

A Quarterly Newsletter of



**Spokane Regional
Solid Waste System**

(509) 625-6580
www.solidwaste.org

Fall 2010



Curbside recycling now includes colored Code 2 plastic bottles and jars

Addition enhances recycling program

Spokane-area residents who have curbside recycling service available can now place colored Code 2 (HDPE) plastic bottles and jars (no tubs or dishes) in their blue recycling bins. Previously, only Code 2 containers that were uncolored were accepted for curbside pickup. This change is the result of improvements in sorting capacity by area recycling centers.

To determine the type of plastic, turn



the container over and look for the triangle with a number from one to seven inside.

Called the "resin identification code," each number stands for a different type of plastic. Code 1 and Code 2 plastic bottles and jars are both accepted in the recycling program, but they must have necks that are smaller than their bases.

- Water and soft drink bottles are examples of Code 1 plastic containers.
- Code 2 plastic is frequently used for milk, bleach, detergent and shampoo containers.
- Codes 3 through 7 plastics are NOT accepted materials for the curbside recycling program.

- Plates, dishes, tubs or bags of any type are NOT acceptable materials for the curbside recycling program.

The Code 1 and Code 2 bottles and jars should be rinsed before they are placed in the curbside bin. Caps and lids should be discarded, but labels do not have to be removed.

Containers that have been used for automotive products, such as oil and antifreeze, or for pesticides are not accepted no matter what the Code number. Place these empty containers in a garbage cart.

More information on materials accepted for curbside recycling pickup, as well as other recycling and solid waste topics, is available on the Spokane Regional Solid Waste System website at www.solidwaste.org and by calling the Recycling Hot Line, 625-6800.

Time to get those markers, crayons and imaginations busy!

The Spokane Regional Solid Waste System invites kindergarten through eighth grade students to enter our America Recycles Day 2010 student poster contest. Posters must be drawn horizontally or "landscape" style on 8.5 by 11 inch paper and should portray an aspect of the America Recycles Day theme, "Recycling: It's the Right Thing To Do!" 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 Hot Line, 625-6800, or visit www.solidwaste.org.

All entries must be received by 5 p.m. on Tuesday, Oct. 19, 2010, at the Spokane Regional Solid Waste System office. Bring the poster or mail it flat to: SRSWS Poster Contest, 221 N. Wall Street, Suite 410, Spokane WA 99201.



The posters of 30 finalists will be displayed on the second level of River Park Square from Wednesday, Oct. 27 through Wednesday, Nov. 17. The finalists will be recognized by the Board of County Commissioners on Tuesday, Nov. 16, at 5:30 p.m. during a special ceremony at the lower level of the Spokane County Public Works Building, 1026 W. Broadway. A reception will follow. Fifteen winning entries will be published in the 2011 "Spokane Recycles" calendar.

Come play with us at Mobius Kids

on the lower level of River Park Square,
808 W. Main, in Spokane, on Thursday,
Nov. 11 from 11 a.m. to 2 p.m. We'll make
recycled paper, explore a worm bin, sort
trash, and much more!



Food scraps: They're not garbage anymore.

Now you can add these items to your Clean Green yard debris:

- Fruit and vegetable scraps
- Meat, fish, poultry and bones
- Bread, pasta and grains
- Cardboard pizza boxes
- Coffee grounds and paper filters
- Tea bags and tea leaves
- Egg shells and nut shells
- "Non-shiny" food-soiled paper



Please DON'T put these items in with your Clean Green yard debris:

- No plastic bags or containers
- No liquids
- No "shiny" or coated paper
- No milk or juice cartons
- No personal hygiene items
- No Styrofoam
- No plastics of any type
- No grease

Questions?
recycling hot line: 625.6800
www.solidwaste.org

Partial funding provided by a grant from the Washington State Department of Ecology.



**Spokane Regional
Solid Waste System**

WHAT DO I NEED?

OFTEN WHEN LOOKING AT A MASS OF THINGS FOR SALE, HE WOULD SAY TO HIMSELF, "HOW MANY THINGS I HAVE NO NEED OF!" – SOCRATES

Yes, over 2,400 years ago, the philosopher Socrates was going to the market and finding many things offered that he didn't really need! How many times have you had that same feeling? You were at a store, you had an item in your hand, you were headed toward the checkout, and suddenly, you thought, "I don't really need this."

When it comes to shopping for things we may want, but don't necessarily need, it's a good idea to think before heading to the checkout counter. The Center for a New American Dream's Conscious Consumption program invites all of us to ask these questions as we shop:

- Is this something I need?
- Do I already own something that could serve the same purpose?
- Can I borrow one, find one used, or make one instead of buying new?
- Was it made locally?
- Was it made with environmentally preferable materials?
- Will it serve more than one purpose?
- Will it be easy and cost-effective to maintain?
- Does it come in excessive packaging?
- Can I recycle or compost it when I'm done with it?
- If I'm still not sure, can I wait a month before deciding whether to buy it?

In asking and answering these questions, we will ultimately decide to buy many things that we want. But when we do so, we'll be selecting them for their utility or for their capacity to enrich our experiences and enjoyment. Instead of buying on impulse, we'll be buying with intention.

When we choose to consume more consciously, we will probably also save money and create less waste that we must reuse, recycle, or dispose.



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Could I buy something used instead of something new?



One Change

If you were going to make one change this month, what would it be? Here's an idea—give up bottled water. If you buy one bottle of water a day from a vending machine or store, you are spending at least \$500 more per year than you would spend for the same amount of tap water. Even if you are buying water by the case on sale, you're probably spending an extra \$50-95 per year. Aside from the cost, what about the waste? At a bottle a day, that is 365 water bottles. If you were getting all of the water you need per day – about 64 ounces – from bottles, you would be using and discarding four bottles a day, which is 1,460 bottles per year per person!

Instead of buying bottled water, fill your own reusable bottle, use a glass, or get a drink at the water fountain. If you are using a refillable bottle, be sure to wash it with hot, soapy water between uses, or, if it is dishwasher safe, put it in the dishwasher. If you are worried about germs, label the bottles so that each family member has his or her own bottle. If you don't like the taste of your tap water, purchase a water-filtering pitcher and keep it in the fridge.

There will be times when you are thirsty and a water bottle is your only, or the best available, choice. Remember to recycle those plastic water bottles!

TRICK-OR-TREAT

Halloween is a "spooktacular" time to reuse. That's why ChicoBag and Green Halloween are inviting children (ages 1-13) to create designs for a reusable Halloween treat bag. All entries must be received by November 5, 2010. The top three designs will be posted on Facebook where ChicoBag's Facebook fans will be invited to vote for first, second, and third place. The winning design will become next year's "un-boo-lievable" and reusable trick-or-treat bag. Winners will receive cash prizes and eco-friendly goodies in a Halloween ChicoBag. For details about the contest, go to http://www.chicobag.com/t-green_halloween.aspx.

To learn more about enjoying a green Halloween, visit www.GreenHalloween.org, <http://planetgreen.discovery.com/go-green/halloween/>, or www.recycleguys.org/images/seasonal/halloween.htm.



QUOTES REQUOTED

A human being has a natural desire to have more of a good thing than he needs.

Mark Twain, 1835–1910
Following the Equator
American Novelist and Humorist



Thankful, not wasteful

At Thanksgiving, families and friends gather for a feast that kicks off the holiday season. Whether your gathering features board games, football, basketball in the driveway, or movies, chances are, the focus is on the food and the conversation that surrounds it. Make your event this year filled with thanks, but light on waste.

- Use email to invite guests, coordinate food assignments, share recipes, and more. Have a large family or group? Set up a Facebook group or send an Evite online.
- Count heads. Find out who is coming and who is not so that you can plan to have plenty of, but not too much, food. For the meal, you need to plan for about one serving of turkey, four side servings, and one dessert per person.
- Design the menu with care. If no one likes cranberry relish, don't make it. If cornbread dressing was a hit last year, make it and skip the oyster dressing. Go for appetizers that



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are tasty, but light. If you want to introduce an exotic food or ingredient, pair it with something familiar.

- Dress up the house with reusable fall decorations, such as festive tablecloths and vases, or choose edible or compostable decor, such as gourds, corn, pumpkins, apples, oranges, lemons, or fall foliage.
- Set the table with family heirlooms. This is the perfect time for Grandma's china or the cloth napkins that were a wedding gift. If you don't have enough plates, silverware, or glasses, borrow extras from a friend or consider renting what you need.
- Turn down the thermostat as guests begin to arrive. Allow body heat to keep your rooms comfortable. How many times have you had to open a window on Thanksgiving because the house was feeling stuffy?
- Make sure your guests know where to recycle bottles and cans.
- Plan a "Leftovers Party." Invite your friends over for an evening of games and ask each family to bring their Thanksgiving Day leftovers. This is a great way to sample other people's special holiday foods and keep your leftovers out of the trash.

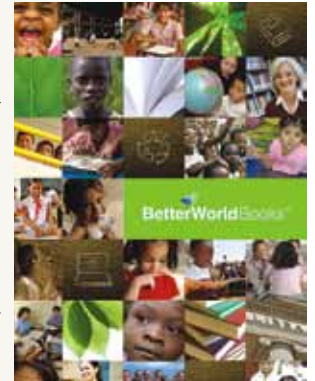
Over the next few months, Thanksgiving is only one of the parties that you'll be planning or attending. The winter months are full of celebrations and get-togethers. From now through Super Bowl Sunday, enjoy your family and friends, feast away, and watch your waste!

Books for a better world

Describing itself as a "for-profit social venture," Better World Books earns money by selling new and used books. However, financial profit isn't the only motive; the company also strives to generate a social profit by contributing to improvements in literacy. Since it was founded in 2002, Better World Books has given more than 2.8 million books to partner literacy programs in the U.S. and around the world and donated over \$8.6 million to fund global literacy efforts. In addition, the company has kept more than 34.8 million books out of landfills!

Reusable books come to Better World Books from book drives for used books and textbooks through a network of over 1,800 college campuses and partnerships with over 2,000 libraries and thrift stores nationwide. These books are either sold, sent to a non-profit literacy partner program, or recycled if unsuitable for use.

Better World Books has more than 6 million titles in stock and offers free shipping throughout the U.S. For more information, visit www.betterworldbooks.com.



50 Ways to Never Waste Food Again

Unwanted and spoiled food costs a family of four almost \$600 per year. During the holiday season, food waste goes up. Save money on food purchases and reduce food waste with the helpful tips at this website: <http://planetgreen.discovery.com/home-garden/ways-avoid-waste-food.html>

FAST FACTS

Do oil and compost mix?

As cleanup related to the massive oil spill in the Gulf of Mexico continues, compost may be part of the solution. Compost provides the perfect environment for bacteria and microscopic organisms that can break down hydrocarbons like those found in oil. This process is called "bioremediation." With bioremediation, changes occur as contaminants or pollutants are metabolized by microorganisms and broken down into harmless, stable constituents, such as carbon dioxide, water, and salts.



Photo courtesy of Matter of Trust

Recycling Stonehenge

If imitation is the most sincere form of flattery, then the prehistoric creators of Stonehenge should be quite pleased. The most famous of the stone circles in England, Stonehenge has been a source of controversy and curiosity. It has also spawned many imitators, including those using recycled materials.

In a recent article, Simone Preuss takes a look at "Seven Stonehenges Made From Recycled Materials." These include "stone circles" made from old cars, foam blocks, British-style phone booths, old refrigerators, decommissioned military tanks, port-a-potties, and snow. Read the article and see photos of these "henges" at <http://1800recycling.com/2010/09/stonehenges-recycled-materials/>.

A blog, *Clonehenge*, boasts "the most complete list of Stonehenge replicas on the Internet" and contains a feature entitled, "The 65 Large Permanent Replicas." Read more about permanent and not-so-permanent Stonehenge replicas at this blog, <http://replicahenge.wordpress.com/>.

Roadside America, a website devoted to offbeat tourist attractions, has a feature on "America Unhinged." Go to www.roadsideamerica.com/set/OVERhenges.html.



© Kevin Saff

for "recycled clothing" or "recycled shoes" online to see some of the options.

Clothing, shoe, and accessory reuse is and has been a big business. Whether referred to as secondhand, vintage, or hand-me-down, they are all the same—a good deal! Plus, used items provide lots of variety and come in every size, style, and color. You'll find never-worn, seldom-worn, and gently used clothing, shoes, and accessories. You probably won't show up at a party in exactly the same sweater as a friend, either!

After textile products have reached the end of their useful lives, they can get second lives as new products. Denim blue jeans are being turned into home insulation. Shoes are being ground up and turned into running tracks and other athletic surfaces. Some fabric products become industrial rags, pet bed stuffing, and even casket liners.



Textile me

Simple Shoes can make the soles for six pairs of shoes from a car tire. Byproducts of coconut husks help wick away sweat in Atayne's running shirts. Fabric made from wood pulp and seaweed is being used for lingerie and loungewear. Fermented maize plant sugars are used to create a moisture-resistant, hypoallergenic fabric for bedding. Plastic soft drink bottles are being turned into polyester that becomes fleece blankets and hoodies. Organic cotton and plastic bottles make t-shirts of all shapes, sizes, and colors. If you are shopping for recycled-content clothing and footwear, you have many choices. Search

WHAT'S UP?

Area garbage haulers may offer optional curbside collection subscription service for residential recyclables and Clean Green (yard debris, food scraps and food-soiled paper). Call your garbage hauler for details:

Solid Waste Management: (509) 625-7878 – Serves City of Spokane residents.

Waste Management, Inc.: (509) 924-9400 – Serves the cities of Spokane Valley, Liberty Lake, Millwood, Deer Park, and most of the unincorporated areas of Spokane County that are north and east of the City of Spokane.

Sunshine Disposal & Recycling: (509) 924-5678 – Serves Airway Heights, Fairchild AFB, Medical Lake, Newman Lake (north of Trent), and unincorporated areas of Spokane County west of the City of Spokane and north of Deer Park.

Empire Disposal: (509) 397-3200 – Serves Spangle, Rockford, Fairfield, Waverly, Latah, and the southeast portion of Spokane County.

City of Cheney Solid Waste Service: (509) 498-9293 – Serves City of Cheney residents.

All residents may bring trash, recyclables, Clean Green and food-soiled paper and food scraps, as well as household hazardous waste (which is not accepted by any haulers at the curb) to the Spokane Regional Solid Waste System Facilities. All facilities are open seven days a week, from 7 a.m. to 5 p.m.



Waste to Energy Facility
2900 S. Geiger Blvd.
(West of Spokane, across from the Washington State Patrol)



North County Transfer Station
22123 Elk-Chatarray Rd.
(Intersection of Elk-Chatarray Rd. and Hwy. 2)



Valley Transfer Station
3941 N. Sullivan Rd.
(South of Trent Ave., across from Spokane Industrial Park)

Fall Compost Fair coming up

For a lot of us, autumn tasks include cleaning up and preparing our yards and gardens for winter. To help you, the Spokane Master Composters/Recyclers are sponsoring the annual Fall Compost Fair at the Finch Arboretum on Saturday, Oct. 16, from 11 a.m. to 2 p.m. Attendees will learn how to turn yard and garden materials into valuable soil enhancements while reducing their garbage disposal costs. The Fair is being held in conjunction with the Fall Leaf Festival.

The Master Composters/Recyclers will host a variety of hands-on 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/Recyclers is a volunteer program sponsored by the Spokane Regional Solid Waste System.

The John A. Finch Arboretum is located at 3404 W. Woodland Blvd. at the intersection of Sunset Highway and “F” Street in Spokane.

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



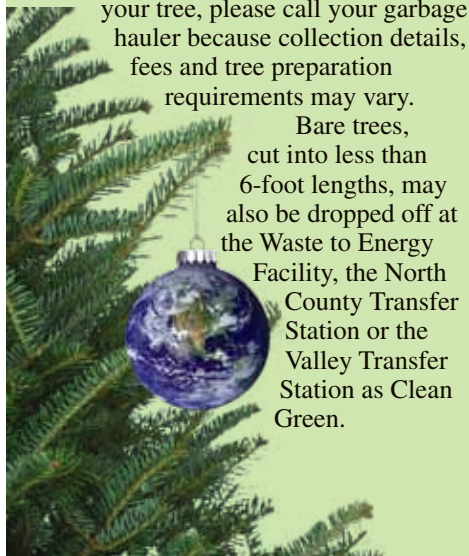
Master Composter Chris Carothers with compost bins

Plan ahead and treecycle!

Fresh-cut holiday trees free of ornaments, lights, tinsel and flocking can be disposed curbside in Clean Green carts, in garbage carts or next to the garbage carts. All trees that are discarded, either as Clean Green or garbage, must be cut into less than 6-foot lengths. Before setting out

your tree, please call your garbage hauler because collection details, fees and tree preparation requirements may vary.

Bare trees, cut into less than 6-foot lengths, may also be dropped off at the Waste to Energy Facility, the North County Transfer Station or the Valley Transfer Station as Clean Green.



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We want your suggestions, questions and comments!

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70% POST-CONSUMER NEWS
CONTENT, USING SOY INKS**

No flies on this fundraiser!

Sterling International, Inc., a Spokane business that manufactures the RESCUE![®] line of outdoor insect traps, has long been a proponent of environmental responsibility in its product lines. In business for nearly 30 years, Sterling has designed most of its products to be reusable.

One of those products, the POP! Fly Trap, also has a recycled component—a post-consumer two-liter Code 1 plastic soft drink bottle that is used for the “catch” portion of the trap. Sterling acquires these bottles by offering non-profit organizations, such as schools, churches and charities, the opportunity to earn cash by collecting the containers.

There are a few rules for interested organizations:

- The collected bottles must be empty, uncrushed, rinsed and dry to be accepted.
- Labels and caps must be removed and discarded.
- A minimum of 50 bottles must be dropped off at Sterling’s headquarters in the Spokane Industrial Park.

“We are always looking for more groups to participate in this program,” said Stephanie Cates Hermann, marketing director for Sterling International, Inc. “We’ll pay 10 cents for each clean, undamaged bottle without a label and cap.”

For more information on the bottle collection program and how to participate, go to www.rescue.com/bottle_collection or contact Jonathan Manfredonia at 343-3645.



Recycling & Garbage Guide

Check out the new Qwest Dex Telephone Directory for the latest Spokane Regional Solid Waste System (SRSWS) Recycling & Garbage Guide in the front of the book. Many of the answers to your solid waste questions can be found in this handy resource that is available to you 24/7!

And be sure to recycle all of your old phone directories by placing them in your blue curbside recycling bin or by dropping them off at any recycling center that accepts newspapers. (You’ll find a list of those places in your new Dex/SRSWS Recycling & Garbage Guide!)



WASTE TO ENERGY REPORT CARD

Working Together!



April – June 2010

Garbage In
72,388 tons disposed
68,450 tons processed at WTE Facility
2,227 tons of ferrous metal recovered from the ash for recycling
20,428 tons of ash disposed at Rabanco

Electricity Generation
41,576 MWh produced
7,385 MWh used to run the facility
34,191 MWh sold to Puget Sound Energy
Notice of Violation None
Revenues after Electricity Transmission Expenses
\$2,099,798