

A Quarterly Newsletter of



Spokane Regional  
Solid Waste System

(509) 625-6580  
www.solidwaste.org

Fall 2009



## Waste not: Save money, save the world

More than half of the waste generated in Spokane County comes from businesses and institutions. Much of this waste can easily be hauled away as recyclable material at a much lower cost. When Tim Burk, chief engineer for Spokane's Bank of America Financial Center, met with Jim Haynes of the Waste Reduction Assessment Program (WRAP) last spring, he was preparing to take advantage of services offered by the Spokane Regional Solid Waste System that help save money and the environment by determining how much of a company's waste can be recycled.

The free WRAP services range from mailing a general information packet outlining recycling options to conducting a complete physical assessment of a business or institution's solid waste. Haynes provides his expertise in the on-site evaluation of an organization's garbage and then makes recommendations for a cost-effective reduction and recycling program. He also creates individualized before-and-after reports to help

clients start reducing their waste and maintain the reduction.

At the Bank of America Financial Center, owned and operated by Unico Properties, Burk and Haynes have developed an infrastructure to manage the sorting and removal of recyclable materials from the building. After a pilot program with three tenants to fine-tune the conversion, the program was introduced to the entire building in April 2009.

Since the program was launched, the building's original waste management program has seen significant change, as demonstrated in the box below. With 60 percent of the tenants involved, greater-than-expected participation required additional fine-tuning during the first three months of the program.

If your Spokane County business or organization is interested in participating in the free Waste Reduction Assessment Program, please contact Haynes at 625-6536. All information that you provide in your inquiry, as well as the assessment, will be kept confidential.

### Bank of America Financial Center

#### Before WRAP

One 4-yard compactor, emptied three times a week, hauled as garbage

#### After WRAP

One 4-yard compactor, emptied twice a week, hauled as garbage  
Three 90-gallon containers of mixed office paper a week recycled  
Three 90-gallon containers of aluminum and Code 1 plastic beverage containers recycled

#### Bottom Line (Projected for 2009)

33 percent reduction in materials hauled away at the higher garbage rate  
Annual savings of \$6,000  
Approximately 13,000 pounds of mixed office paper collected and recycled  
About 65 cubic yards of beverage containers collected and recycled

## Learn to turn at Fall Compost Fair

Just in time for fall yard cleanup, the Spokane Master Composters will sponsor a Fall Compost Fair at the Finch Arboretum on Saturday, Oct. 17, 2009, from 11 a.m. to 2 p.m. Attendees will learn how to turn yard and garden materials into valuable soil enhancements and reduce their garbage disposal costs as well. The Fair is being held in conjunction with the Arboretum's Fall Leaf Festival.

The Master Composters will host a variety of hands-on



(Continued on Page 4) A participant in one of the past Compost Fairs builds a compost pile.

## Attention, budding artists! Enter the America Recycles poster contest!

The Spokane Regional Solid Waste System invites students in kindergarten through eighth grade to enter our America Recycles 2009 poster contest. Posters must be drawn horizontally, or landscape style, on 8.5 x 11 inch paper, and portray an aspect of the America Recycles theme, "Go Green With Recycling!" Judging will be based on appropriate use of the theme, originality, and artistic ability.

Students may enter as individuals, or teachers may submit entries from their classes. The student's name should not appear on the front of the poster. A release form must be completed and attached to the back of each poster. Information packets have been sent to area schools. For a copy of the release form or for other information, call the Recycling Hotline, 625-6800, or visit [www.solidwaste.org](http://www.solidwaste.org).

All entries must be received by 5 p.m. on Tuesday, Oct. 20, 2009, at the Spokane Regional Solid Waste System office. Bring or mail flat posters (do not fold) to: SRSWS Poster Contest,



Some of the young artists in last year's calendar contest display their winning artwork.

221 N. Wall St., Suite 410, Spokane, WA 99201.

The posters of 30 finalists will be displayed on the second level of River Park Square from Monday, Oct. 26 through Tuesday, Nov. 17. The finalists will be recognized by the Board of County Commissioners on Tuesday, Nov. 3, during a special ceremony at the Spokane County Public Works Building. A reception will follow. Fifteen winning entries will be published in the 2010 "Spokane Recycles" calendar.

**CELEBRATE  
RECYCLING  
TOGETHER!**

Come play with us at Mobius Kids on the lower level of River Park Square, 808 W. Main in Spokane, on Wednesday, Nov. 11, from 11 a.m. to 2 p.m. We will make recycled paper, explore a worm bin, sort trash, and much more!

## Greening up gets easier

Public and private K-12 schools across Washington State can now sign up at [www.wagreenschools.org](http://www.wagreenschools.org) to participate in the new Washington Green Schools program.

This voluntary program provides online resources and tools that students, teachers and staff can use to assess their school campuses and operations, and then take actions to "green up." Through achievements at five different levels, schools gain certification and awards.

The program emphasizes five environmental categories:

- Energy efficiency
- Recycling and waste reduction
- Toxins reduction and indoor air quality
- Transportation and outdoor air quality
- Water quality and conservation

School participation can lead to environmental and economic benefits, such as reduced garbage and increased recycling rates, healthier indoor and outdoor air quality, lower utility costs, and less waste. Students can gain valuable leadership and community service skills, as well as hands-on environmental education.

Two area schools, West Valley City School in Spokane Valley and Reardan-Edwall Middle School, participated in the 2008-2009 pilot

program. Reardan-Edwall achieved Level 1 certification, completing the Recycling and Waste Reduction Assessment segment.

Free training is scheduled in Spokane on Thursday, Oct. 22, 2009, for teachers, administrators, resource conservation managers, parent volunteers and others as the program expands to all interested schools. The training is designed to furnish step-by-step guidance and tips

that help participants understand program elements, as well as practice in completing assessments and action items. The training also provides opportunities for participants to connect with other Green Schools in the region. For information on the training, contact [info@wagreenschools.org](mailto:info@wagreenschools.org).

Washington Green Schools was developed by solid waste educators and other environmental and education experts throughout the state. It is currently funded by a grant from the Washington State Department of Ecology. The program's Steering Team includes representatives from the Department of Ecology, Seattle Public Utilities, Clark County Solid Waste, Thurston County Solid Waste, the Association of Washington School Principals, and the Spokane Regional Solid Waste System.

Visit [www.wagreenschools.org](http://www.wagreenschools.org) for more information.



# HELPFUL HINTS for the HOLIDAY SEASON

As the holiday season approaches, you are probably already planning trips and parties. Beginning in November and continuing through Super Bowl Sunday, many people travel, visit relatives, eat big meals, prepare special foods, and give more than a few gifts. Because of this, the holiday season is often also waste season. It doesn't have to be. Here are some tips to help you have a less wasteful—and more relaxing—winter season.

■ **Party Planning** – Know how many people are coming to each event you're hosting and plan the food accordingly. If you have more leftovers than your family can finish, send food home with your guests. Avoid disposable decorations, dishes, cups, and napkins. Instead, reuse old family decorations, your own dishes, glasses, and cups, and reusable cloth napkins. If you don't have cloth napkins, maybe this would be a good time to invest in some. They are inexpensive and can be reused year after year. If you take a gift to your hosts, make sure it is consumable, such as food and drinks, or reusable, like a serving tray.

■ **Travel** – Road trips often include disposable food packaging and recyclable drink containers that end up in roadside trash cans. If you're traveling by car, pack snacks (and even lunch) in your own washable, reusable containers. You can put them into a cooler with drinks from home. When you get to your destination, wash your containers. They'll be ready to repack for the trip home. Look for roadside recycling containers, which are available at some rest stops. If you don't find them, put your aluminum, glass, and plastic beverage cans and bottles into a bag or box and recycle them when you get home. If you are flying, look for recycling bins for paper and drink containers in the airport.

■ **Gift Giving** – Make a list of everyone to whom you'll give a gift this holiday season. After making the list, decide how much you want to spend on gifts. Now, decide what you would like to give. One budget-conscious and waste-reducing way to give gifts is to shop for gently-used books and other items at secondhand and antique stores. Give

reusable gifts, such as washable placemats and cloth napkins, or consumable gifts, such as gift cards to a restaurant or movie. Gift cards for



© iStockphoto.com / Pattie Calfy

downloadable music are also a great, waste-free idea. Another option is to give of yourself, such as offering to run errands, babysit, take a walk in the woods, or meet for a picnic in the park. You also might consider giving to a good cause in honor of someone on the list; you can make a card describing the group that has received money or goods in their name. Framed photos make a wonderful gift—you might even be able to make a frame or find a unique used frame. If you choose to buy new gifts, look for items such as jewelry or handmade stationery made from recyclables.

■ **Gift Wrapping** – Reuse wrapping paper, gift bags, ribbon, and tags from past years. If you don't have any on hand, make your own wrapping paper by decorating the blank side of brown paper grocery bags; reusing colored sections of newspaper, old maps, or children's artwork; or using fabric, shelf paper, or wallpaper scraps. In other words, begin with items that you already have on hand! Or, "wrap" the gift in a basket or canvas bag that will be reusable later. If you buy wrapping paper, look for paper with recycled-content.

■ **Holiday Greetings** – Think about the holiday greetings that your family most enjoys—they are probably the cards or letters that include a personal touch, whether that is newsy notes or fun photos. Consider creating your own letter with family updates and holiday greetings. Of course, print it on recycled-content paper and mail it in recycled-content envelopes. Or, email paperless greetings instead.

This is a great time of year to discuss what really matters most to you, your family members, and friends. During this season of giving, learn what your family and friends really need. You might find that they could use more of your time and attention. Time and attention don't cost money and create significantly less waste than giving them a lot of stuff.

## Read more about it!

42 Ways to Trim Your Holiday Wasteline  
[www.use-less-stuff.com/ULSDAY/42ways.html](http://www.use-less-stuff.com/ULSDAY/42ways.html)

Reducing Holiday Waste  
[www.epa.gov/osw/wycd/funfacts/winter.htm](http://www.epa.gov/osw/wycd/funfacts/winter.htm)

Simplify the Holidays  
[www.newdream.org/holiday/](http://www.newdream.org/holiday/)

Tips for a Cleaner, "Greener" Holiday  
[www.informinc.org/greener\\_holiday.php](http://www.informinc.org/greener_holiday.php)



## A ship-tastic idea!

Are you ordering a gift online for someone who lives faraway? Don't have it shipped to your house, unpack it, wrap it, and re-ship it. Save time, packaging, shipping costs, and fuel by having it delivered directly to your far-off friend or family member. If you really want the gift wrapped, many online retailers offer gift wrapping services, too.



## Make Something Day

This isn't an enforced craft event for the non-crafty! Instead, it is an opportunity for each person to make something they enjoy. By hosting a "Make Something Day" with friends and relatives, you bring people together to enjoy each other's company and use their hands and hearts to create something special. For some, it will be a great meal. For others, it might involve sewing, knitting, or beading. One person may write a poem or a song. Others could paint, draw, or scrapbook. A few may decide to create holiday cards or gifts. Express your talent and share it.

### Hosting a Make Something Day is easy:

1. Set the date and location.
2. Ask each person to come up with a creative idea and gather the needed supplies.
3. Set up tables so that crafters with common materials can work together. For instance, those with fabric will want to be at a separate table from the folks working on collages with glue!
4. Celebrate the creations over a meal. If one of your creative friends has cooked, enjoy. If not, have a pitch-in meal or order pizza.

## QUOTES REQUOTED



When we try to pick out anything by itself, we find it hitched to everything else in the Universe

John Muir, 1838-1914  
American naturalist and writer

# fast facts

### Going Waste-Free

According to WasteFreeLunches.org, packing a waste-free lunch for your child costs about \$2.65 per day, while packing a lunch full of single-serve and disposable items costs \$4.02. Waste-free lunches can save your family \$1.37 per child per day. That's a savings of over \$240 for the school year. The same applies for lunches that adults take to work, but the savings is even greater—as much as \$340 per year. Pack waste-free to save!



### Overshooting

According to The Global Footprint Network, we reached "Earth Overshoot Day" in mid to late September. This marks "the day when humanity begins using more ecological resources and services in a given year than Earth can regenerate in that year." From that day on, we are consuming resources that we are, in essence, borrowing from the future. "Put another way, in less than 10 months, humanity will have used ecological services it takes 12 months for the Earth to regenerate."



### Creating Community

According to Bill McKibben in *Deep Economy: The Wealth of Communities and the Durable Future*, "consumers have ten times as many conversations at farmers' markets as they do at supermarkets.... When you go to the farmers' market, in other words, you're not just acquiring tomatoes; you're making friends."



## Ecological Intelligence

Daniel Goleman explores the relatively new field of Industrial Ecology in his newest book, *Ecological Intelligence* (Broadway Business, 2009). The study of Industrial Ecology focuses on Life Cycle Assessments (LCAs), which guide businesses and consumers in judging the relative impacts of their actions. LCAs explore the environmental impact of each stage of extraction, transportation, and manufacture. LCAs are increasingly used by businesses to make supply-chain, manufacturing, and distribution decisions.

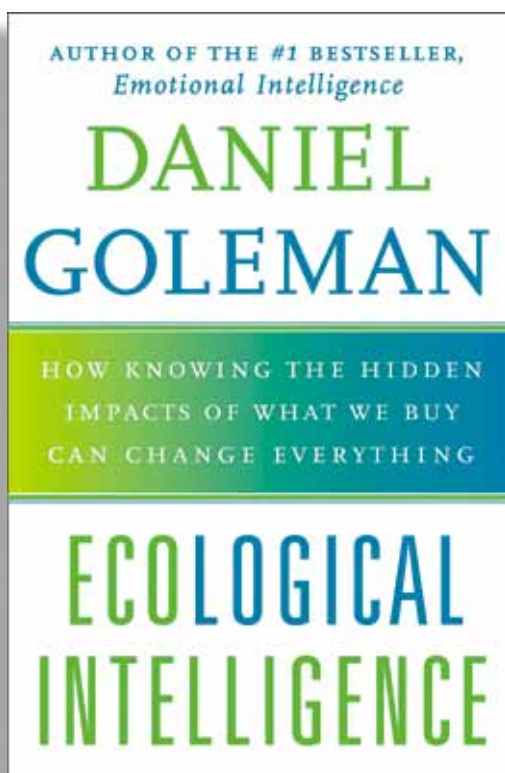
Goleman advocates for what he terms "radical transparency," which would involve making a large quantity of LCA information available to the average consumer. Much as food products are labeled with nutritional information, a radically transparent consumer product might be labeled with environmental impact information, such as pollution created, energy consumed, human and animal health effects, and non-renewable resource consumption.

Goleman writes, "If we get better, more complete information about the true effects of an item at the moment we are deciding whether to buy it, we could make wiser decisions. Such full disclosure can make each of us an agent for small, gradual changes that, when multiplied by millions, will ripple through the industrial enterprise, from manufacturing and design, through supply chains and transport, to the distant ends of consumption."

A single glass bottle, from cradle to grave, involves as many as 1,959 separate steps, each with its own environmental impacts. No consumer, no matter how well informed, can be expected to know and evaluate all of this information. Fortunately, there are many organizations devoted to helping consumers make wiser and greener decisions.

To learn more about the ecological impacts of various consumer products, visit these websites: Center for a New American Dream, [www.newdream.org/marketplace/](http://www.newdream.org/marketplace/); Consumer Reports' Greener Choices, [www.greenerchoices.org](http://www.greenerchoices.org/); and Good Guide, [www.goodguide.com](http://www.goodguide.com). At your local library, look for books such as *Stuff: The Secret Lives of Everyday Things* by John C. Ryan and Alan Thein Durning.

Several organizations certify certain products as being sustainable or environmentally friendly, including: Forest Stewardship Council (paper and wood products), [www.fscus.org](http://www.fscus.org); Green Seal (cleaning and construction products and services), [www.greenseal.org](http://www.greenseal.org); and USDA Organic (certified organic food products), [www.ams.usda.gov/nop](http://www.ams.usda.gov/nop). Another certification coming soon will be Good Housekeeping's Green Seal of Approval.



## Re-style

When the going gets tough, the tough get creative! Whether you are decorating your house or outfitting yourself, hard times don't have to mean that style goes out the window. Learn to rework what you have.

Decorating your house? Look to Mark and Sally Bailey for ideas. Sally's book, *Recycled Home*, explores their adventures in reusing their own stuff and the discards of others. Visit the local library to look for this and other books full of home decorating ideas that focus on reuse. While you are there, take a look at the magazine section. Periodicals such as *Ready Made*, *Country Living*, and *This Old House*, among others, are full of ideas for taking the used to create the useful and the ornamental.

Don't forget the clothes! Old jeans, T-shirts, and more, which are found in the back of nearly every closet, can be turned into all sorts of creative clothing and accessories. Turn an old backpack into a new fanny pack. Repurpose an old T-shirt into a shopping bag or a scarf. Create capris, shorts, or a skirt with an old pair of jeans. Or, turn the jeans into pot holders, bags, or a rag rug. For ideas, visit [www.threadbanger.com](http://www.threadbanger.com), [www.generation-t.com](http://www.generation-t.com), or [www.eHow.com](http://www.eHow.com) (search for recycled clothes).



# WHAT'S UP?

## Clean Green

The Spokane Regional Solid Waste System provides three one-stop drop sites for leaves and yard debris (as well as trash, recyclables and household hazardous waste):

- North County Recycling Center & Transfer Station, 22123 Elk-Chattaroy Road
- Valley Recycling Center & Transfer Station, 3941 N. Sullivan Road
- Waste to Energy Facility & Recycling Center, 2900 S. Geiger Blvd.

Clean Green is accepted during all open hours:

- The first 100 pounds are free.
- Amounts over the first 100 pounds are charged at 35¢ per 20 pounds.

Clean Green materials include leaves, weeds, brush, prunings, grass clippings, pine needles and cones, sod under 3 inches thick (without rocks), and woody materials up to 3 inches in diameter and 6 feet in length. After removing decorations, non-flocked holiday trees, cut into pieces under 6 feet long, will also be accepted at the System facilities as Clean Green.

Fall/Winter hours for all facilities are 7 a.m. to 4:30 p.m., seven days a week. Extended Spring/Summer hours are now over for the year and will resume April 1, 2010.

For more information, call the Recycling Hotline at 625-6800, visit [www.solidwaste.org](http://www.solidwaste.org), or check out the new Recycling & Garbage Guide for 2009-2010 in the brown pages at the front of the QwestDex phone directory.



Some garbage haulers offer an optional curbside collection subscription service for residential Clean Green pickup. Haulers transport the Clean Green material to System facilities. Call your garbage hauler to ask if they offer this service and for details:

Empire Disposal, 397-3200  
Newman Lake Garbage Service, 924-4312  
Spokane Solid Waste Mgmt., 625-7878  
Sunshine Disposal & Recycling, 924-5678  
Waste Management, 924-9400

## Phone Book Reminder

- Check out your new QwestDex book for the Recycling & Garbage Guide pages in the front of the book. This guide is available to you 24/7!
- Be sure to recycle your old telephone books—in curbside bins or anywhere that accepts newspapers.

## We want your suggestions, questions and comments!

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70% POST-CONSUMER NEWS  
CONTENT, USING SOY INKS

# Recycle Man joins the team!



The Spokane Indians Baseball Club introduced a brand-new mascot this summer: the mighty Recycle Man.

Recycle Man is the face of the improved recycling program at Avista Stadium and a big part of the Indians' ongoing efforts to be more environmentally responsible. The baseball club has also enhanced its recycling program, started using eco-friendly cleaning and paper products, and significantly lowered its energy consumption.

Fans welcomed Recycle Man enthusiastically as he joined the already-familiar OTTO, the Spokanasaurus, in the Indians ballpark mascot lineup.

"We wanted to put a face to our program and make it fun for the fans," said Otto Klein, Indians senior vice president. "Recycle Man definitely increases our recycling awareness in the stadium and he has been a huge hit for the fans. We think he'll be a popular mascot for years to come."

The Spokane Indians baseball season may be over for now, but don't be surprised to see Recycle Man show up at local recycling and ecology-related events throughout the year. And make sure you get to Avista Stadium for a Spokane Indians game next summer to watch him in action on his own turf.

# E-cycle your old computer and cell phone



Americans are discarding old computers at an ever faster rate. That's why e-cycling, the reuse and recycling of electronics, is so important. Not only does e-cycling keep usable materials out of disposal facilities, but it also puts their components back to good use!

Here is a partial listing of local electronics recyclers. Check the Yellow Pages under "Recycling Services" for a more complete listing. Always call first for restrictions and delivery instructions.

- Du-Mor Recycling, 489-6482
- Earthworks Recycling, 534-1638, [www.earthworksrecycling.com](http://www.earthworksrecycling.com)
- Recycle Techs, 926-1605, [www.recycletechs.com](http://www.recycletechs.com)
- Spokane Recycling, 535-0284, [www.spokanerecycling.com](http://www.spokanerecycling.com)
- Inland Retech, 326-1165, [www.inlandrettech.com](http://www.inlandrettech.com)
- Goodwill stores and drop-off sites (no peripherals)
- Salvation Army stores (no peripherals)

Don't forget the cell phone! Old cell phones should be recycled, too. Cell phones are accepted at Du-mor, Earthworks Recycling, Recycle Techs, Spokane Recycling, and Inland Retech. You can also donate phones to the Spokane County Domestic Violence Consortium (835-4500), Spokane Neighborhood Action Programs (SNAP, 456-7111, Ext. 242), YWCA Alternatives to Domestic Violence (326-1190), and Hope Line (drop-off boxes at all Verizon stores and Spokane Teachers Credit Union branches). Remember—cancel your cell phone service and delete any stored personal information before recycling or donating your old phone. You don't want to give someone your entire phone book or let them see an embarrassing text or photo!

## Compost Fair


(Continued from Page 1)

demonstrations, including a "hot" compost pile and a worm bin complete with little red wigglers turning food scraps into fertilizer. Participants will learn about the types of materials used in composting, how to build and turn a compost pile, and how to choose the right compost bin. Residents must arrive by 1:30 p.m. to complete all of the activities by the 2 p.m. closing time.

The Fall Compost Fair is free and open to the public. Spokane County attendees (with identification verifying residency) can receive a free plastic compost bin after completing the various composting activities. There is a limit of one bin per household. The bins are provided by the Spokane Regional Solid Waste System and the Washington State Department of Ecology. Master Composters is a volunteer program sponsored by the Spokane Regional Solid Waste System.


The John A. Finch Arboretum is located at the intersection of Sunset Highway and "F" Street in Spokane.

For more information on the Compost Fair, call the Recycling Hotline at 625-6800.



## WASTE TO ENERGY REPORT CARD

### Working Together!



Spokane Regional Solid Waste System      Wheelabrator Spokane Inc.

**April-June 2009**

<p><b>Garbage In</b> 84,134 tons disposed 74,415 tons processed at WTE 2,911 tons of ferrous metal recovered from ash for recycling 21,795 tons of ash disposed at Rabanco</p>	<p><b>Electricity Generation</b> 45,673 MWh produced 8,059 MWh used to run facility 36,898 MWh sold to Puget Sound Energy <b>Notice of Violation</b> None <b>Revenues after Electricity Transmission Expenses</b> \$2,315,752</p>
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# What about the "big" batteries?

You probably know that you can put your smaller household batteries in your curbside recycle bin, but you may not be aware that you can recycle your automotive, wheelchair and boat batteries as well. Nearly all of these lead-acid batteries are recyclable and most are returned to auto shops or stores for recycling. There are still a lot of batteries, however, that end up just sitting around your home or in a piece of inoperable equipment. No battery is too old to be recycled!

Many stores and auto shops offer a rebate for lead-acid batteries when you purchase a replacement. However, if you have additional dead batteries that you wish to dispose of, you have some options:

- Place them next to your curbside recycle bin for pickup.
- Take them to a local battery recycling/disposal center, where you can receive a small payment. Most auto parts stores will also take your old batteries but will not pay you for them.
- You may be able to have your batteries reconditioned/re-energized. This procedure



will revitalize your seemingly dead battery. Search for "battery reconditioning" on the Internet for kits to perform the reconditioning yourself or to find someone who can do it for you.

Lead-acid batteries contain lead dioxide and sulfuric acid which are highly toxic and should be handled carefully. If your battery is cracked or leaking, be sure that it is enclosed in a sturdy plastic bag before drop-off or collection.