

HEALTHY HOME GUIDE

for Residents of The Lofts at Southworth



PROPOSED RENDERING OF PARK BUILDING AND SOUTHWORTH BUILDING

The Newest Cleveland Project
By

the Cicerchi Development Company



Healthy Home Guide

for Residents of The Lofts at Southworth

This document is based on a guide that was prepared by M. Landman Communications & Consulting on behalf of Enterprise Community Partners, for The Plaza Apartments in San Francisco.

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Introduction

Welcome to The Lofts at Southworth!

To keep the building healthy and to conserve natural resources, it is important that residents (and maintenance staff) clean, maintain, and operate the building using green and healthy products and practices. This guide is meant to help residents do that. It presents some of the things that you can do to keep your home environment clean, green, and healthy. Many of these things are easy to do, and all of them are worth the time and effort.

We hope that you will use this guide and we hope that it will help you to maintain an enjoyable living environment at The Lofts at Southworth.

In addition to this guide, you have access to the owner's manuals for the appliances in your apartment; please refer to those manuals for information on maintaining your appliance for optimal performance. (Please refer to the Appendix for access to manuals.)

The appliance manuals have comprehensive operating instructions and troubleshooting sections you may consult prior to requesting service.

All appliances are the top-of-the-line, newest models chosen for their quality, varied functions and settings and capacity for energy efficiency.

How to Keep Your Home Clean and Healthy

A. HOUSEKEEPING AND CLEANING

It's important to take care of your home, to keep it clean and pest-free, and to clean it using safe products, in order to help protect your health and maintain a pleasant living environment. Here are some recommendations on general housekeeping practices, cleaning products, and clothes cleaning.

General Housekeeping Tips

- Sweep the floors of your apartment regularly (preferably at least once a week), and mop the hard surface flooring whenever it starts to get dirty or sticky.
- Vacuum/clean any rugs regularly. Dirt and dust get trapped in them, and they can trigger allergy symptoms and asthma
- Wash any dirty dishes daily and clean kitchen surfaces with a damp cloth whenever they are dirty.
- If water or any liquid is spilled on your rugs, sop it up immediately with a dry towel or rag. Mildew and mold can develop in rugs that stays wet too long.
- Wipe up any puddles of water from your bathroom or kitchen floor.
- If your toilet overflows and you can't get it to stop, report it to maintenance staff immediately.
- If you see discoloration on surfaces (white, orange, green, brown, or black), see cracked or discolored grout, or smell a musty odor, it might be mold or mildew. Clean the areas with baking soda or borax. If the discoloration does not go away or gets worse, notify the building maintenance/management staff, as mold can cause serious health problems if it is not addressed.
- Open a window whenever there are odors, fumes from cleaning products or other chemicals, or excess moisture in your apartment. Also use a fan to help air out the room.
- When you are using your stove, turn on the rangehood fan if the cooking is creating any smoke or odors.
- Clean the grease filter on your stove's rangehood when any grease builds up; if you have questions about how to clean the grease filter, please ask the Maintenance staff.
- Don't use bristly brushes or other abrasive products when cleaning, as they can leave scratch marks.
- Throw out and replace used sponges and cloths/rags if they're dirty or smelly.
- When using a cleaning product, read its label and follow the instructions for using and storing the product.
- Don't mix different cleaning products together (unless specifically recommended or unless they are benign, non-reactive, non-toxic substances).
- If you need to dispose of a container of a chemical cleaning product that is not completely used up, it should be taken to the city's hazardous waste facility. (See the next section on Trash and Recycling for more information on hazardous materials disposal.)
- Glues, adhesives, paints, and other household products often contain volatile organic compounds (VOCs), which contribute to indoor air pollution (as well as to outdoor smog). **Try to choose products that are labeled as "low-VOC" or "non-toxic," whenever possible.**

Cleaning Products

Cleaning your home is important because it helps remove harmful contaminants, such as mold and bacteria. But many conventional cleaning products can also cause health problems. The use of toxic cleaning products can be a particular problem for people who have health conditions such as asthma or allergies or who have chemical sensitivities or weak immune systems. Some cleaning products can cause headaches, dizziness, skin irritation, respiratory irritation and asthma, eye irritation or worse; some contain cancer-causing substances, reproductive toxins, central nervous system toxins, and endocrine system/hormone disruptors.

Fortunately, many alternative, **non-toxic cleaning products** are now available. And, some very basic and multi-purpose household substances can be used as safe and effective alternative cleaning solutions for most household cleaning jobs; these substances include **baking soda, white vinegar, lemon juice, and salt**, as well as **hydrogen peroxide** and **borax**. Borax and baking soda are especially versatile household products; they can be used for a variety of purposes. For example, baking soda will clean and deodorize all kitchen and bathroom surfaces (just dissolve a few tablespoons in some warm water, or use the baking soda directly on a damp sponge). A combination of baking soda, hot water, and vinegar can clear drains.. Alternatively, using a mild soap (like **dishwashing detergent or a liquid/Castile soap**) with some water will clean most surfaces adequately.

Here is one recipe for a non-toxic, all-purpose cleaner (for cleaning countertops, floors, walls, etc.); but these ingredients can be used separately, as well:

1 quart warm water
1 teaspoon liquid soap
1 teaspoon borax
½ cup undiluted white vinegar
Mix ingredients and store in a spray bottle.

If you're selecting a more conventional cleaning product (from the cleaning products aisle) at the store, look for products that are labeled as **non-toxic, low VOC or zero VOC**, and/or **biodegradable**. Also look products with recyclable packaging/containers.

Products to avoid:

Avoid the use of chlorine bleach unless it's absolutely necessary to use such a strong disinfectant. Hydrogen peroxide is a good alternative to chlorine bleach. *Never* use undiluted chlorine bleach or ammonia; both of these can cause major respiratory irritation. Also avoid most "anti-bacterial" and "anti-microbial" products; use of such products can cause germs to become resistant to antibiotics.

Read product labels, including the small print. As a general rule, you should **avoid all products that are labeled "Danger—Poison."** (Products with "Warning" labels are also dangerous, but less so, and products labeled with "Caution" are the least harmful of the three, though they can still be hazardous.) Also **avoid products that are labeled as "Corrosive," "Severely Irritating," "Highly Flammable," or "Highly Combustible."** And **avoid aerosols** when possible; they often contain substances that are flammable and that can contribute to indoor air quality problems.

Avoid using most "air freshener" products, especially if their labels say that they contain **para-dichlorobenzene**. Ingredients like this can cause headaches and other health problems.

Clothes Cleaning

Each Loft has its own full-sized washer and dryer units.

Before you move into your new apartment, you should wash all of your clothes (and any bedding or other fabrics you're bringing). If the items are quite dirty, choose the hot water setting on the washing machine, to kill germs.

When your laundry items are only slightly dirty, you can **select the cold or warm water setting to save energy**.

Choose a laundry detergent that is labeled as **phosphate-free, biodegradable, and/or non-toxic**. (Also consider selecting an unscented product.) Such products include borax and Arm & Hammer's Washing Soda. Only a small amount of detergent is necessary; do not use more than the amount that is recommended in the instructions on the box/container.

When you are done drying your clothes, please clean the lint out of the dryer's lint filter **after each and every load**. This will help the dryer work better and it also prevents the lint from becoming a fire hazard.

B. TRASH AND RECYCLING

Trash

There is a trash room on every floor of the building. You should wash out your trash can as often as is necessary to remove sticky residues that might attract pests.

Recycling

At this time, any recycling must be taken to a drop site in the area. The closest to The Lofts at Southworth is at 1422 Euclid. For all locations and driving directions, please visit <http://www.city.cleveland.oh.us/CityofCleveland/Home/Community/Environment/TrashandRecycling/recycle-map>.

"Don't Bag It!"

Cleveland has an extremely easy recycling process called *single stream* which means residents can put all accepted recyclables in one container, while some communities have to sort recyclables into different containers.

The facility that processes Cleveland's recyclables - the material recovery facility (MRF) - has asked the City to not promote the use of plastic bags to contain recyclables. Therefore, residents should no longer bag recyclables. Rather, residents should place them loose in blue recycling carts and drop-off dumpsters. To continue the ease of recycling, **residents can place recyclables in a paper bag, cardboard box or smaller plastic bin inside the home and use that to carry recyclables to a blue cart or recycling dumpster.**

For a complete list of what can be recycled and how you should dispose of various items that aren't normally included with day-to-day recycling, refer to the recycling section that is in the **Appendix** at the back of this guide.

Hazardous Waste Disposal

Hazardous waste materials may not be thrown in the garbage. They must be dropped off at the appropriate city facility for safe disposal or recycling, so that they don't contribute to the contamination of the air, water, or soil. Hazardous waste materials include:

- chemical cleaning supplies
- batteries (all types)
- fluorescent lamps/light bulbs
- paint, paint thinners, primers, stains and other finishes
- toxic glues and adhesives
- medical/biohazard waste (including needles)
- pesticides, herbicides, chemical fertilizer
- computers, TVs, and other electronic equipment
- printer/copier ink/toner
- used motor oil
- compressed gases

Many of these items are listed in the recycling section that is in the **Appendix** at the back of this guide.

If you have any questions about disposal of an item, please contact management for advice.

C. PEST CONTROL

It is important to keep your apartment free of pests (such as cockroaches, rodents, etc.), as pests can carry disease. If you find bugs, ants, rodents, or other pests in your apartment, report it to the building's maintenance staff right away.

Please do not use toxic pesticide products, such as Raid spray. Most pesticides are poisons, and they are often poisonous to humans, as well as to pests. Studies have linked some pesticides to cancer, birth defects, neurological disorders, and immune system disorders, as well as allergies. Pesticides should only be used as a last resort and in very small amounts. As a general rule, avoid products that are labeled "Danger—Poison." If ants are in your apartment, try sprinkling borax where they are coming in; ants do not like boric acid. If you decide that you must use some chemical pest control products, consider using only baits (for cockroaches and ants). And for rodents, traps should be used rather than poisons; building management staff should be able to help you with these issues.

But the best strategy is to keep pests from coming into your apartment in the first place, rather than having to get rid of them later. Many pests are attracted by grease, sweets, other types of food, and standing water. If your apartment is clean and dry, it isn't likely that pests will want to live there. The following are some specific steps that you can take to keep pests from finding food, water, or hiding places in your apartment.

Pest Prevention Tips

- Clean up any open, unsealed food, crumbs (wrap and seal any leftover food and put it in the refrigerator, or in a cabinet if tightly sealed).
- Do not leave dirty dishes out overnight.
- Clean up spills or sticky substances from all floors and surfaces.
- Keep your kitchen clean (counters, cabinets, sink, floors, stove, microwave, etc.); be sure to clean up any grease with soapy water, and dry off any wet areas.
- Sweep, mop, and vacuum regularly.
- Rinse bottles, cans, and containers before putting them in the recycling bins. Clean out the recycling bins to remove sticky residues.
- Take your garbage and recyclables to the trash room at least once a week (or every evening, if there are any pests in your apartment).
- Minimize clutter and paper piles that can provide hiding places for pests.
- If you notice any water leaks or moisture-damaged materials in your apartment, report the issue to building maintenance staff immediately.

Bed Bug Prevention and Control

“Bed bugs” are small, nocturnal insects that feed on blood. They are about 1/4-inch long and 1/8-inch wide. They have flat, reddish-brown bodies with six legs, and after feeding, they become round and red. They give off a sweet, musty odor. Their eggs are white and very small, and their excrement appears as tiny brown or black spots. Bed bugs are typically found on mattresses, box springs and bed frames, clothing, bedding, furniture, or any dark cracks, seams, or crevices in walls or floors. They can travel through water pipes, wall voids, and ducts, and can spread from room to room. Some people who are bitten by them get itchy welts on their skin.

It is critical to prevent bed bugs from being brought into the building. Here are some rules for prevention, as well as tips for getting rid of them if they do appear.

Preventing the Introduction of Bed Bugs

- Before you move in and bring clothing and bedding into your new apartment, wash the items in hot, soapy water and dry them on the hottest dryer setting. Freezing the materials (at less than 0 degrees for several days) is also known to kill bed bugs; ask building management whether this is an option.
- When bedding is brought into the building for washing or is removed from your unit, seal the items (e.g., sheets, blankets, pillows, and pillow cases) in a plastic bag before transporting them into or through the building, to avoid spreading the infestation to other areas.
- Used mattresses and bed frames are not allowed into the building, unless property managers are certain that they do not harbor bed bugs.
- The mattress provided in your unit is encased in a permanent plastic covering, to prevent bug infestations. If you notice that the plastic covering is torn, please notify the building management staff.
- Eliminate excess clutter (particularly near beds and clothes), to reduce the number of places where the bugs can hide.

Getting Rid of Bed Bugs

- Wash any infested bedding or clothing with hot, soapy water and dry it on the hottest dryer setting. (Or the owner or building manager might freeze the materials at less than 0 degrees for several days.)
- Use hot, soapy water or rubbing alcohol to wipe surfaces where the bugs are living.
- Vacuum cracks, crevices, and other hiding places in walls, floors, and furniture where adult bed bugs or eggs are found. Dispose of the vacuum contents in a sealed trash bag.
- If a mattress with bed bugs on it is torn and/or infested, it will probably need to be thrown out, as the bugs can live inside the mattress where they can't be reached. Do not treat mattresses with insecticides (unless building managers can verify that the treatment is non-toxic to humans).
- Eliminate excess clutter (particularly near beds and clothes), to reduce the number of places where the bugs can hide.
- Have building maintenance staff seal up any cracks where the bugs are living.

D. SMOKING POLICY

Smoking is not allowed anywhere on or in the property, that is; any of the resident lofts, common areas of the building or immediately outside of the building. If you smoke outside, please do not stand near the doors to the building or near any open windows. Please do not drop cigarette butts on the walkways or sidewalks outside

How to Save Energy and Water

Conserving energy and water resources benefits the environment in a variety of ways. For example, using less electricity reduces power plants emissions (from burning fossil fuels), which reduces air and water pollution, and that helps protect everyone's health.

Saving Energy

LIGHTS

- Turn off lights (and any electronic equipment) whenever you're leaving your apartment or when you do not need them to be on.
- When the light bulbs burn out in your apartment, be careful not to break the fluorescent bulbs; they contain small amounts of mercury, which is a hazardous substance. Do not throw away fluorescent light bulbs; take them to the city's hazardous waste facility for proper disposal. (See recycling section in the Appendix)
- If you are going to bring lamp(s) into your apartment, avoid using halogen lamps. Not only are halogen lamps major energy wasters, but they also pose a significant fire hazard.

HEAT

- Make sure that the temperature in your apartment is comfortable and the heater is not set too high. During cool months, usually the highest temperature that a thermostat needs to be set for is about 68-69 degrees, and it should be set at a lower temperature or turned off when you are not at home, during warm times of the year, and at night. If the building temperature is too hot or cold (or if your heater will not turn off), notify the building management.
- Do not leave the heat on when you have the window open, or open the window when you have the heat on (unless you just need to open the window while smoking or to air out the room for a short time). Heating and cooling the room at the same time wastes energy.
- Keep your heater clean and dusted.
- Do not place furniture next to the heater, as that can block the heat from entering the rest of the room.

OTHER

- Clean the dust off of your refrigerator coils twice a year. (Remove the grill at the bottom of the refrigerator and clean the coils in front and back; pull the refrigerator out to sweep and dust behind it.) If you would like to be shown how to do this or if your refrigerator is not working properly, contact building maintenance staff.
- Clean out lint from dryer lint filters before or after each load of laundry. This helps the machines run more efficiently and prevents the lint from becoming a fire hazard.

Saving Water

- When using a sink or the shower, don't run the faucet longer than is necessary for your task. When you turn a faucet off, make sure that it is all the way off.
- If you hear the sound of dripping or trickling water in your apartment or notice that your faucets are leaking or your toilet is running (too long after it has been flushed) and you can't get it to stop, notify the building's maintenance staff right away so that they can fix the leak.
- Try not to take really long showers; keep shower time under 10-15 minutes.
- When using a clothes washer, try to clean fairly full loads, when possible (or select a light-load setting for small loads, to use less water than would be used for a full load, if that's an option on the washing machine).

APPENDIX

- A. Green Materials and Systems in The Lofts at Southworth**
- B. Resources for More Information on Green Housing**
- C. Recycling Information from the city of Cleveland**
- D. Cleveland's Regional Transit Authority's (RTA) Transit Map**
- E. Information on Cleveland's extensive bike paths and trails**
- F. Appliance Manuals**

A. Green Materials and Systems in The Lofts at Southworth (partial list)

This is a summary list of some of the green materials, finishes, furnishings, systems, equipment, and appliances that are featured in The Lofts at Southworth.

- Ventilation Systems
- Automated Exterior Lighting
- Toilets
- Shower Heads
- Refrigerators
- Dishwashers
- Washers
- Dryers
- Hvac
- Electrical
- Lighting
- Energy Efficient Windows

B. Resources for More Information on Green Housing and Some Local Community Practices

Local

Green City Blue Lake (Tons of *Great* Local Info!)

<http://www.gcbl.org/>

City of Cleveland Office of Sustainability

<http://www.city.cleveland.oh.us/CityofCleveland/Home/Government/CityAgencies/OfficeOfSustainability>

A Fresh Squeeze - information and advice on being eco-conscious in your everyday decisions.

<http://www.afreshsqueeze.com/cleveland.php>

The Downtown Cleveland Alliance

<http://www.downtowncleveland.com/>

National

Green Communities

www.greencommunitiesonline.com

Enterprise Community Partners

www.enterprisecommunity.org

Green Affordable Housing Coalition

www.greenaffordablehousing.org

Build It Green

www.builditgreen.org

U.S. Green Building Council

www.usgbc.org

Building Green

www.buildinggreen.com

C. Complete Recycling information from the City of Cleveland

<i>Aerosol Cans</i>	Regular trash collection, not in recycling dumpsters
<i>Aluminum</i>	Year round at any recycling drop-off site
<i>Antifreeze</i>	Do not put in recycling dumpsters- dispose of at Lube Stop
<i>Appliances</i>	Put face-down on tree lawn for collection, remove doors from fridges/freezers
<i>Auto Parts</i>	Regular trash collection, not in recycling dumpsters
<i>Ballasts and Transformers</i>	Year-round at Lightsout, Inc. 216.621.6367, 9099 Bank Street (small fee)
<i>Batteries</i>	<p><u>Any</u>: Year-round at Bulldog Battery</p> <p><u>Alkaline</u>: can be safely disposed with the normal weekly collection</p> <p><u>Car (Lead Acid)</u>: Year-round at many auto part stores</p> <p><u>Rechargeable</u>: Can be turned in at many retail stores.</p> <p>Rechargeable Battery Recycling Corporation http://www.call2recycle.org/locator/</p>
<i>Cans and Metal</i>	<p><u>Aerosol cans</u>: With regular pick-up, not in recycling dumpsters</p> <p><u>Tin, aluminum, steel</u>: recycling drop-off site</p> <p><u>Metal Cookware</u>: With regular pick-up, not in recycling dumpsters</p> <p><u>Hangers</u>: With regular trash pick-up, not in recycling dumpsters</p> <p><u>Car Parts</u>: With regular trash pick-up, not in recycling dumpsters</p>
<i>Cardboard</i>	<p><u>Waxed</u>: With regular trash pick-up, not in recycling dumpsters</p> <p><u>Non-waxed</u>: recycling drop-off site</p> <p><u>Pizza Boxes</u>: With regular trash pick-up, not in recycling dumpsters</p> <p><u>Detergent Boxes</u>: Trash pick-up, not in recycling dumpsters</p>
<i>Carpeting</i>	Cut, roll & bundle into 4 foot lengths and put with regular pick up items
<i>Cell Phones</i>	<p>Rechargeable Battery Recycling Corporation http://www.call2recycle.org/locator/</p> <p>Annual Computer Round-up: Equipment is cleaned, refurbished and redistributed to local schools and non-profits. If it is not suitable for refurbishing, components are recycled</p>
<i>Chip Board</i>	Year round: recycling drop-off site
<i>Christmas Trees</i>	Place curb-side for pick-up on regular collection days
<i>Cleaners: Caustic</i>	Do not put in recycling dumpsters. Includes oven cleaners, drain cleaner, muriatic acid, etc.
<i>Computers and CRT Screens</i>	<p>Do not put in recycling dumpsters</p> <p>Year-round: Lightsout, Inc. 216.621.6367, 9099 Bank Street (small fee)</p> <p>Annual Computer Round-up: Hard Drive is wiped clean or erased, equipment is refurbished and redistributed to local schools and non-profits. If not suitable for refurbishing, components are recycled</p> <p>Organizations and businesses can recycle large volumes of computer equipment through RET3 Job Corp. at 216.361.9991.</p>

<i>Dead Animals</i>	Call for pick-up: 216.664.3270
<i>Detergent Boxes</i>	With regular trash collection, not in recycling dumpsters
<i>Envelopes</i>	Year round: recycling drop-off site
<i>Glass</i>	<u>Drinking glasses:</u> dispose with regular trash, not in recycling dumpsters. <u>Clear, green, brown glass:</u> recycling drop-off site <u>Window Glass:</u> In regular trash, not in recycling dumpsters.
<i>Hangers (Clothes)</i>	Do not put in recycling dumpsters, dispose with regular trash collection
<i>Household Hazardous Chemical Wastes</i>	Household hazardous waste collection: Do not put in recycling dumpsters. This includes: Automotive Products, Adhesives, Fluorescent Bulbs, Fungicides (Mold Killers), Gasoline, Herbicides (Weed Killers), Insecticides (Bug Killers), Kerosene, Lighter Fluid, Pesticides (Bug/Rodent Killers)
<i>Inkjet Cartridges</i>	Annual Computer Round-up
<i>Junk Mail</i>	Year round: recycling drop-off site
<i>Light Bulbs</i>	Do not put in recycling dumpsters. Year-round: Lightsout, Inc. 216.621.6367, 9099 Bank Street (small fee)
<i>Leaves</i>	Residents must bag leaves for pick-up on their regular collection day.
<i>Magazines, Newspaper</i>	Year round: recycling drop-off site
<i>Medication</i>	How to Dispose of Medication Safely
<i>Mercury</i>	Household hazardous waste collection: drop off in sealed plastic bag/container. County drop-off sites are available for mercury-containing items. Referral letter must be procured prior to the drop-off from CCSWD at 216.443.3749 Year-round: Lightsout, Inc. 216.621.6367, 9099 Bank Street (small fee)
<i>Metal and Cans</i>	<u>Aerosol cans:</u> With regular trash pick-up, not in recycling dumpsters <u>Tin, aluminum, steel:</u> recycling drop-off site <u>Clothes Hangers:</u> With regular trash pick-up, not in recycling dumpsters <u>Car Parts:</u> With regular trash pick-up, not in recycling dumpsters
<i>Motor Oil</i>	Do not put in recycling dumpsters Year-round: AutoZone, Advanced Auto Parts, Murray's Discount Auto Parts, Lube Stop and Procure branches Household hazardous waste collection
<i>Oil filters</i>	Year round: Lube Stop and Procure Household hazardous waste collection
<i>Paint and Related Products</i>	Do not put in recycling dumpsters Household hazardous waste collection <u>Latex Paint:</u> With normal curbside garbage- remove lid and dry up before placing on curb. For large amounts, mix with absorbent material (cat litter or sawdust) and dry fully before placing it out for pick up.

<i>Pallets</i>	Do not put in recycling dumpsters, dispose with regular trash pick-up
<i>Paper</i>	<u>Office Paper</u> : recycling drop-off site <u>Junk Mail</u> : recycling drop-off site <u>Newspapers/Magazines</u> : (bundled/tied with string) recycling drop-off site
<i>Phone Books</i>	Numerous recycling options are available for phone books
<i>Pizza Boxes</i>	Can be recycled if free from grease and other food residue
<i>Plastics</i>	<u>#1-7</u> : Rinse and take to any recycling drop-off site <u>Toys</u> : With regular trash pick-up, not in recycling dumpsters <u>Plastic Bags</u> : NO LONGER ACCEPTED in blue recycling carts or dumpsters, however most grocery stores and some retailers will accept them for recycling, but they should be contacted in advance. <u>Plastic Outdoor Furniture</u> : With regular trash, not in recycling dumpsters <u>PVC Piping</u> : With regular trash, not in recycling dumpsters
<i>Printer Cartridges</i>	Annual Computer Round-up
<i>Propane Tanks</i>	AGA Gas 216.486.3300 Amerigas 440.964.2000 (small fee) Welder's Supply 216.241.1696 (small fee)
<i>PVC Piping</i>	Do not put in recycling dumpsters, dispose with regular trash pick-up
<i>Residential Waste</i>	Containers, 70 pounds or less, should be put out after Noon the day before regular collection. Items too large for containers should be bundled.
<i>Roof Tar</i>	Household hazardous waste collection
<i>Tires: Car & Truck</i>	Do not put in recycling dumpsters Up to 4 (with/without rims) placed curbside on normal collection days Up to 10 can be disposed of at the annual tire round-up Year round: Tires can be dropped off at the Ridge Road Transfer Station (3727 Ridge Road). A small fee is charged for more than 4 tires. City residents are allowed 4 free dumps/year, including tires. Proof of residency required. For more information, call 216.664.3162
<i>Transmission Fluid</i>	Lube Stop year-round or Household hazardous waste collection
<i>Vinyl Siding</i>	Do not put in recycling dumpsters, dispose with regular trash pick-up
<i>Wax-Coated Boxes</i>	Do not put in recycling dumpsters, dispose with regular trash pick-up
<i>Window Glass</i>	Do not put in recycling dumpsters, dispose with regular trash pick-up
<i>Wood, tree trunks, large brush</i>	Do not put in recycling dumpsters Cut to 3 feet in length and bundle in 24 inch diameter bundles under 100 lbs. Put out with regular collection day items. Christmas trees are recycled.

D. RTA - Bus, Rail, Trolley

Just across the street from The Lofts at Southworth is Tower City which houses the main train station for the city giving you access to all rail lines which connect you with many of Cleveland's attractions, neighborhoods, and cultural institutions including; University Circle, Little Italy, Ohio City and the West Side Market, North Coast museums, CWRU, Cleveland Clinic, UH, and many more, along with a direct line to the inside of the airport, easily the fastest and most economical way to catch your flight.

Tower City Center
50 Public Square
Cleveland 44113

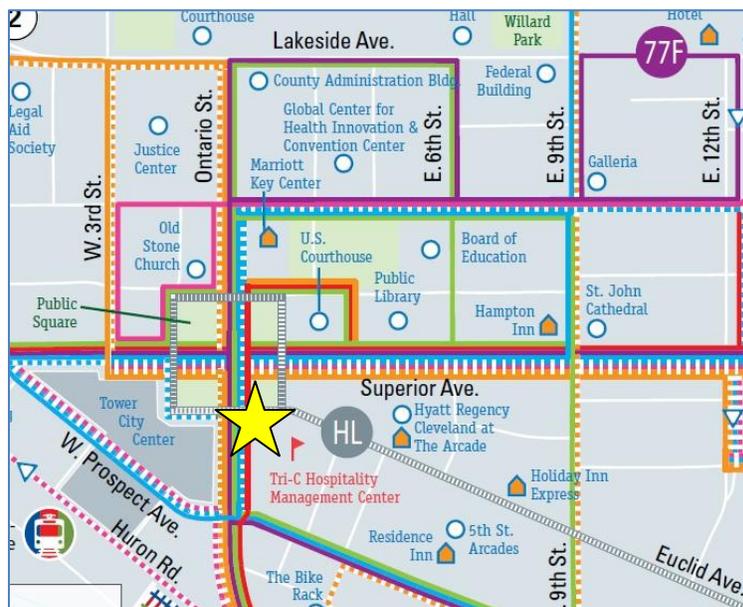
This station is the busy hub of RTA's rail network. All rail lines converge here, and many RTA bus routes serve the area near the Station. An estimated 30,000 persons a day use this station.

The 1,000-foot Walkway to Gateway, built and operated by RTA, connects Tower City to Quicken Loans Arena.

**Pro Tip – if you have tickets to an event at Quicken Loans Arena, hop across the street and use the indoor Walkway to avoid the winter weather!*

Check the RTA's website for loads of helpful information about how to get around the city at <http://www.riderta.com/>

Downtown Cleveland Transit Map



 *Location of The Lofts at Southworth*

E. Bike Path Information

New plan will add more than 70 miles of bikeway by end of 2017, supports Mayor's efforts for sustainable, healthy living

January 17, 2014

The City of Cleveland announced today a new Bikeway Implementation Plan designed to increase the number of bikeway miles by 250% by the end of 2017. The Bikeway Implementation Plan builds on the existing bike infrastructure in the City and leverages the city's five year capital improvement program (CIP) to accomplish this significant increase while adding minimal cost to the street projects.

The overall goal of the City's bike plan is to provide cycling amenities in every Cleveland neighborhood, whether for transportation or recreational use. This plan supports Mayor Frank G. Jackson's vision for Sustainable Cleveland 2019 and Healthy Cleveland, both of which encourage active living, quality of life and thriving neighborhoods.

"I am excited that we will be connecting every neighborhood to a bikeway network," said the City of Cleveland's Chief of Sustainability Jenita McGowan. "We have seen a 200% increase in the number of cyclists in the city since 2007 and this plan will help meet the new demands for bike infrastructure."

The City currently has 47.5 miles of bikeway, including: 3.71 miles of roads with sharrows, 10.33 miles of bike lanes and 34.6 miles of trails.

- In 2014-2015, 44.8 miles of bikeway will be added.
- In 2016-2017, 25.64 miles of bikeway will be added
- By the end of 2017, the city will have at least 118 miles of bikeway.

"As the number of people riding bikes, either by choice or necessity, continues to grow across Cleveland it is important to balance the needs of all users," said Executive Director of Bike Cleveland, Jacob VanSickle. "This plan is exciting because it prioritizes a network of connected bikeways across the city of Cleveland." "We look forward to working with the City of Cleveland and residents on identifying which types of bicycle facilities are installed on the priority routes."

The new bikeway miles could include sharrows, dedicated bike lanes, trails and signage, depending on the overall need and design of road being improved through the CIP. Some streets may be resurfacing projects while others may be complete reconstructions. Either way, the cost of the signage, paint for striping or other cycling improvements will be built in to the projects. The 2014 CIP is currently under final review and will likely be released in early February. Funding for

capital improvement projects comes from general obligation bonds and various state and federal funding sources.

In addition to the streets that will be a part of the CIP, the City of Cleveland has identified an additional 82.5 miles of roadway that could be eligible for cycling amenities, based on road conditions and traffic patterns. The city will include approximately \$1 million in the CIP for thermoplastic paint to re-stripe these streets. This means that by the end of 2018, the city could have 200 miles of bikeway network. These roads will be prioritized based on making key connections to the Bikeway Implementation Plan.

“The fact that we are making the inclusion of bicycle infrastructure more systematic means that we will be able to create a functional bikeway network within a few years and people will be able to see progress happening,” said McGowan.

The final Bikeway Network Plan for the City of Cleveland will be introduced to the public this Sunday, January 19, at the annual “Bike Cleveland” members meeting.

Existing Bicycle Infrastructure



Additional Connections

