

01 FOCUS ON THE FOUR

KEEPING IT SIMPLE WHEN RECYCLING

Did you know that in 2015, Tulsa residents recycled more than 42 million pounds of recyclable materials? Good job, Tulsa! The City of Tulsa and Tulsa Authority for Recovery of Energy would like Tulsa residents to recycle even more this year.

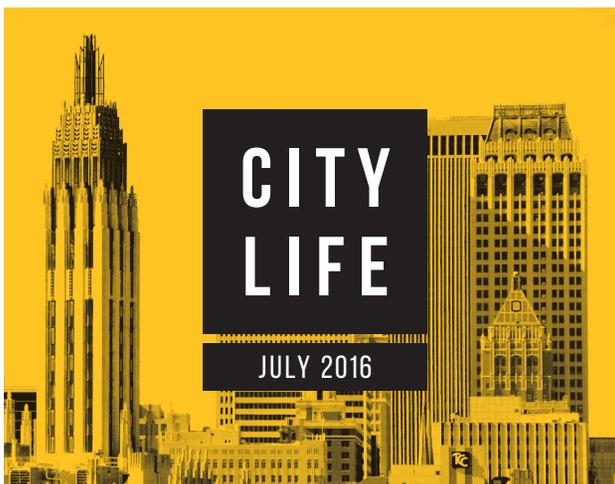
Recycling in Tulsa is as easy as putting items in the blue recycling cart and making sure the cart is at the curb on collection days. Tulsa residents are putting more in their recycling carts; however, what goes into the recycling carts needs to be what is actually recyclable through the City's system.

Too many of the wrong items landing in recycling carts cause "contamination" when loads are processed at the recycling center. A high contamination rate costs the City (and residents) money. If we're able to recycle more of the correct items, the City of Tulsa can save money on recycling processing fees. This keeps your trash rates down.

Tulsa's recycling system is as simple as remembering to "Focus on the Four," summarized as four groups of items:

- **Steel and aluminum cans**
- **Rigid plastics (#1-7 only)**
- **Cardboard and paper**
- **Glass jars and bottles**

If you have a question about what can be recycled, visit www.tulsarecycles.com or call (918) 596-9777.



IN THIS EDITION OF CITY LIFE

01 RECYCLING MADE EASY

Keep your Focus on the Four for recycling. Check out www.tulsarecycles.com

02 HELP REDUCE OZONE

On Ozone Alert! days, drive less and avoid using gas-powered lawn tools.

03 USING WATER WISELY

Learn ways to conserve water both inside and outside your house.

04 DISPOSE OF YARD WASTE

Bagging works, but mulching and composting return nutrients to the soil.

+ PLUS: PREPARE FOR SUMMER HEAT HEALTH RISKS

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02 OZONE ALERT!

TAKE ACTION ON OZONE ALERT! DAYS

With summer comes Tulsa's Ozone Alert! season. Although ozone is a protective element in the upper atmosphere, it can cause health problems when it's in the air we breathe at ground level.

Ground-level ozone forms when emissions from sources such as cars, trucks, gasoline-powered equipment, and household paints, stains and solvents, combine with other pollutants and "cook" in the heat and sunlight.

When air pollution and weather conditions favor the formation of unhealthy ozone, Tulsa issues an Ozone Alert! On those days, you can help reduce ozone in the following ways:

- **Try leaving your car at home. Bike, walk or ride the bus.**
- **If you must drive, try carpooling, combining errands and limiting trips.**
- **Avoid the drive-thru and unnecessary idling.**
- **Postpone refueling your vehicle until evening – or not at all.**
- **Avoid using gas-powered lawn and garden tools.**

For more information, visit www.ozonealert.com and check out Tulsa's Transportation Resource Center for more ways to travel "air-friendly": www.tulsatrc.org

03 WATER CONSERVATION

SMALL STEPS CAN SAVE WATER, MONEY

Saving water around the home is simple and smart. Minor adjustments to your house and your behavior can work wonders, and can help preserve this limited resource for generations to come. Here are a few tips to conserve water:

INSIDE:

- **Fix leaks immediately. A faucet leak can waste 20 gallons per day; a toilet leak can waste 200 gallons per day.**
- **Turn off the tap while brushing teeth or shaving to save five to eight gallons per day.**
- **Take a five-minute shower instead of a bath to save 50 gallons of water. If you take a bath, plug the tub immediately and adjust water temperature as the tub fills.**
- **Installing low-flow faucet aerators, faucets, shower heads and toilets can reduce water usage by 5 to 20 percent. Look for WaterSense® labeled devices.**
- **Replace old dishwashers or washing machines with new ENERGY STAR® models. If you can't replace machines, wash only full loads of dishes and clothes, or lower the water temperature setting.**

OUTSIDE:

- **Water in the morning to prevent water loss by evaporation. Avoid watering when it is windy.**
- **Maintain or upgrade your automatic irrigation system to reduce water waste. Check sprinkler patterns to make sure you're not watering the street or sidewalk.**
- **Use a hose nozzle with shut-off when watering manually, and use soaker hoses for trees and shrubs.**
- **Clean driveways and sidewalks with a broom instead of a water hose.**
- **Use climate-appropriate and native species in landscaping. Use mulch around plants to help reduce evaporation.**

MORE TIPS:

www3.epa.gov/watersense/index.html

BEAT THE HEAT

KNOW WHAT TO DO WHEN TEMPS SOAR

Tulsa's social service and government agencies work together each summer to monitor heat conditions and minimize the effects of high temperatures on citizens. Still, it's important for all Tulsans to know how to handle the heat.

People of all ages who work or play outdoors are vulnerable to heat-related illnesses. Even in-shape athletes can fall victim to the heat.

Children and the elderly especially can be affected, warns the Emergency Medical Service Authority (EMSA). Be sure to visit older, at-risk adults at least twice a day and watch them for signs of heat exhaustion or heat stroke. If their home is too hot or you are worried about their transportation options, take them to air-conditioned locations.

EMSA cautions parents, caretakers and athletic coaches to take the heat seriously and understand that Oklahoma's hot temperatures can be deadly.

Vigorous outdoor activities, including football practices and similar activities, should be interspersed with frequent cooling breaks and participants should drink water or sports drinks. Also, avoid extremely cold liquids because they can cause cramps.

CALL 911 immediately if you see the symptoms of heat exhaustion or heat stroke in a relative, friend, co-worker or yourself. Also, supervisors and workers who work outdoors in extremely hot environments should watch for heat-related symptoms and illnesses and call for medical assistance if needed.



04 USING YARD WASTE

CHOOSE GREEN MULCHING, COMPOSTING

Leaves and grass clippings have a tendency to clog storm sewers. It is a violation of city ordinances to dispose of yard wastes in the city's storm sewers. If you see illegal dumping of yard wastes in the storm sewer, please report it to the City's Customer Care Center, (918) 596-2100.

Raking and bagging leaves and grass to be hauled away takes time and energy and doesn't return nutrients to the lawn. Composting and mulching may be a better choice. Composting yard waste creates organic matter to build soil for gardens and flower beds. Mulching grass clippings allows the clippings to break down and returns their components to the soil so the grass nourishes itself.

Tulsa utility customers can dispose of yard wastes, including grass, leaves and tree trimmings, by taking it to the City's mulch processing site at 2100 N.145th E. Ave. Just show your current driver's license or City utility bill with a Tulsa address to the site monitors in order to waive charges.

Commercial and Non-Tulsa residents can also drop off yard waste for a small fee. The mulch site is open seven days a week, 7:30 a.m. to 5 p.m., excluding City holidays. Visit:

www.cityoftulsa.org