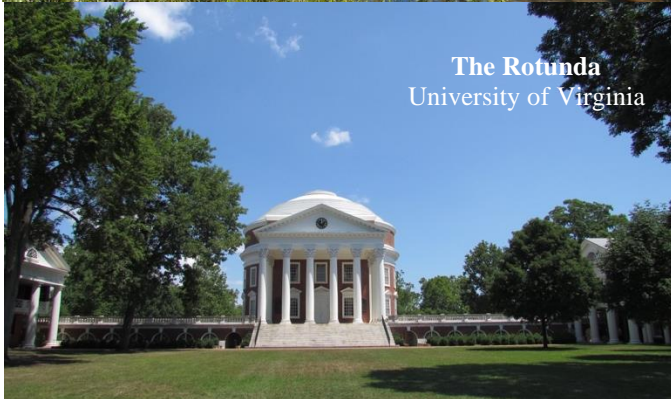




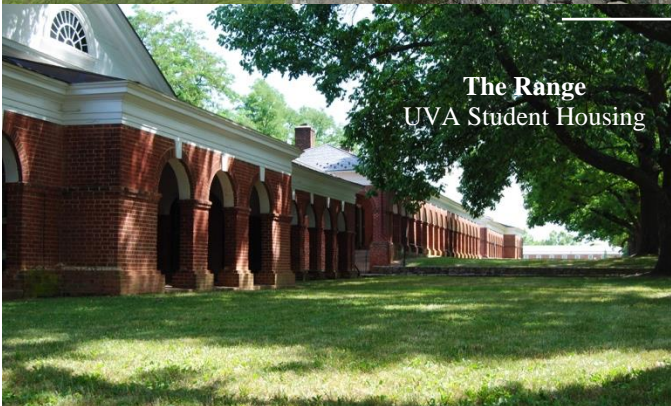
Rivanna River



The Rotunda
University of Virginia



Humpback Rock Overlook



The Range
UVA Student Housing

ash

Terms Cheat Sheet

- **BMP** — Best Management Practice or engineered technique to reduce stormwater runoff pollution.
- **MS4s** — Localities which own "municipal separate storm sewer systems" and are required to obtain stormwater permits through DEQ.
- **DEQ** — Dept. of Environmental Quality administers state and federal laws and regulations for environmental quality.
- **NFWF** — National Fish and Wildlife Foundation
- **RRBC** — Rivanna River Basin Commission
- **RSEP** — Rivanna Stormwater Education Partnership
- **Stormwater-** precipitation runoff flows to storm drains or nearby water body, picking up pollutants along its path, causing stream flooding, pollution, fish & wildlife habitat loss, soil erosion, etc.
- **TMDL** — Total Maximum Daily Load is the max amount of a pollutant allowed to enter a waterbody.
- **TJPD** — Thomas Jefferson Planning District Commission
- **TJSWCD** — Thomas Jefferson Soil & Water Conservation District
- **VDOF** — Virginia Department of Forestry
- <https://rivanna-stormwater.org/how-can-you-help/community-education/>
- **Watershed** — a land area that channels rainfall and snowmelt to creeks, streams, and rivers, and eventually to outflow points such as reservoirs, bays, and the ocean.
- **WIP** — Chesapeake Bay Watershed Implementation Plan given to PDCs by DEQ to ensure 2525 water quality goals.

Thomas Jefferson Water Quality Guide #5



Improving Water Quality:
Crash Course for College Students

A Guide to
Best Management Practices
(BMPs)



Common Ways to Improve Water Quality

College students live a unique lifestyle in Charlottesville. For many, living in a new place from year to year is not uncommon. Even though the living situations are temporary, there is a lot that can be done to improve and maintain good water quality. Here are a few ways college students can improve the water quality from their households.

Disposing of trash and liquids during the school year >>>

When living in a rental home on campus it can be easy to not think about proper trash disposal. However college students produce a lot of waste which can potentially pollute local waterways, the same ones you drink from! Some easy ways to exercise proper trash disposal is by: 1) Not throwing cleaning supplies, medicine, pills, paper towels and other non-degradable materials away in the sink or toilet. 2) Pick up trash (beer cans, food wrappers) quickly after an event of get together. 3) Proper dispose of car maintenance materials (such as antifreeze and oil) and batteries from remotes, gaming controllers, etc.

Disposing of trash and liquids when moving >>>

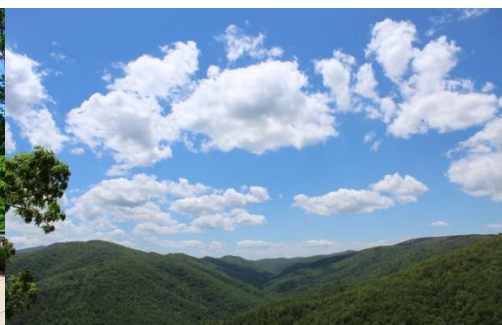
The reality of being a college student is that you will end up moving from home to home more than normal. This process comes with a lot of packing, moving, and throwing away old and unwanted items. Here are some things to remember when disposing of trash and liquids from old homes: 1) Do not dispose of cleaners, medications, cooking liquids, and other materials in the sink or toilet. 2) Do not dump these items in the trash (unless sealed in their original container), dispose of them at proper reclamation centers. 3) Recycle any items that can be recycled.

Practicing smart, environmentally sound habits >>>

In day to day life, there are plenty of ways to be environmentally conscious and lower your impact on the pollution of waterways. Here are a few habits college students can exercise: 1) Minimize use of bleach when cleaning showers, toilets, and clothes. 2) Run the clothes washer only when there is a full load of laundry. 3) Use reusable containers for water instead of plastic bottles that end up polluting waterway. 4) De-clog drains with natural solutions, like pouring equal portions of boiling water, white vinegar and baking soda and letting it sit for 30 minutes. 5) Pick up after your pets waste.

Proper cooking habits >>>

Cooking meals at home saves money and can be a fun, fulfilling experience! However, there are a lot of ways that cooking can end of adding to local water pollution: Here are a few clean and environmentally friendly cooking habits college students can exercise: 1) Don't dump grease, oil, or fat down the sink, instead fill a jar or old can then throw it away in the trash with a lid covering the container. 2) Only run the dishwasher when there is a full load. 3) Use the minimal amount of detergent when washing dishes and use environmentally friendly, phosphate free soaps



Places to Recycle in C'ville >>

- Ivy Material Utilization Center (paint, glass, aluminum cans, etc.)
- McIntire Road Recycling Center (paper, plastic, etc.)
- Rivanna Solid Waste Authority (batteries and more)
- RSWA Ivy Transfer Station (household chemicals)

DIY Mosquito Repellent

For more natural beauty, body, cleaning, and lawn/gardening products visit rivannariver.org/green-living/

Ingredients and tools:

- ½ c(4oz) witch hazel
- 8 drops each of citronella and lemongrass essential oil
- 6 drops lavender essential oil

Directions:

- Put all ingredients in a spray bottle
- Shake

