

A Quarterly Newsletter Of



Solid Waste District of
LaPorte County

(219) 326-0014
(800) 483-7700

www.solidwastedistrict.com

Winter 2005



Commit your resolutions to paper

Did you know that, on average, every American uses 735 pounds of paper each year? During 2003, Americans recycled more than half of all the paper and paper products used. This is great news because it was the first year that the national recycling rate had topped 50 percent.

Recycled-content paper (new paper made from used and recovered paper) creates almost 75 percent less air pollution and 35 percent less water pollution than the same type of paper made directly from trees.

There is still room for improvement:

1. We can use less paper. Most e-mail messages don't need to be printed. If you need to save an e-mail, move it to an electronic folder. Do you really need to print a web page? Instead, bookmark it and it will be just a few clicks away if you need to read it again.



2. We can get more use from our paper. Since we all know that paper has two sides, why are so many documents printed or written on only one side? Choose to use both sides of the paper—and remind others to do the same.
3. We can reuse paper and paper prod-

ucts. Boxes can be saved and reused. Wrapping paper can be flattened, folded, and used again. Scrap paper and envelopes can be used as notepaper and scratch paper.

4. We can recycle more paper. At the curb, we recycle all of these types of paper products: newspapers plus any inserts, tabloids, or small flyers that originally came with the paper; catalogs; phone books; magazines; cardboard boxes broken down to no more than 2 feet square; stationery and copier/printer paper; and cereal and snack boxes.
5. We can seek out and buy recycled-content paper and paper products. We especially need to look for post-consumer recycled-content printer paper, notebooks and notebook paper, and stationery.

Let your mouse move materials

If you are a business, industry, institution, school, or non-profit, take a look at the Indiana Materials Xchange (IMX). This is a free service operated by the Indiana Department of Environmental Management Office of Pollution Prevention and Technical Assistance. IMX lists items, from packing materials to off-spec products, that are "wanted" and available" at low or no cost. For information, link through our website, www.solidwastedistrict.com, or go directly to www.in.gov/idem/imx/.

Simple steps to great recycling

Each year, we collect many tons of recyclables through our curbside program. Keep up the good work! Remember to follow these simple steps to be a great recycler:

- On your scheduled recycling day, please be sure that your recycling bin is at the curb by 6 a.m. Recyclables are not always picked up by the same driver or at the same time of day. If you have your bin out by 6 a.m., your recycling bin should not be missed. There are no return trips to pick up recycling that is not out on time!
- Be sure that your blue or red bin is visible to the driver as he or she travels down your street or road. Your bin is the sign that signals the driver to stop and pick up recyclables. If you have more recyclables than your bin will hold, fill your bin first. Place the remainder into a container that has been clearly marked "Recycling," and set it next to the bin.
- Know your recycling week! Recyclables are collected every other week. If you aren't sure which week is your scheduled week, call our office or visit our website, www.solidwastedistrict.com. The monthly collection calendar is available when you click on "Curbside Recycling." The weekly recycling calendar is also printed in the *LaPorte Herald-Argus* by township. Look on Page 2 of the newspaper under the heading "Did You Hear."
- Place these recyclables into your bin:

6 a.m.



- Glass: food jars; juice, pop, soda, and water bottles; beer and wine bottles
 - Metal Cans: "tin" (steel) food cans and aluminum beverage cans
 - Paper: newspapers plus any inserts, tabloids, or small flyers that originally came with the paper; catalogs; phone books; magazines; cardboard boxes of no more than 2 feet square; stationery and copy paper; cereal and snack boxes
 - Plastic: all plastics with the chasing-arrows recycling symbol and marked with a number code (#1-#7), including plastic bags
- Prepare your recyclables properly. Remove all caps and lids. Rinse containers to remove residue and let them drain. Metal caps can be recycled, but do NOT put them back onto the container. Break down and flatten boxes, and bundle them in PAPER grocery bags.

For more information about recycling, call our office, 219-326-0014 or 1-800-483-7700, or visit our website, www.solidwastedistrict.com.

Make a difference!

Thirteen-year-old Brittany Bergquist and her 12-year-old brother, Robbie, have raised more than \$150,000 through the "Cell Phones for Soldiers" program. When Brittany and Robbie, who live in Massachusetts, saw a TV news story about a local soldier who received a cell phone bill for more than \$7,000, they decided to do something.

These kids, who don't have their own cell phones, donated what money they had and then started collecting used cell phones for recycling. The money they raise by selling the cell phones to a recycler pays for calling cards that are given to soldiers sta-

tioned overseas. With these calling cards, soldiers can call home for "free," avoiding high roaming charges on their cell phones.

So far, Brittany and Robbie, with the help of folks like former Buffalo Bills quarterback Jim Kelly, have raised enough to purchase 6,500 calling cards. To learn more about this program, visit www.cellphonesforsoldiers.com.

Many cellular service providers take part in recycling programs that benefit those in need. The next time you get a new cell phone, ask whether the provider accepts old phones and donates them to one of these great causes.

Dates set soon for special collections

During 2005, we'll hold special collections for household hazardous waste (HHW), tires and white goods (appliances), and electronics.

The first of our eight HHW collections is normally in March, so watch the newspaper or check our website for details. Tire and White Goods Collection Days are normally held in May and October. Electronics recycling is usually in October.

Our 2004 events brought in a great deal of material for recycling and safe disposal. We trust this year will be no different.

Thanks for using these special events to recycle all you can and dispose of problematic waste the right way!



recycled “bling bling”

Bling bling is that wonderful, gaudy stuff that says, “I’m here. Notice me.” And these days, there is plenty of recycled art that does just that. Whether you’re interested in the fancy, the functional, or the fun, there is probably recycled art out there to suit your taste—and your budget.

Artist Stewart Webb creates “technomontages” with old computer chips, used CDs, aerospace junk, lab-grown stones, and antique bakelite. These technomontages take the form of earrings, necklaces, pendants, clocks, and frames. Want to see more? Visit Webb’s site on the Internet, www.arteco.com.

Everything from tote bags to clutches seems to be covered with brightly colored pictures—and have something to say. If you’re a little tired of French that you can’t read, why not look for something more familiar? There are wallets, purses, hobo bags, tote bags, and even duffles made from juice pouches. Or, if you’re interested in something a little spicier, keep an eye out for purses made from chip bags. You can see some of these bags at www.Abernook.com or www.YummyBags.com, or search for “recycled juice pouches” on the Internet.

Juice pouches and chip bags aren’t the only printed purses and bags available. Myrtlerose’s Attic is one of the many studios making purses from such treasures as Tyvek envelopes covered with used stamps, vintage children’s books, and old album covers. To see products made by Charlene at Myrtlerose’s Attic, as well as similar items such as the woven plastic bag tote, visit www.StreetFairAmerica.com and click on “Recycled Items.”



This bookshelf was made from old hardcover books. (Photo courtesy of eco-artware.com)

Art for the home and garden is often made from scrap, found, and waste objects, too. We’ve mentioned the clocks made from computer components. But there are also artists who make tableware, lamps, coffee tables, sculptures, wall hangings, and more from broken glass, corrugated cardboard, shoes, mesh bags, pop cans, and the list goes on.

If you are looking for recycled bling bling, search for “recycled art” on the Internet or go to www.eco-artware.com.

Remember to patronize local artists and artisans. Around the corner from wherever we are, there are creative minds putting clever hands to work on found

objects as varied as wallpaper and wooden pallets. Check out their work at craft fairs, art shows, or gift shops.



Photo courtesy of Abernook.com

X-treme Green at X Games

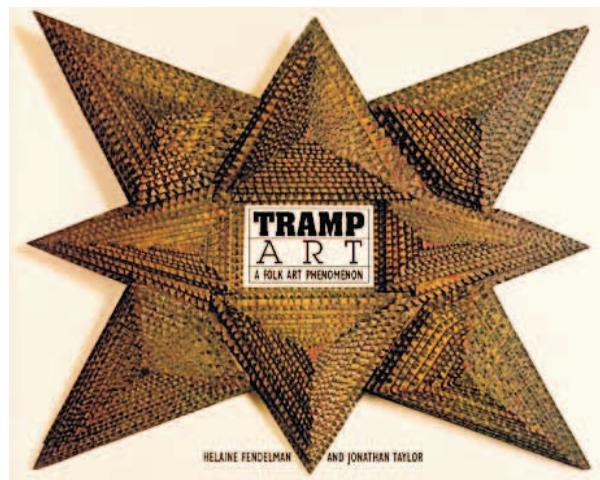


During August, sports fans got to enjoy the summer Olympics in Athens, Greece, and the X Games in Los Angeles, California. If swimming and beach volleyball were a little too tame for your family, chances are you might have watched the extreme stunts of skateboarders, bikers, and skaters at the X Games.

The X Games provided their usual thrills and chills—on a greener platform than usual. The ramps, including the new “Mega Ramp,” were all made from wood that came from forests that are environmentally friendly. (The Forest Stewardship Council certifies these forests.) In addition to these ramps, the Games featured a solar-powered sound system, recycling stations for fans and competitors, and collector cards printed on 100-percent recycled-content paper. Along with stats on the extreme athletes, these collector cards even provided some environmental facts.

Magnificent MONGO

When journalist Ted Botha moved to New York City, he furnished his apartment with found objects. In the process, he learned that the city was full of dumpster divers and garbage gurus who gloried in “mongo.” (Mongo is a slang term that means “any discarded item that is retrieved.”) He has recorded their stories in *Mongo: Adventures in Trash* (Bloomsbury, 2004). Some of the stories are about collectors, and others focus on survivors, but all share a fascination with what might be found in the next bin or bag.



Recycled or found art has traditionally been considered part of “folk art.” Why? Because it is art made from materials that are readily available to regular folk living their everyday lives. Some of the most famous recycled folk art is “Tramp Art.” Tramp Art is three-dimensional art created from discarded cedar and mahogany cigar boxes. This wood was intricately carved, positioned, and glued to create picture frames, boxes, and small tables. Most of these were created around the beginning of the 20th Century by artisans, some of whom were travelers and others who were householders, but almost all of whom are now anonymous to us.

To see Tramp Art, visit a local antique store or go online to www.folkartisans.com/trampart.

To read more about Tramp Art, look for these books: *Tramp Art: A Folk Art Phenomenon* by Helaine Fendelman and Jonathan Taylor (Stewart Tabori & Chang, 1999); *Tramp Art, One Notch At A Time* by Clifford A. Wallach (Wallach-Irons, 1998); and *Hobo & Tramp Art Carving: An Authentic American Folk Tradition* by Adolph Vandertie with Patrick Spielman (Sterling Publishing Company, 1995).

What's new with WasteWise?

In 2004, WasteWise celebrated its 10th anniversary. WasteWise boasts nearly 1,400 business and organization partners representing more than 50 industry sectors and nearly 230 endorsers from 15 sectors. All of the partners and endorsers, who take part in this program voluntarily, are committed to reducing their waste and lowering their costs for waste handling and disposal.

WasteWise makes a difference one business and organization at a time. In 2004, 18 of the participants received awards for their achievements, and another 30 were recognized for their ongoing efforts.

For more information about WasteWise, visit www.epa.gov/wastewise, or call 1-800-EPA-WISE.



10 tips for a greener home

1. When you paint, choose latex. Latex is water-based for easier cleanup—and doesn't require disposal as hazardous waste. Better yet, choose latex without volatile organic compounds (VOCs). VOCs contribute to the formation of indoor and outdoor air pollution.
2. Need "new" furniture? Look for secondhand or antique furniture. Remember—when you reuse, no new product has to be made, saving energy and natural resources.
3. Recarpeting? Look for recycled-content carpet. Carpet can be made from recycled PET bottles. Ask about the recycled-content of the carpets you are considering.
4. If you are replacing appliances, choose energy-efficient "Energy Star" appliances. And remember to sell or donate old working appliances and recycle non-working appliances!
5. When it is time to replace your light bulbs, choose compact fluorescents. They use less energy and last much longer, creating less waste. (Compact fluorescents do contain mercury, so they require special disposal when they burn out. Call us for details.)
6. If you're adding on or building new, check out "green building" techniques and materials. During the project, donate or recycle leftover, scrap, and unused building materials and supplies. If your project includes demolition, look into deconstruction. With deconstruction, you can reduce your project waste by as much as 75 percent.
7. If you're building or rebuilding a deck, look for sustainably harvested wood or recycled plastic lumber. Consider recycled plastic fencing and outdoor furniture as well. It is sturdy and doesn't require painting.
8. Conserve water by installing low-flow showerheads and faucet aerators. You can also conserve water by selecting the correct water level when washing clothes (or washing only full loads if you don't have a water level adjustment). Run your dishwasher only when it is full.
9. When possible, avoid purchasing hazardous products, including cleaners. Read labels carefully. Buy only the amount you need. Follow instructions for use and disposal. Need disposal advice? Call us.
10. Purchase paper products, such as toilet paper, made from recycled paper. (If you buy paper napkins or paper towels, look for recycled-content paper in those, too!)



Green-sources

American Council for an Energy-Efficient Economy
www.aceee.org

U.S. Environmental Protection Agency and U.S. Department of Energy "Energy Star" Program
www.energystar.gov

Earth Easy's Guide to Living at Home with the Earth
www.eartheasy.com/live_menu.htm

Healthy House Institute
www.hhinst.com

National Association of Home Builders' ToolBase
www.toolbase.org/index-toolbase.asp

U.S. Green Building Council
www.usgbc.org



Better care for batteries

Flashlights, phones, handheld organizers, laptop computers...batteries power much of our daily lives. By making sure that your batteries last as long as possible, you can reduce waste and save money on replacements. Here are some tips to help you give your batteries a long and useful life.

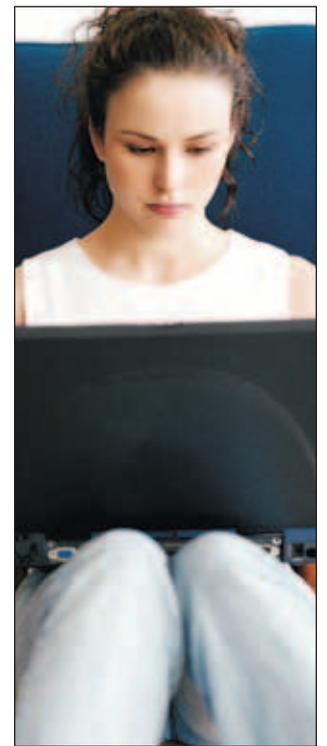
All batteries experience a certain amount of "self-discharge," meaning that they lose some power even when not in use. To reduce the amount of self-discharge that your batteries experience, store them in a cool, dry location. You can store batteries in the refrigerator, but put them into an airtight container and place them in the door, which is the driest part of the refrigerator. Be sure to let your batteries warm up to room temperature before using them.

Don't send a disposable to do a rechargeable's job! Many handheld electronics require high boosts of energy for short periods of time. Rechargeable batteries are the best batteries for this job. Rechargeables can be used as few as 50 to as many as a thousand times. While items like cell phones come with rechargeable batteries, you'll need to select and purchase rechargeables to be used in small appliances that take AAA, AA, C, D, and 9-volt batteries.

Rechargeable batteries come in many shapes, sizes, and chemical compositions. That means the instructions for how to use and recharge the batteries are not, unfortunately, "one size fits all." Whenever you buy rechargeable batteries or a new rechargeable product with a battery inside, read and follow the instructions carefully. Find out whether you can use the batteries right away or if they need to be "initialized," which is a one-time startup charging period. Learn if you are supposed to recharge when the battery gets low or wait until it is fully discharged.

Be sure that you are using the right charger or adapter for each battery. Chargers and adapters may look alike, but they are not necessarily interchangeable.

While this may all sound like a lot of work, knowing how to choose and care for your batteries will greatly improve their reliability, increase their life cycle, and save you money on costly replacements.



Quotes REQUOTED

"Nobody made a greater mistake than he who did nothing because he could do only a little."

*Edmund Burke,
British statesman, 1729–1797*

Now starring at Starbucks



Each year, customers across the country walk out of Starbucks stores with about 1.5 billion paper to-go cups. Beginning in 2005, those cups will feature something more than coffee—recycled paper.

Starbucks recently announced that the U.S. Food & Drug Administration had approved the use of paper cups with 10 percent recycled content. While 10 percent may not sound like much, consider that this will save about 5 million pounds of virgin tree fiber each year. Starbucks already uses recycled paper in cardboard cup sleeves, napkins, and drink carriers.

Remember—you can choose to reuse at Starbucks and other coffee shops. Many offer reusable mugs if you'll be staying to drink your coffee. Plus, most allow you to bring in your own mug and have it filled, often at a slightly discounted price. Ask about it where you fill up.

WHAT'S UP?

While supplies last, compost is available on a first-come, first-served basis to LaPorte County residents.

Remember—compost is a soil amendment, not topsoil. Mix compost in equal parts with soil before use.

Pick up compost at the following self-serve locations during daylight hours:

- Fish Lake — Fish Lake Community Building (Old Lions Club property), on 800 East
- Hanna — County Highway Barns
- Hudson Lake — Hudson Township Park
- Kankakee/Rolling Prairie — County Highway Barns, corner of 700 E. and 400 N.
- Kingsford Heights — Grayton Road on left (cement slab by sewage plant)
- LaPorte — City Street Department, 1206 Second Street
- Michigan City — Hitchcock Street
- Union Mills — Mill Pond, off Water Street
- Wanatah — At sewer plant, 12562 S. 1050 W.
- Westville — Prairie Meadow Park



Remember to recycle your Christmas! Bundle wrapping paper (non-foil) in paper grocery bags. Break down cardboard boxes so that they are no more than 2 feet square. Place these materials on or beside your curbside bin for recycling.

Remember to “tree-cycle,” too. Cut holiday trees may be dropped off at the Zigler Road compost site. Make sure that all decorations, stand, tinsel, and lights are removed. We only accept BARE trees. And please, do not put the tree into a plastic bag. Plastic does NOT compost!

We want your suggestions, questions and comments!

We are also available to speak to your club or organization about solid waste, waste reduction, recycling and composting.

**Solid Waste District of
LaPorte County**

**2354 North U.S. Highway 35
LaPorte, IN 46350**

**(219) 326-0014
(800) 483-7700**

www.solidwastedistrict.com

Copyright© 2005

The Solid Waste District of LaPorte County and Eco Partners, Inc.
All rights reserved.



**PRINTED ON RECYCLED PAPER
70% POST-CONSUMER NEWS
CONTENT, USING SOY INKS**

Re-ink Reuse and recycle your ink jet cartridges

Ink jet printers go through a lot of printer cartridges. However, those cartridges are refillable and recyclable, so they don't need to be filling up our landfills.

There is an easy way to recycle these ink jet cartridges. Thanks to recycler AAA Environmental, the Solid Waste District is able to provide more than 60 drop-off locations. AAA Environmental provides drop-off boxes, as well as pre-addressed, postage-paid pouches—for free!

Plus, for every qualified cartridge received at the AAA Environmental recycling plant, Leadership LaPorte County receives \$1, which will go toward a scholarship fund. So, collect all the ink jet cartridges that you use in printers at home, work, or school. You'll help the environment and help fund an important local leadership program at the same time!

To recycle your cartridges, simply pick up a pre-addressed, postage-paid recycling pouch from the Solid Waste District of LaPorte County office. Insert your cartridge, drop the pouch in any mailbox, and AAA Environmental will recycle it! Or, drop off your ink jet cartridge at one of these locations:

4-H Extension, LaPorte
A.K. Smith Career Center, Michigan City
Advanced Communications, Inc., Michigan City
Barker Middle School, Michigan City
Bethany Lutheran Church, LaPorte
Coolspring Elementary School, Michigan City
Countryside Christian Church, Michigan City
Edgewood Elementary School, Michigan City
Fanning-Howey Associates, Michigan City
Hanna Post Office, Hanna
Horizon Bank, Michigan City and LaPorte
Indiana Paging Network, LaPorte



Jim Jessup State Farm Insurance, Hanna
J-Mart Amoco Station, Wanatah and Westville
Joy Elementary School, Michigan City
Knapp Elementary School, Michigan City
Krueger Middle School, Michigan City
La J-Mart Amoco Station, LaPorte
LaPorte City Hall, LaPorte
LaPorte Co. Museum, LaPorte
LaPorte Co. Public Library, LaPorte
LaPorte Co. Sheriff's Office, LaPorte
LaPorte Co. Soil & Water District, LaPorte
LaPorte *Herald-Argus*, LaPorte
Lighthouse Place Management Office, Michigan City
Lincoln Elementary School, LaPorte
Marsh Elementary School, Michigan City
Merriam & Associates, Michigan City
Michiana Resources, Inc., Michigan City
Michigan City Alternative School, Michigan City
Michigan City Area School Adm., Michigan City
Michigan City Central Services, Michigan City
Michigan City Chamber of Commerce, Michigan City
Michigan City City Hall, Michigan City
Michigan City High School, Michigan City
Michigan City Jr. High School, Michigan City
Michigan City *News-Dispatch*, Michigan City
Michigan City Public Library, Michigan City
Mullen Elementary School, Michigan City
Nieman Elementary School, Michigan City
Notre Dame Elementary School, Michigan City
Parents & Friends, LaPorte
Park Elementary School, Michigan City
PC Depot, Michigan City
Pine Elementary School, Michigan City
Purdue North Central, Westville
Queen of All Saints School, Michigan City
Riggs Mowers, LaPorte
Solid Waste District of LaPorte Co., LaPorte
Springfield Elementary School, Michigan City
St. Mary's Elementary School, Michigan City
St. Mary's High School, Michigan City
Trail Creek Town Hall, Trail Creek
Trans-Apparel Group, Michigan City
Wal-Mart, Michigan City
Wanatah Public Library, Wanatah
Wanatah Public Schools, Wanatah
Weil-McLain Company, Michigan City
Wells Fargo Bank, LaPorte
Whirlpool Corporation, LaPorte
YMCA, LaPorte

Oh, my aching back!

Did you know that each postal carrier in the United States delivers 17.8 tons of “junk mail” every year? That's a lot of letters, flyers, and catalogs that residents weren't expecting—and may not have wanted. In fact, about 44 percent of this mail is never even opened.

Lighten your letter carrier's load this year. Take action to reduce the amount of unwanted mail that your family receives. Register the name of each family member who receives junk mail with the “Mail Preference Service” (MPS).

When you register with the MPS, you are saying, “I prefer NOT to receive unwanted mail.” To register, each member of the family who receives junk mail will need to send a postcard or letter that includes name and address, as well as the statement: “Please register my name with the Mail Preference Service.” Sign and date this card or letter and then mail it to:

Mail Preference Service
c/o Direct Marketing Association
P.O. Box 643
Carmel, NY 10512

Remember to recycle your junk mail. You can recycle it in your curbside bin.

