



01 FOCUS ON THE FOUR

RECYCLING MADE EASY FOR YOU

Most of us don't mind doing our part to keep our community and the environment a little cleaner. It also helps when it's as simple as remembering to "Focus on the Four."

Tulsa residents are putting more in their recycling carts. Unfortunately, many of those items cannot be processed through the City. Why is this bad?

- A high contamination rate of the wrong items at the City's recycling processing center 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

Please limit what you put into your blue recycling cart to only four groups of items:

- **Aluminum and steel cans**
- **Paper and cardboard**
- **Plastic (# 1 – 7)**
- **Glass jars and bottles**

Wondering if an item can be recycled? When in doubt, check it out: www.tulsarecycles.com

CITY LIFE

JULY 2015

IN THIS EDITION OF CITY LIFE

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+ PLUS: TAKE PRECAUTIONS IN THE HEAT

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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 high in the sky, it causes health problems when it's concentrated in the air we breathe at ground level. Tulsa issues an Ozone Alert! when conditions favor the formation of unhealthy ozone.

The Ozone Alert! program brings citizens, businesses, industries and government in the Tulsa metropolitan area together to voluntarily reduce ozone-forming emissions on days when the area is vulnerable to high-ozone levels. There are many ways you can help reduce ozone levels, including limiting use of motor vehicles and petroleum-fueled power equipment on Ozone Alert! days.

- Leave your car at home. Carpool, bike, walk or ride the bus
- Postpone errands & refueling until evening — or not at all
- Avoid using gasoline-powered lawn and garden tools
- If you must drive, combine errands & limit trips
- Stay in at lunch — take your lunch to work and eat in
- Avoid long idle times – walk in rather than using the drive-thru

For more information, visit www.ozonealert.com and check out Tulsa's one-stop information center about ways to travel "air-friendly" at: www.TulsaTRC.com

03 WATER CONSERVATION

SAVE TIME AND MONEY THIS SUMMER

We're proud to live in Green Country with its great natural beauty. Taking care of our home landscapes is a place we can take special pride and responsibility.

In the summer months, outdoor watering can represent more than 50 percent of your water bill. That's why it makes good sense to apply water in the most efficient manner to keep the landscape healthy while not burdening the water distribution system and your wallet.

Follow these helpful tips:

- **Choose native and drought tolerant plants** – requires little watering or other care such as fertilizer and pesticides
- **Mulch your flower beds, shrubs, and young trees** – use yard debris as mulch to reduce your landscape disposal bill and to maintain moisture. If you need additional mulch, it's free at the City of Tulsa's Green Waste Site.
- **Consult the experts about plant watering needs** – the OSU Extension and Master Gardeners offer advice to keep plants and your pocketbook healthy.
- **Tune up your irrigation system** – automatic systems require maintenance and can be upgraded to ensure they don't waste water. Targeted hand watering or soaker hoses can also save significant volumes of water.
- **Install Rain Barrels** – you can install rain barrels to capture and use rainwater from your gutter downspouts. This water is free.

For more information, check out these resources...

1. EPA WaterSense Program: www.epa.gov/watersense/
2. City of Tulsa Green Waste Site: www.cityoftulsa.org/environmental-programs/mulch-site.aspx
3. Tulsa County OSU Extension Service: www.oces.tulsacounty.org
4. Tulsa Master Gardeners (918) 746-3701

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). 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 TULSA GOES GREEN

RETURN NUTRIENTS TO THE SOIL: MULCH/COMPOST LEAVES AND GRASS

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.

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.