project that aims at helping small communities across America protect their drinking water. The project provides training and technical assistance to small and rural communities related to source water, wellhead protection planning, and wastewater. The *Products* link on the website provides informational resources.

### Yellow Pages Goes Green

[www.yellowpagesgoesgreen.org](http://www.yellowpagesgoesgreen.org)

Similar to the National *No-Call Registry*, *Yellow Pages Goes Green* is an organization that aims at eliminating the unsolicited delivery of *Yellow and White Pages* books. According to their website, over 500 million of these books are printed per year. The website states that to produce that amount of books "19 million trees need to be harvested, 1.6 billion pounds of paper are wasted, 7.2 million barrels of oil are misspent in their processing (not including the wasted gas used for their delivery to your doorstep), 268,000 cubic yards of landfill are taken up, and 3.2 billion kilowatt hours of electricity are squandered."