



Sustainable Delaware NEWSLETTER

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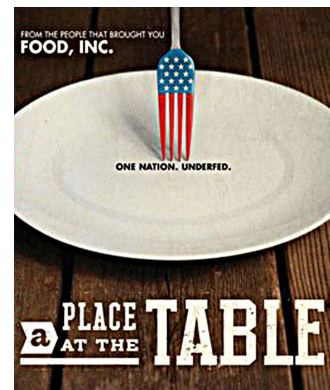
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Hunger in America...and Delaware County

Why are almost 50 million Americans hungry, and why are more than 23.5 million children and teenagers overweight or obese (and sometimes hungry, too)? These questions and more are addressed in the critically acclaimed 2012 documentary *A Place at the Table*. Shown locally last October and again in March, those attending the event were touched by innocent children and hard-working parents who struggle daily to make sure their families have enough to eat.

The film explores the many factors that have created the complex problem of food insecurity in America: rising poverty levels; a system of food production and subsidies that makes unhealthy food cheap and healthy food expensive; federal food-assistance programs that are often underfunded and subject to political whim; and the widespread lack of awareness that this is a problem right here in America. One in five children do not know where their



next meal is coming from. Children who lack adequate nutrition, especially during early development, are more likely to develop learning and behavior problems. Underfed children have

more difficulty focusing, less energy and stamina, and lower school performance, increasing the probability of dropping out and perpetuating the cycle of poverty. In Ohio, over two million people (about 18 percent) are food-insecure. According to the USDA, Ohio ranks as the 10th worst state for food insecurity.

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Don't Flush Your Meds!

Many people flush their old, expired, or unwanted medicines down the sink or toilet. That is a mistake because the liquids and pills often end up in rivers and lakes. These drugs can often be found in above-ground and below-ground aquifers where they can affect the health of fish, frogs, and other water creatures. Of particular concern is the quality of drinking water for humans. Conventional water treatment plants cannot filter out and remove all trace levels of drugs. Unless your community has a new ultrafiltration and nanofiltration membrane plant, chances are you will inadvertently absorb various medicinal

residues. The substances can include antibiotics, antidepressants, estrogen and other birth-control drugs, blood-pressure medications, insulin, penicillin, and steroids. An Ohio River study of 2010 found 118 pharmaceuticals and personal-care products in the waterway. The cumulative effect of such pollutants is poorly understood, and there are many open questions.

In addition, you should not discard your old, expired, or unused medicines into open trash containers or dumpsters either because they can fall into the hands of individuals looking to

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Don't Flush Your Meds! - cont'd



get high or hoping to resell the prescription medicines. Children or animals may accidentally ingest the substances and become sick or die.

So, what should you do with old, expired, or unneeded prescription and over-the-counter drugs? Thanks to the Safe and Secure Drug Disposal Act, a growing number of communities offer take-back programs that allow the public to bring unused drugs to a central location for proper removal. To assist you with safe disposal, local hospitals offer an annual drop-off day at the following locations: Grady Memorial, Delaware Medical Campus, Dublin Methodist, Riverside Methodist, Doctors, Grant Hospital, and the Westerville Medical Campus.

In addition, there are currently four secure drug-disposal drop-box locations where you can leave your unused medications any time during regular business hours, quickly and

anonymously: Delaware City Police Department (70 North Union St.), Delaware County Sheriff's Office (844 US 42 North), Genoa Township Police Department (7049 Big Walnut Rd.), and Shawnee Hills Police Department (40 W. Reindeer Dr.). Only pills and patches should be dropped off at these containers, no liquids and syringes. According to police chief Bruce Pijanowski, over 200 pounds of medications have so far been collected in the downtown Delaware location alone. Controlled substances will be incinerated while others will be taken to hazardous-waste landfills.

If you don't live in or near Delaware County, you can locate a secure drug-disposal drop-box location at the following web address, maintained by NADDI: <http://rxdrugdropbox.org>. Should you lose or forget the above details, you can always talk to your pharmacist or contact the Delaware General Health District (DGHD) at www.delawarehealth.org.

We do not inherit the earth from our ancestors, we borrow it from our children.

- Native American Proverb

After sharing this newsletter, please recycle it.

Hunger in America - cont'd

In Delaware County nearly 18,000 residents (about 10 percent) meet the federal definition of being food-insecure.

The situation looks grim, but there are also bright spots. Many communities are demanding more nearby grocery stores and farmers' markets as well as healthy produce in convenience stores. New school-lunch guidelines require more vegetables and whole grains and less salt and fat. Food banks have taken on the challenge and are creating innovative ways to bring fresh, whole food – instead of just packaged and canned donations – to the families they serve.

In Delaware County we are lucky to have two farmers' markets as well as six community gardens offering citizens the opportunity to buy or grow fresh, healthy food. MidOhio Food Bank brings surplus items from grocery stores to Delaware. Last November over

300 people participated. (See www.midohiofoodbank.org.) Andrews House has [helped with a summer-lunch program at Woodward Elementary school](#) where 74% of the children qualify for free or reduced lunches. Additional services are provided through the Delaware County Hunger Alliance. (See www.liveuniteddelawarecounty.org, which includes a list of free or reduced meals as well as food pantries.)

Ensuring that all children have adequate nutrition is not only a moral issue, it is also a political, economic, and health issue that impacts all of us. It is great that so many heroic people and groups attempt to close the inequity gap with charity and philanthropy. But, as *A Place at the Table* makes clear, charity alone does not eliminate hunger and its root causes. It is but a band-aid solution. What is needed is the political will to ensure that no family and no child ever goes hungry again.

Scenic Olentangy River

The word “scenic” is often used in conjunction with the Olentangy River. In fact, the Olentangy has the distinction of being a state-designated “scenic river.” But what exactly does that mean?

In 1968, Ohio’s legislators created a state program designed to protect the remaining high-quality streams for future generations, the “Scenic Rivers Act.” In 1973, the 22-mile below-dam portion of the Olentangy became Ohio’s third scenic river. Today, fourteen rivers bear the distinction of belonging to the scenic-river program. The criteria for selection include water quality, biodiversity, adjacent forest cover, the stream’s length, and human activities. Once a river has been declared “scenic,” it is entitled to certain protections. For example, ODNR has the authority to approve or disapprove all publicly funded projects such as roads or bridges near these ecosystems. It is important to note, however, that the scenic-river designation does not affect private property rights and does not restrict the use of the stream for boating, fishing, nature study, etc.

Water quality is a key consideration. According to the ODNR website, there are currently 54 species of fish in the Olentangy. There are also 36 different kinds of mussels, some of them endangered and rare. After the removal of the last two low-head dams near the intersection of 23 and 315, the lower Olentangy will be free of dams for its entire 22-mile stretch, which should improve the water quality and the river’s overall health and biodiversity further. Soon, you will be able to paddle all the way from Main Street to Columbus without having to fear the danger of dams.

Ohio’s rivers continue to be at risk. The situation has improved since the Cuyahoga River literally ignited several times in 1950s and 1960s, but there are still many streams whose fish are not considered safe to eat. The creeks carry agricultural run-off, raw sewage, chemicals, heavy metals, and dozens of other substances that are toxic to wildlife and humans. Today, hydraulic fracturing is a new danger. Millions of gallons of water are being drawn from streams and lakes, and earlier this year several employees of an oil-and-gas company were sentenced for illegally dumping fracking waste into a tributary of the Mahoning River. Anyone following the news knows that spills involving oil, coal ash, or chemicals are ubiquitous around the state and the nation. Thus, it is important that we preserve and protect the beauty and integrity of our few remaining high-quality riparian corridors. We are not only doing it for wildlife such as fish and birds. We are also doing it for ourselves since we fish, boat, wade, and swim in these rivers and lakes and draw our drinking water from them.



NOW NORTHERN OLENTANGY WATERSHED FESTIVAL

June 21, 12:00 to 3:30 pm

The City of Delaware with the Ohio Environmental Protection Agency have organized and sponsored the Northern Olentangy Watershed (NOW) Festival to celebrate the designation of the Olentangy River as a scenic river. Although this is not a recent designation, it is still something to celebrate. The NOW Festival will have several activities, games, and demonstrations led by several local experts for anyone interested in attending. Children can participate in a scavenger hunt with the Delaware SWCD soil tunnel, explore in the river with a representative from the Ohio Department of Natural Resources, catch “bugs” in a dry stream, talk to Corey – the Army Corps

of Engineer’s lifeboat, and learn about our river from many experts throughout the community. Adults may be more interested in learning about our drinking water, invasive species in our area, how plants can filter pollutants out of our waters, or how to install a rain garden. There will also be a rubber duck race, a conservation award, and a rain barrel painting raffle.

The NOW festival will be held at Mingo Park on June 21st from 12:00-3:30pm. This event is free, so please bring family and friends to come celebrate this exceptional resource in our county’s backyard.



Our Mission: Sustainable Delaware is a non-profit group of citizens focused on promoting environmental, social and economic sustainability for the Delaware community through awareness, advocacy and action.

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Have a comment, idea or article for the newsletter? We would love to hear from you, please email us at:

info@sustainabledelawareohio.org

Visit us on the web at www.sustainabledelawareohio.org and our Facebook group: Sustainable Delaware Ohio



Interesting Articles on the Web

Read This Before You Yank Out That Dandelion

<http://www.alternativesjournal.ca/community/blogs/sustainable-aj/read-you-yank-out-dandelion>

10 Tips from Grandma for a Greener Home

<http://www.treehugger.com/slideshows/green-home/10-tips-grandma-greener-home-ss/>

14 Ways to Make a Protected Bike Lane [Infographic]

<http://www.shareable.net/blog/14-ways-to-make-a-protected-bike-lane-infographic>

What Is Greenwashing?

<http://www.greenecocommunities.com/News/What-is-greenwashing.html>

10 Tips for Companion Planting

http://www.naturalnews.com/035853_companion_planting_garden_vegetables.html

How to Build a Self-watering Raised Garden Bed from Scavenged Materials

<http://www.treehugger.com/lawn-garden/how-build-raised-garden-bed-waters-itself.html>

Eco-Responsible Landscaping Tips

<http://www.greenlivingonline.com/article/eco-responsible-landscaping-tips>

Is the Age of No Repairs Coming to an End?

<http://www.alternativesjournal.ca/community/blogs/aj-editorial-board/age-no-repairs-coming-end>

Upcoming Events

For more upcoming events and details see the SDO calendar on our website at <http://www.sustainabledelawareohio.org/Events.html>

06/08/14	12p—4p	Second Sunday Open House; Ohio Wildlife Center, Powell
06/11/14	7p—9p	Sustainable Delaware Board Meeting; Delaware County Library, Main Branch
06/14/14	9:30a -11a	Sustainable Delaware Meeting; Delaware County Library, Main Branch
06/21/14	1p—3p	Farm to Fork; Stratford Ecological Center
06/27/14	6p	Ca\$hMob; Meet at the Main Street Delaware office
06/28/14	12p—4p	Honey Bee Festival; Stratford Ecological Center
07/04/14	6p—9p	First Friday; Historic Downtown Delaware
07/08/14	1p—3p	Herbal Study Group; Stratford Ecological Center
07/09/14	6:30p -8p	Sustainable Delaware Board Meeting; Delaware County Library, Main Branch
07/12/14	9:30a -11a	Sustainable Delaware Meeting; Delaware County Library, Main Branch
07/25/14	6p	Ca\$hMob; Meet at the Main Street Delaware office
07/27/14	3p	Hardworking Honeybees; Gallant Woods Preserve