

A Quarterly Newsletter Of



[www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle)

[recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com)

Fall 2008



## Wheeled recycling carts can be purchased from the Town

Single-stream recycling is easy when you have a recycling container with a lid. The DPW is placing an order for the 64-gallon wheeled carts pictured. A sample cart is on display at the DPW offices. Each cart is stamped on the side with the chasing-arrows recycling symbol and on the top with the words "Recyclables Only."



The price is \$63 per cart, and

residents can place their order by sending a check, made out to Town of North Andover, to the Department of Public Works, 384 Osgood Street, North Andover, MA 01845. Carts will be distributed on America Recycles Day, Saturday, November 15, or will be available to pick up at the DPW during business hours after November 15 by prior arrangement.

Cascade's Residential Carts are 100% recyclable, designed for easy handling and excellent balance, and backed with a 10-year warranty.

## Celebrating recycling

Since 1997, Americans have been reminded each November 15th that recycling is a great habit! Recycling includes collecting used products, as well as making these products into brand-new items. When we recycle, we use our natural resources more wisely, we reduce the amount of pollution that we create, and we save energy. These are all good things!

Recycling has three parts—two of which depend on you. First, you need to collect your recyclables. Second, a factory needs to use recyclables to make new products. Third, you must buy things you need that are made from recyclables. Lots of products can be made from your recyclables, such as fleece fabric (used to make jackets, vests, and blankets), carpet, glass tile, jewelry, furniture, appliances,

cans, jars, bicycles, surfboards, newspaper, packing and cereal boxes, and printer/copier paper, to name just a few!

If America's recycling rate for aluminum and steel cans, plastic PET bottles, glass containers, newsprint, and corrugated packaging increased by just 10%, we would save enough energy to provide electricity to 1.8 million Americans for an entire year. That's right! You'll find facts like this and much more good news about recycling at the America Recycles Day website, [www.nrc-recycle.org/america\\_recycles.aspx](http://www.nrc-recycle.org/america_recycles.aspx). At this site, you can also join other Americans and pledge to recycle more during 2009!

If you need information about local recycling programs, visit [www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle).

## Back to school recycling

Another school year has begun. With the new year comes new and improved single-stream recycling. In our single-stream recycling program, paper, cardboard, plastic, and glass can all be combined into one container. This makes recycling easier at school and at home!

Believe it or not, the cafeteria generates almost two-thirds of the trash each school day. A good portion of that waste is recyclable—from the paper lunch bags to the water bottles. **Look for areas to recycle your lunch materials.** If you don't see them, talk to your teacher or principal about recycling lunchroom waste. This year, each school in North Andover is working to improve its recycling program, as well as do better on the first two of the 3R's—reducing and reusing. When it comes to lunchroom waste, think about the lunches that you pack. Reuse those zippered plastic bags during the week, or, better yet, replace

bags with washable, reusable containers. Instead of buying water bottles, use a thermos or a refilled bottle. In most cases, the only advantage of bottled water over tap water is the perception of convenience. However, emptying and washing a bottle for reuse takes no more time than emptying and recycling the bottle. Plus, you don't run out of tap water and have to make a quick trip to the store for more! Let's really think about our habits and make some changes this new school season by reducing, reusing, recycling, and responding.

Think before you throw! The chart here shows you what's in America's garbage. Fortunately, about one-third of this waste is recycled nationwide. Take a closer look at what you are throwing away at school and start diverting some of that from the trash barrel to the recycling barrel. Together we can make a difference.

## Recycling Reminder

Now that we have single-stream weekly recycling pickup in North Andover, you may put all your recyclables, mixed together, in a single, lidded container marked "Recycling." Accepted recyclables include: all paper and cardboard (except tissue paper and paper with food waste on it); all plastic marked with the chasing-arrows recycling symbol and numbers 1 through 7 (*no Styrofoam products and no plastic bags*); all glass bottles and jars, any color; steel/tin can food containers (no aerosol cans or other metal); and aluminum beverage cans, pie plates, and foil.

Recycling now takes practically no extra effort, and every pound of recycled material brings money into the town.

Thanks for pitching in!

## Town-Wide Yard Sale Catching On

On June 21-22, the North Andover Solid Waste Advisory Committee (NASWAC) sponsored its third annual Town-Wide Yard Sale. For a mere \$10, residents could leave the advertising to us and prepare for their sales. The largest number of homes yet, 34, participated in this year's event.

Many sellers reported excellent "traffic," plus a good return on the time and energy invested.

The benefits of our town-wide yard sale are many:

- Useful items change hands to find new life elsewhere.
- Closets and basements are emptied of unneeded, but still good, stuff.
- Merchandise stays out of the trash stream, getting a reprieve from incineration.
- Some industrious citizens make a few extra bucks!
- Others get some great deals!

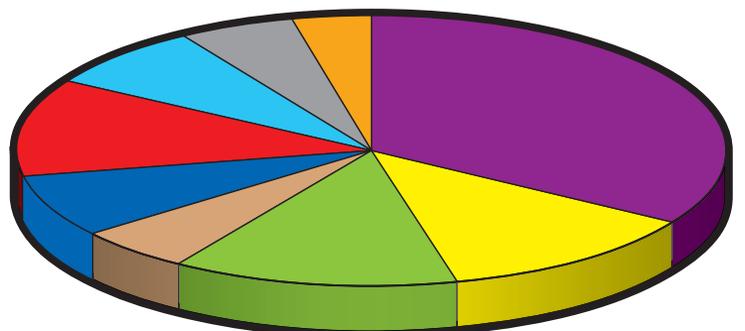
After paying for the advertising, NASWAC devotes any remaining proceeds to further our education efforts, focusing on ways to prevent waste in the first place.



Slightly more than half the participants also took advantage of the "Too Good To Trash" offer. The unsold items which sellers preferred not to haul back to the closet or basement were left on the curb, labeled "Free," and the Too Good To Trash network was notified. Within 24 hours, almost everything was gone, a testament to our motto, "One person's trash is truly another person's treasure."

The fourth annual Town-Wide Yard Sale will be the weekend after Father's Day, June 27-28, 2009.

Total Municipal Solid Waste Generation in the United States, 2006  
251 Million Tons (Before Recycling)



■ Paper	33.9%	■ Plastics	11.7%
■ Food Scraps	12.4%	■ Metals	7.6%
■ Yard Trimmings	12.9%	■ Glass	5.3%
■ Wood	5.5%	■ Other	3.4%
■ Rubber, Leather, Textiles	7.3%		

Source: U.S. EPA, *Municipal Solid Waste Generation, Recycling, and Disposal in the United States: Facts and Figures for 2006*, Figure 5

# 10 Tips *for a* Frugal Fall

We're reusing some old advice in this edition—namely, sayings that are well-known and full of common sense. Whether you're trying to live a greener lifestyle or just a more frugal one, you'll find that this advice can save you money and reduce your waste.

- 1. Waste not, want not.** There's a reason why the word for trash is "waste." What we throw away is "wasted" rather than being put to good use. If you take care of what you have, it will still be yours to use and enjoy in the future. When we reuse and recycle, we use our resources more efficiently, rather than letting them go to waste.
- 2. An apple a day keeps the doctor away.** By choosing durable products, properly maintaining appliances and furniture, and making minor repairs as needed, you can keep the things you own in tiptop shape. Wouldn't you rather get more use out of what you already own than spend money to replace it with something new?
- 3. There is no place like home.** Children form lifelong habits when they are young. If the habits in your home include conserving resources, saving energy, spending wisely, reducing waste, reusing, recycling, and composting, your children will become good stewards of the environment and productive members of our economy.
- 4. If it "ain't" broke, don't fix it.** Don't replace it, either. Whether it is a cell phone, a TV, or a bookshelf, if what you have works, keep it and keep using it.
- 5. One person's trash is another person's treasure.** This is one of our favorites, of course. The things you no longer want or need may be exactly what someone else is looking for. Or, someone else's "trash" may become your treasure.
- 6. An ounce of prevention is worth a pound of cure.** Choosing non-toxic cleaning products creates less indoor air pollution and eliminates the need to dispose of products as household hazardous waste. When you reduce your use of hazardous paints,



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cleaners, automotive fluids, and lawn and garden products, you help prevent pollution and reduce the costs of hazardous waste disposal.

- 7. Many hands make light work.** The "little things" that you do make a difference. Think about it — if every person in America were to recycle one plastic bottle today, that would be over 305 million plastic bottles recycled! And that's just today!



- 8. What goes around comes around.** By recycling, you ensure that your discards become someone else's new stuff. In the process, you help save energy, reduce pollution, and conserve natural resources.

- 9. Knowledge is power.** Do you know what can be recycled locally? Do you know where the closest second-

hand store is? Do you know where and how to dispose of household hazardous waste or old electronics properly? If not, contact us. We have the answers to these and many other questions.

- 10. Better late than never.** If you've been a spender in the past, there is no reason why you can't be more frugal in the future. Being a "sustainable consumer" means spending your money wisely, using durable goods longer, reusing what you have, and recycling all you can.

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## Read more about it!

New American Dream's Carbon Conscious Consumer Project  
[www.newdream.org/c3](http://www.newdream.org/c3)

EcoConsumer  
[www.metrokc.gov/dnrp/swd/ecoconsumer/](http://www.metrokc.gov/dnrp/swd/ecoconsumer/)

Simple Living Network  
[www.simpleliving.net](http://www.simpleliving.net)

*The Complete Tightwad Gazette* by Amy Dacyczyn (Villard, 1998)

*Get Satisfied: How Twenty People Like You Found the Satisfaction of Enough*, edited by Carol Holst, Simple Living America (Easton Studio Press, 2007) – [www.getssatisfied.org](http://www.getssatisfied.org)

*30 Days to a Simpler Life* by Cris Evatt and Connie Cox (Plume, 1998)

# The choice is yours

According to the U.S. Postal Service, American companies sent out 100 billion pieces of unsolicited advertising mail in 2005. That's more than 333 pieces for each person in your family—or almost one mailing each day. Because you weren't expecting most of this mail and most likely didn't want much of it, your family probably refers to it as "junk mail."

You can reduce the amount of junk mail that your family receives. When you apply for a credit card, order a product, fill out a warranty card, or donate money, check the box that says, "Please do not provide my name or address to other organizations." If there is no box, write this message in large letters. If you are already a customer or donor, contact the companies and organizations through their toll-free phone numbers or websites and ask them not to rent, trade, or sell your name and address. Don't forget online vendors!

Another way to reduce your junk mail is to sign up for "preference services." These services provide a "do not mail" list to businesses and other organizations. The lists work because the businesses and organizations don't want to waste their money sending advertising to people who don't want it and won't look at it. Here are some of the preference services that are available. There may be some fees.

- All Types of Mail: [www.dmachoice.org](http://www.dmachoice.org) (Click on "Remove My Name From Those Lists.")
- Credit Card Offers: [www.optoutprescreen.com](http://www.optoutprescreen.com) or 888-567-8688
- Catalogs: [www.catalogchoice.org](http://www.catalogchoice.org)
- Additional Resources: [www.stopjunkmail.org/links.htm](http://www.stopjunkmail.org/links.htm)

If your family regularly orders from companies or donates to organizations, you will not be removed from mailing lists for those businesses and organizations. This is "solicited" mail because you buy from the company or support the organization.

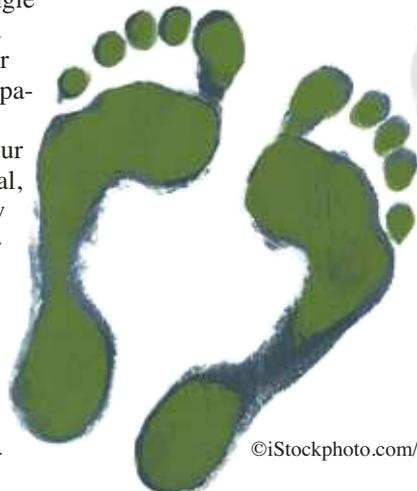
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# Measuring the human footprint

How big a footprint does the average American boy or girl leave behind over the course of a lifetime? National Geographic set out to answer this question. The result was the *Human Footprint* project, which premiered on the National Geographic Channel last spring.

During the film, a lifetime supply of potatoes spills from the back of a dump truck, a lifetime supply of bread is laid out to make an enormous American flag, and 28,433 rubber ducks represent the number of showers the average American will take in a lifetime. There are many other striking images of the sheer mass of consumption that goes into a single American life.

From your morning newspaper to the bananas on your breakfast cereal, you'll see how much one person uses. For instance, over the course of a lifetime, an American will read 5,054 newspa-



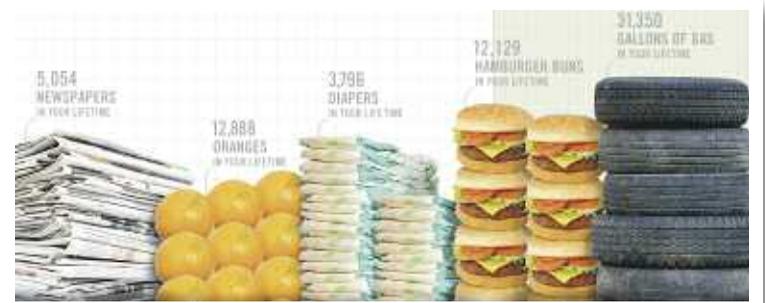
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pers, which is 43 trees' worth of paper. This same American will eat 5,067 bananas, which will travel a total of 11 million air miles to arrive on the breakfast table.

At the website devoted to the project, you can read a short essay entitled "Trash Talk," which introduces you to the facts and figures of America's waste habits. You can watch three short videos, which are excerpted from the 90-minute program, to get an idea of what "mass" consumption looks like. You'll also find "Consumption Interactive" (at the bottom of the web page). Click on this and you'll be able to see how your own consumption of eggs, milk, bananas, soft drinks, potatoes, and bread, as well as newspapers, the diapers from your early childhood, your regular showers, and your car, compare with national and international averages. You can also click through to watch the video about each of these items. Go to [www.nationalgeographic.com/channel/human-footprint](http://www.nationalgeographic.com/channel/human-footprint) and explore.

Teachers, there is a nine-page Educational Resource Guide at the website for downloading, as well as additional information on National Geographic's Preserve Our Planet series.

The DVD of *Human Footprint* is available for \$24.95 at [www.shopngvideos.com](http://www.shopngvideos.com).



Source: National Geographic Channel, 2008

## FAST FACTS

Total Annual Waste Generation in U.S.  
**251.3 million tons**

Per Person Waste Generation  
**4.6 pounds per day**

Total Annual Recycling & Composting in U.S.  
**81.8 million tons**

National Recycling Rate  
**32.5%**

Nationwide Benefits of Recycling & Composting  
**Equivalent to conserving 10 billion gallons of gasoline and removing 39.4 million passenger cars (and their emissions) from our roads**

Source: U.S. Environmental Protection Agency, "Municipal Solid Waste Generation, Recycling, and Disposal in the United States: Facts and Figures for 2006"

## GARBAGE: THE MOVIE



Canadian filmmaker Andrew Nisker set out to learn about trash. He enlisted the help of the five-member McDonald family for his documentary project. The McDonalds were asked to collect every piece of trash that they generated over three months and store it all in their garage. (They didn't keep "wet trash," such as rot-

ting food waste, as that would have been a health hazard.) As you can imagine, it turned out to be a huge pile of waste!

The 76-minute documentary, *Garbage: The Revolution Starts at Home*, explores the waste created by the McDonald family, as well as where the materials came from and where they will go after leaving the garage. During the project, the McDonalds and the viewers begin to see that each action in the home has a reaction in the environment.

To learn more about the film, visit [www.garbagerevolution.com](http://www.garbagerevolution.com). Online, you'll find a list of upcoming viewing opportunities, information on ordering the film, 12 things you can do right now to make a difference, and more.



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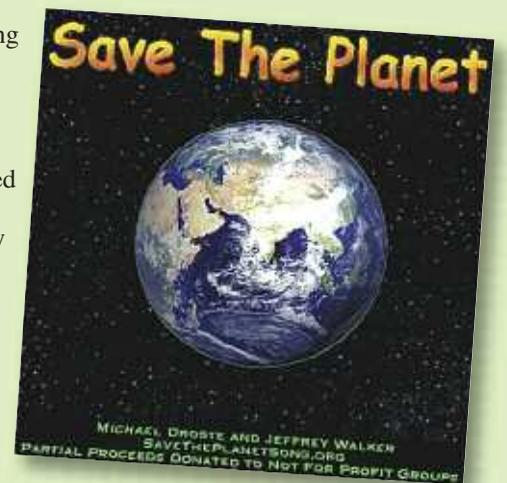
## Save the Planet

What happens when two creative teachers join forces to teach their students about the environment? In the case of singer Jeffrey Walker and musician Michael Droste, who both teach in Illinois, the result was the "Save the Planet" song and video.

The song and video focus attention on the ways that humans have damaged the earth. However, the song isn't gloomy and doesn't scold anyone. Instead, it reminds each of us that our everyday habits—from conserving water and saving energy to recycling—can make our planet better and healthier for all of us. The chorus of the song reminds us all to "Save the Planet from Destru-u-uction." You'll still be humming long after the music stops.

Several versions of the song are available for download at Amazon.com. To watch the video, go to [www.YouTube.com](http://www.YouTube.com) and search for "Save the Planet Song." To learn more about Walker and Droste's project, visit [www.savetheplanetsong.org](http://www.savetheplanetsong.org).

While you're at YouTube, also check out "Kids 2 Save the Planet."



## QUOTES REQUOTED



We should all be concerned about the future because we will have to spend the rest of our lives there.

Charles Franklin Kettering, 1876–1958  
American inventor and engineer

# Some very, very green houses!

In our summer edition, we invited residents to take our "Is Your House a Very Green House?" survey. At press time, we had received 20 replies. Two of the respondents took the extra green step of returning their replies in reused envelopes—way to go!

Nearly three-quarters of the residents who responded said that they always or almost always consider the environment in making everyday decisions and purchases. Several have already incorporated "green" habits into their lifestyles. Here are some of our findings:

- The 18 families who have replaced incandescent light bulbs with compact fluorescents have swapped out 8.3 light bulbs on average so far.
- More than half of the respondents sometimes make their own non-toxic cleaning products or make an effort to purchase eco-friendly substitutes.
- Not as many residents are buying recycled-content tissue products (facial tissues, paper towels, and toilet paper)—fewer than half. However, one reply said, "I will look for these now."
- Refilling water bottles with tap water was popular among the residents who submitted surveys. Twelve reported always refilling their own bottles and another six usually or sometimes do.
- Three-quarters of these replies came from residents who always, or at least sometimes, take their own reusable bags to the store.
- When it comes to lawn care, residents with yards tend to grasscycle their lawn clippings. About half compost, and about one-third use a rain barrel. Just more than half of replies noted a decrease in lawn chemical use in the past five years.
- Three of the respondents drive hybrid vehicles—

including one household that has two!

- Only one resident reported installing solar panels to meet some of their heating needs. However, a second has called an installer and is waiting for a call back.



- Almost all residents reported turning off lights when they leave a room, but only about half unplug appliances, such as computers and TVs, to reduce "phantom" energy use. As many of you know, many electronic devices use some energy even when they are turned off. The majority of residents keep their heat set as low as possible in the winter, use ceiling fans to assist with cooling, and purchase Energy Star appliances to further reduce their energy use and costs.
- Three-quarters of respondents have taken advan-

tage of the Town's Third Saturday collections at the DPW and/or the semi-annual Household Hazardous Waste Drop-Off events.

Your neighbors also had many good suggestions that weren't covered by our survey:

- Use cloth diapers and breastfeed to reduce waste.
- Hang clothes on an outdoor clothesline. During bad weather, hang clothes to dry indoors.
- Open windows at night, close them in the morning, and pull drapes or shades during the day to keep the house cooler.
- Shop for reused items at the North Andover Thrift Shop, 172 Sutton Street. (For more information, visit [www.northparish.org](http://www.northparish.org), or call 689-9520.)
- Cut grass high and water less to encourage a deeper root system and, thus, grass that can withstand drought.

If you'd like to take the survey, go to [www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle), click on "One Person's Trash..." Newsletter, and then choose the Summer 2008 edition. We'd love to receive—and share—your suggestions, too!

Watch for more information about North Andover's very green houses in upcoming issues!

## And the survey says...

"We already see an increase in our recycling with the new system (and, of course, less trash)."

"These questions are informational — thank you."

"Weekly recycling is awesome!"

## Fall Leaf Collection

Recycle your fall leaves at the curb! Leaf collection is scheduled for the two full weeks before Thanksgiving, Monday, November 10 to Friday, November 21. Your collection day will be the same day as your trash and recycling service. Because of the holiday on November 11, which is Veterans Day, collections for the remainder of the week are one day later. Hopefully most of

the leaves will be down, and you'll have a chance to bag them up before the Thanksgiving holiday.

Remember that leaves must be in paper bags and placed at the curb by 7 a.m. on your collection day. Leaves are composted at the Town's yard waste composting center, the Cyr Recycling Center on Sharpner's Pond Road.

If you are still getting your leaves up after Thanksgiving (or if some drop after the collection date), leaves can also be dropped off at the Cyr Recycling Center on Sharpner's Pond Road on Tuesdays, Thursdays, and Saturdays, from 8 a.m. to 3 p.m. The Center will close for the season around mid-December.



**We want your suggestions, questions and comments!**

**NASWAC**  
c/o Department of Public Works  
384 Osgood Street  
North Andover, MA 01845  
(978) 685-0950  
[recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com)  
[www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle)

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70% POST-CONSUMER NEWS CONTENT, USING SOY INKS

Please recycle this publication after you have read it!

## Tina Talks Trash!



When our pets leave those little surprises on the ground, rain washes the pet waste and bacteria into the storm drains or directly into Lake Cochichewick, the town's drinking water reservoir. Dog fecal matter making its way to waterways is the reason why the parasite, bacteria, virus, and fungus counts go up after a rainstorm. Even without a rainstorm, dog waste makes its way to the waterways by the daily runoff to the storm drains. Remember—storm water is not treated before it goes into the reservoir or other waterways.

Our community is a wonderful place to walk—with or without a furry friend. However, because of contamination, as well as smell and mess, dog waste is highly offensive to many people. So, what should we do? Simple. Dispose of the pet waste properly.

A simple plastic bag slipped over your hand like a glove makes an efficient and completely clean pickup tool. A wide variety of bags will work, including plastic grocery or shopping bags. Or, you can purchase a bag dispenser that attaches to any leash.

After you've picked up the pet waste, you can flush it (but not the bag!) down your toilet when you get home. Water and waste flushed down your toilet are treated. Then, just put the bag in the trash.

Another option, and probably the one used by most people, is to dispose of the waste and the tied-up bag in your trash.

Because the runoff from Weir Hill flows directly into the town water supply, we need to be particularly diligent about cleaning up after our pets. The DPW has installed waste bag dispensers (purchased and donated by a group of concerned residents!), signs, and waste barrels at the Hatch parking lot on Pleasant Street and at the Osgood Street entrance to the park.

We know that you and your pet want to be good neighbors!

