

A Quarterly Newsletter of



**Spokane Regional
Solid Waste System**

(509) 625-6580
www.solidwaste.org

Summer 2011



Free is a very good price!



Pacific Materials Exchange

The Waste Reduction Assessment Program (WRAP) is a free service that provides solid waste reduction and commercial recycling information and assistance to Spokane County businesses, schools and institutions. Now in its 22nd year, WRAP has resulted in 157,000 tons of recycled materials being diverted from Spokane County's commercial waste stream. In 2010 alone, the WRAP staff provided 163 assessments that diverted nearly 17,000 tons of materials from disposal.

Here are three success stories from the program during 2010:

- A vocational school's staff members found that when they acted on WRAP's recommendations to use larger recycling containers, increase education on what and how to recycle, and add Clean Green materials to their recycling program, they were able to save money by reducing the frequency of their waste pickups.
- A beverage distributor with an existing recycling program wanted assistance streamlining it. With help from WRAP, the company found justification for a full-time employee dedicated

to administering a complete waste management program while continuing to save money.

- A community/athletic organization asked WRAP staff to assess all of its locations and administrative offices. When, on WRAP's advice, the organization revised property maintenance, reduced waste container sizes and recycled all cardboard and office paper, it saved 33 percent in disposal expenses.

In partnership with Spokane Regional Solid Waste System, Pacific Materials Exchange offers the WRAP services, completely without charge, to any Spokane County business or organization that is interested in reducing solid waste disposal bills and increasing recycling efforts. All collected data is confidential. Several levels of assessment are available, ranging from a packet of information to an in-depth, on-site consultation and survey.

If you would like more information on WRAP or you would like to schedule a consultation, please call 625-6536 or email jhaynes@spokanecity.org.

It's Clean Green season

Every spring and summer, a lament arises across the lawns of Spokane County: "What yard waste materials am I allowed to put in my curbside 'Clean Green' cart or haul to the transfer station?" We have some answers for you!

Acceptable yard debris/Clean Green material includes:

- Leaves
- Weeds
- Brush
- Prunings
- Grass clippings
- Pine needles and pine cones
- Sod under 3 inches thick (without rocks)

- Woody materials up to 3 inches in diameter and 6 feet in length

And don't forget that most kitchen food scraps and food-soiled paper (non-shiny) can be included with your Clean Green materials.

Yard debris/Clean Green does NOT include dirt, rocks, animal waste, garden tools or furniture!

Rates and availability for curbside Clean Green cart subscriptions vary; please check with your trash hauler.

If you self-haul your yard debris, the Spokane Regional Solid Waste System provides three clean and convenient one-stop transfer stations for those materials, as well as recyclables, household hazardous waste and trash. See "What's Up?" on the back page of this issue for information on locations and hours. There is a minimum charge



Ann Murphy inducted into WSRA Recycling Hall of Fame

Ann Murphy, education coordinator for the Spokane Regional Solid Waste System (SRSWS), was recently inducted into the Washington State Recycling Association's (WSRA) Recycling Hall of Fame. The Hall of Fame honors individuals who have made outstanding, long-term contributions to recycling in Washington.

In over 20 years as an SRSWS employee, Murphy has coordinated large-scale assembly programs and small classroom education programs for Spokane County schools, as well as programs of every scale for the public. She champions sustainable purchasing and practices in local government and has been known to corner organizers at various events not only to extol the benefits of recycling, but also to offer her time in helping them get the materials and information they need to get started.

She truly lives the "reduce, reuse, recycling" message in her personal life as well. Murphy uses a blue curbside bin for her recyclable materials, and she has an active compost pile in her backyard and a tub of composting worms in her kitchen. She carries her lunch to work in reusable containers; uses cloth tote bags for shopping; bikes, takes the bus or telecommutes instead of driving; and constantly looks for alternative uses for materials before she throws them in the trash.

As a former classroom teacher, Murphy has continually demonstrated strong support for educational outreach programs throughout Spokane County and Washington. She is a founding member, current treasurer and on the steering team of Washington Green Schools. She was instrumental in the creation of the Spokane Youth Environmental Conference. She is also a board member of Spokane's Green Zone, as well as a long-time member and current president of the



Ann Murphy

League of Women Voters' Spokane Chapter. The list of her other memberships and positions with community organizations is extensive.

"Ann has been a pioneer, leading the way in the development of environmental programs for the citizens of Spokane and Spokane County. Her dedication and enthusiasm for recycling and other 'green' choices are obvious in all she does," said Spokane Mayor Mary Verner. "Ann clearly has earned this recognition. And, I would like to add my personal thanks and congratulations to Ann as she accepts this award."

The staff of SRSWS is very proud of Murphy's accomplishments, both professionally and personally. She is a valuable resource for Spokane and Spokane County in many ways, and her election to the WSRA Recycling Hall of Fame is well-deserved.

of \$5 for 280 pounds or less of Clean Green material dropped off and 35 cents for each additional 20-pound increment at all transfer stations.

And remember: secure your load or it could cost you! Loads being delivered to transfer stations must be covered with a tarp or secured with a rope or other means to prevent spillage. This applies to all three transfer stations. If your load is not secured/covered, you could be subject to fines from local law enforcement. Additional information is available at the transfer station scale houses.

There are also easy ways to reduce yard debris: grass-cycling and home composting.

Grass-cycling — This is a simple, natural approach to lawn care. It is estimated that grass clippings make up about 90 percent of the total yard trimmings generated in the Spokane area between mid-

April and October. Leaving finely chopped grass clippings on the lawn improves the health of your lawn and lowers your disposal costs.

Home Composting — Home composting is an economical and convenient alternative to subscribing to Clean Green curbside pick-up or hauling materials to transfer stations. Composting, a form of "natural" recycling, takes ordinary green and brown yard waste and transforms it into a superior soil amendment that improves the health of plants. Compost enhances water absorption and is an attractive mulch that promotes weed and erosion control. Use compost on your yard and garden to improve your soil and plants.

For more information, visit www.solidwaste.org or call the Recycling Hot Line at 625-6800.



one change

We're going to say the "S" word—school! Yes, you may be enjoying long, lazy days, and it may seem like the new school year is months away, but the school bell will be ringing before you know it. Students will head back to class, backpacks full of school supplies.

Speaking of backpacks, we have a waste-reducing and money-saving idea! Don't buy a new backpack this year! Backpacks are usually made from sturdy canvas with durable zippers and well-sewn pockets. They are meant to last, so why replace them each year?

Pull out last year's backpack, check the zippers and seams, and give it a good cleaning. Take out everything in the backpack. Recycle the papers you don't need and throw away the trash. Use a vacuum on the inside to remove remaining paper debris and lint. Then wipe the backpack clean inside and out with a damp cloth. If the backpack smells musty, add a little baking soda to your rinse water. Leave all of the pockets open and hang it on a chair or hook to dry and air out. If the backpack needed a more thorough washing inside, turn it inside out to dry.

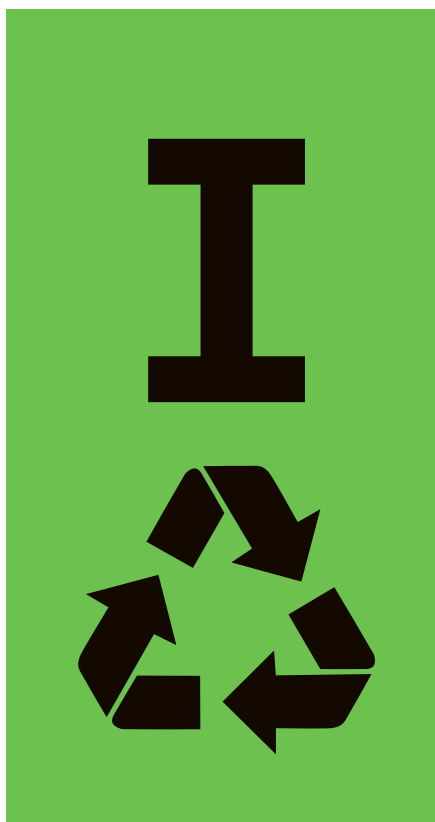
Before you go shopping for school supplies, look through what was left over at the end of the last year. You may find a ruler, notebooks, loose leaf paper, pens, and pencils that either were never used or are still usable. If items are worn out or broken, replace them. If you are out of something, like paper or #2 pencils, buy new ones. When shopping, be sure to look for phrases like "recycled-content" or "post-consumer recycled content," which means the products were made from recyclables!

Each year, an American family with children in grades K-12 spends on average just over \$600 for school clothes, accessories, and supplies. Given that, taking the time to clean last year's backpack and sort last year's school supplies is both a good investment and a good way to reduce your waste. That's a doubly good deal!

© Jaren Wicklund | Dreamstime.com

Recycling in a FLASH

Have you ever seen a recycling flash mob in action? Go to YouTube.com and type "recycling flash mob" in the Search box. You'll have several videos to choose from. Take a few minutes to enjoy them as recyclers take center stage. You'll tap your foot and smile—and you may just dance your way to the recycling bin the next time you recycle!



FAST FACTS



More than just stamps

The U.S. Postal Service wants to help you "go green." The Go Green Forever first-class stamps introduced this past spring offer 16 easy and eco-friendly tips for greening your life. From choosing to walk to planting a tree, these stamps are colorful, quick reminders about the small, daily choices that can make a difference for our communities and our planet. When you use them, you'll be spreading the word.

Tag that bag

Are you tired of trying to spot your black bag in a sea of black suitcases on the airport luggage carousel? Instead of picking up the paper tag at the bag check, get a recycled-content luggage tag that will be easy to spot and encourage others to think about recycling. These tags are durable, so you won't be scribbling your address at the last minute, either. You can find luggage tags made from old maps, tropical print fabric from old shirts, recycled tire tube rubber, used rice and feed bags, old bicycle chains, and more. Ask about recycled luggage tags at your favorite gift store, look for them at craft fairs, or search online for "recycled luggage tags."

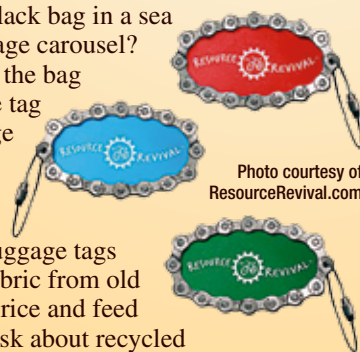


Photo courtesy of ResourceRevival.com



Unmentionables

Back in the day, undergarments were often called "unmentionables" in polite company. While most people no longer have trouble saying a word like "bra" in mixed company, we don't talk much about recycling or reusing these garments. And yet, many bras are discarded because they are the wrong size or the wrong fit or the wrong color long before they are worn out. Enter the Bra Recyclers, a textile company that specializes in the recycling and reuse of used and unused bras. They will accept all bras in good condition (with functioning clasps and straps) in all sizes and styles, as well as specialty bras, such as post-surgical and maternity bras. To learn more, visit <http://brarecycling.com>.

Water-Wise Gardens

Could your landscape use a little sprucing up? If so, plan to make it more lovely and more “water-wise.” Each year, about 30% of the water used by U.S. households is used outdoors, often to maintain landscapes that are poorly adapted to our local climate. A water-wise garden uses rainwater efficiently and minimizes the need for watering. Here are some ideas to get you started:

- Create permeable patio surfaces and walkways. Pavers, stepping stones, crushed rock, and gravel allow water to flow into the soil rather than run off toward the storm drain.
- Harvest rainwater. You can install a rain barrel, which attaches to your gutter and captures runoff from your roof. Rain barrels come with a hose attachment so that you can water directly from the barrel. Or, you could create natural landscape pathways, such as swales and berms, that direct water toward your plants and away from the street and storm drain. Be sure to plan “rain garden” plants in areas that will receive more water during rainstorms.
- Mulch. This is one of the simplest ways to keep moisture near your plants’ roots. A layer of mulch reduces evaporation and keeps the soil cool during the hot summer, as well as discourages weed growth.
- Choose native plants and those appropriate to our region and climate. Native plants are best adapted to our rainfall and weather conditions. They are also better suited to withstand assaults from our native pests!
- Reduce the size of your lawn. No, you don’t need to sell off part of your lot. Just reduce the amount

Photo courtesy of U.S. EPA WaterSense Partnership



of turf-grass in your yard. Grass lawns require a great deal of water, not to mention chemicals and mowing! Use turf-grass only where function demands, such as play areas, and then select only drought-tolerant and native grass species.

- If you have an irrigation or sprinkler system, maintain it properly. Check for leaks, broken sprinklers, and poorly adjusted heads. Water should be falling onto your lawn and gardens, not onto the sidewalks and driveway! Devices that adjust water to match weather and soil conditions and those that automatically shut off the system when it is raining are good additions to an older system and essential features on a new one.

Learn more at www.epa.gov/watersense

STAYCATION? VACATION?

So what are your summer plans? Staying near home? Traveling cross-country? Seeing the world? Exploring our state?

If you are planning a “staycation,” try to find activities within walking or biking distance, such as parks, pools, or playgrounds. Fill your own water bottles before you head out for the day. Enjoy dinner with friends on your own patio. Stop by a local farmers market or antique store, and remember to bring along your reusable shopping bags. Pack a picnic with reusable dishes and washable napkins. Don’t forget the fun you can have in your own driveway or backyard by shooting some hoops, tossing the frisbee, or pulling out the croquet set. Sound lame to the kids? Think again! Trying to beat mom or dad is more fun – and often more challenging – than it might seem! Whatever you’re up to, remember to recycle. If you’re out and about and don’t see bins, carry your recyclables home. For some staycation inspiration, check out a copy of *The Circumference of Home: One Man’s Yearlong Quest for a Radically Local Life* by Kurt Hoelting, a fisherman and wilderness guide who



decided to become a tourist in his own community for a year.



Will you be traveling away from home? The Center for Sustainable Tourism, a program of East Carolina University in Greenville, North Carolina, hopes that you and your family will pledge to travel green. You can start by learning about your destination and the stops along the way. The more you know, the more you’ll enjoy your visit. As you travel, try new things, such as local

restaurants and unique foods. To help you have a memorable and eco-friendly trip, the Center, with assistance from MilesMedia, has developed a 10-step “United States Visitor Care Code.” The code encourages you to be a fuel-efficient traveler; take your energy- and water-saving habits with you; support local stores and bring along a reusable bag or buy a new one as a green souvenir; dispose of your recyclables and waste properly; and protect the natural surroundings. Learn more about sustainable travel at www.visitorcarecode.org.



An Average American

Recycles
398 pounds
per year

Composts
135 pounds
per year

Disposes
1,051 pounds
per year

Source: “Municipal Solid Waste Generation, Recycling, and Disposal in the United States: Facts and Figures for 2009,” U.S. Environmental Protection Agency

QUOTES REQUOTED

It's the little things citizens do. That's what will make the difference. My little thing is planting trees.

Wangari Maathai, 1940–
The Green Belt Movement Founder
2004 Nobel Peace Prize Winner

Since 1977, Green Belt Movement communities have planted over 45 million trees, including more than 3.9 million trees in 2009!

As part of her tree-planting efforts, Maathai also promotes the Mottainai Campaign, encouraging people around the world to live the Five R's: Reduce, Reuse, Recycle, Repair, and Respect. (Mottainai is a Japanese word that means, “Oh, what a waste!”)

Photo by Wanjira Mathai and courtesy of The Green Belt Movement





United States Visitor Care Code

SIZE: ONE SIZE FITS ALL
STYLE: GREEN
MADE FROM: 25% KNOWLEDGE, 25% RESPONSIBILITY, 50% CARE, 100% GREEN

Developed and managed by the Center for Sustainable Tourism
www.sustainabletourism.org

10 WAYS TO CARE:

1. **Learn About Your Destination** — Enjoy a rewarding experience by learning more about the natural environment, culture and history that makes every destination unique.
2. **Don't Leave Your Good Habits at Home** — While traveling, continue to recycle, use water wisely, and turn off lights as you would at home.
3. **Be a Fuel-efficient Traveler** — Book direct flights, rent smaller cars and keep your own vehicle operating at maximum efficiency. Once in your destination, walk or bike where possible.
4. **Make Informed Decisions** — Seek out destinations or companies that engage in energy efficiency or recycling programs and that take actions to preserve their communities and the natural environment.
5. **Be a Good Guest** — Remember that you are a guest in your destination. Engage with locals but respect their privacy, traditions and local community.
6. **Support Locals** — As a visitor, the money you spend on your trip can help support the local artisans, farmers and business owners whose livelihood depends on tourism.
7. **Dispose of Your Waste Properly** — Leave a beautiful place for others to enjoy – recycle where possible and always dispose of your waste with care.
8. **Protect Your Natural Surroundings** — Be mindful of the plants, animals and ecosystems that you impact. Avoid feeding wildlife, stay on designated trails and strictly follow all fire restrictions.
9. **Make Your Travel Zero Emissions** — As an additional step, consider the option of purchasing carbon credits to fully offset your travel's impact on climate change.
10. **Bring Your Experiences Home** — Continue practicing your sustainable habits at home and encourage friends and family to travel with the same care.

For more tips and resources on traveling with care – see: www.visitorcarecode.org

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East Carolina University

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what's up?

All Spokane County residents may bring trash, recyclables, Clean Green (including food scraps and food-soiled paper), and household hazardous waste to any of the three Spokane Regional Solid Waste System facilities. All facilities are open seven days a week, from 7 a.m. to 5 p.m., excluding major holidays.



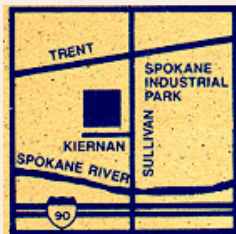
Waste to Energy Facility
2900 S. Geiger Blvd.

(West of Spokane, across from the Washington State Patrol)



North County Transfer Station
22123 Elk-Chattaroy Rd.

(Intersection of Elk-Chattaroy Rd. and Hwy. 2)



Valley Transfer Station
3941 N. Sullivan Rd.

(South of Trent Ave., across from Spokane Industrial Park)

For information on curbside recycling and area buy-back centers, please visit our website at www.solidwaste.org and click on "Recycling" in the left-hand menu bar.

We want your suggestions, questions and comments!

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Funded by the Spokane Regional Solid Waste System with partial funding provided by a grant from the Washington State Department of Ecology

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70% POST-CONSUMER NEWS
CONTENT, USING SOY INKS

Spokane EnviroStars are cleaning up

EnviroStars-Certified **Beacon Cleaners & Laundry**, **MaidNaturally** and **Lund's Carpet Cleaning** are local, family-owned and -operated businesses that properly manage hazardous and other wastes.

Did you know that over 300 million pounds of plastic garment bags from dry cleaners end up in America's waste disposal sites and waterways each year? The switch to reusable garment bags is imperative!



ENVIROSTARS
CERTIFIED

Beacon Cleaners & Laundry, owned by Hi Bum Kim, is the first EnviroStars dry cleaner in Spokane County. Leading the way is nothing new to Mr. Kim, as he was the first in 1998 to install equipment replacing PERC (perchloroethylene) with a less toxic solvent, DF2000. PERC is a clear, colorless liquid with a strong smell which is a known carcinogen and neurotoxin that can pose serious health risks. In 2010, Beacon Cleaners again upgraded its equipment, reducing the amount of solvent used by 90

percent. Beacon Cleaners & Laundry provides customers with reusable garment bags.

Do you know how to identify household hazardous waste? Be a wise consumer. Avoid products labeled *danger, warning, caution, flammable, combustible, poison, caustic, or irritant* and ingredients with "chlor" (such as chlorine or chlorinated) or ammonia, which are harmful to the environment.

EnviroStars-Certified **MaidNaturally**, owned by Ruthanne Eberly and Heather Brown, manufactures and sells all-natural, eco-friendly cleaning products. **MaidNaturally** products carry the Truth in Labeling Pledge from the Natural Ingredient Resource Center, and MSDS (Material Safety Data Sheets) are available on their website, www.maid-naturally.com. **MaidNaturally** has licensed and bonded cleaning specialists who are ready to clean every room in your home using their EnviroStars-Certified cleaning products.

Did you know that you should never dispose of carpet cleaning waste water in a septic system or storm drain? The chemicals may cause the septic system to fail and contaminate groundwater and drinking water. Storm drains discharge untreated liquid directly into the Spokane River. It is dangerous and illegal to dispose of carpet cleaning wash water in storm drains because of the toxic chemicals that can harm humans, sensitive habitats and wildlife.

EnviroStars-Certified **Lund's Carpet Cleaning**, owned by Ben and Deann Lund, understands different types of carpets and cleaning products, helps you determine the right process for your home or business and offers green (phosphate-free) carpet cleaning products. Most importantly, Lund's



Beacon Cleaners & Laundry

trucks have collection tanks that store the waste water and residue, which is filtered and disposed of at authorized sewage discharge points. Lund's is doing its part to protect our environment. Visit their website at www.carpetcleaningspokane.com.

To learn more about EnviroStars, visit www.spokaneenvirostars.org or call Tonilee Hanson at 847-4337.



MaidNaturally



Lund's Carpet Cleaning

You have the power!

Not sure what to do with the multiple telephone directories that may show up on your doorstep? You now have the power to let directory publishers know which phone books you want and which ones you don't. Visit the National Yellow Pages Consumer Choice & Opt-Out website at www.yellowpagesoptout.com to see the various directories available in your area and to select the one(s) that you'd like to continue to receive. At www.catalogchoice.org, you can opt out of phone directory deliveries, as well as unsolicited mail. Don't forget to recycle your old phone books by tossing them in your curbside bin or bringing them to one of SRSWS's recycling centers!

Go Green at Karats of Fun

Visit with Spokane Regional Solid Waste System staff members at the 2011 Spokane County Interstate Fair, "Karats of Fun." We'll be in the "Go Green" area with information on all of our solid waste programs and services. The Fair will run Sept. 9-18 at the Spokane County Fair and Expo Center, 404 N. Havana.

WASTE TO ENERGY REPORT CARD

Working Together!

January – March 2011

<p>Garbage In 62,148 tons disposed 63,542 tons processed at WTE Facility 2,050 tons of ferrous metal recovered from the ash for recycling 18,053 tons of ash disposed at Rabanco</p>	<p>Electricity Generation 40,117 MWh produced 6,723 MWh used to run the facility 33,394 MWh sold to Puget Sound Energy Notice of Violation None Revenues after Electricity Transmission Expenses \$3,483,000</p>
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