

A Quarterly Newsletter of

North Andover



NASCC
Sustainability Committee

www.townofnorthandover.com/recycle
recycle@townofnorthandover.com

Fall 2010



Good stuff for Goodwill



Every year, more than 400,000 people donate goods to Morgan Memorial Goodwill Industries. As a result, 20 million pounds of donated items are shipped to Goodwill stores where they take on new value.

Last month, Goodwill opened a new Attended Donation Center in North Andover. This center is located at 757 Turnpike Street in the parking lot of the Stop and Shop on Route 114.

Goodwill will gladly accept your:

- Antiques and collectibles
- Appliances (small)
- Artwork (with/without frame)
- Bedspreads and blankets
- Bicycles
- Books – novels only (child and adult)
- CDs, DVDs, records and videos
- Clothing, coats/jackets, shoes, purses, belts, and hats (infants to adult)
- Cookware, dishware, and utensils
- Crafts (in original packages with all supplies)
- Curtains

- Frames (with/without artwork)
- Giftware and knickknacks
- Glassware
- Holiday decorations
- Jewelry
- Lamps (with/without shades)
- Sporting goods

All donated items must be clean, complete, in good condition, and "sellable as is." All small appliances should be in working order.

The Donation Center will NOT be able to accept: televisions, computers, large appliances, automotive equipment, garden equipment, or food.

Donations will be accepted seven days a week, from 8 a.m. to 4:30 p.m. An attendant will be able to provide a tax receipt for your donations.

For a complete list of what to donate, please visit www.goodwillmass.org.

Too Good To Trash!

A no-hassle, online, free reuse option!

If you live or work in North Andover, you are welcome to join the North Andover Sustainability Committee's Too Good To Trash network. This network is a great way for businesses and individuals to get rid of usable items they no longer need. Whether you are part of a business that is clearing out a storage room, remodeling, or upgrading computer equipment, or a family that is downsizing or cleaning, Too Good To Trash allows you to "Offer" those things you no longer want or need from the convenience of your own computer. Others

in the network may accept these items. Then, the two parties arrange for pickup.

All offerings must be free, legal, and appropriate for all ages. Commonly posted items Offered or Wanted include furniture, housewares, electronics, toys, sporting goods, clothes, and more.

Getting started is as simple as sending an email or visiting a web page! Join this local, online reuse effort today at <http://groups.yahoo.com/group/NASWAC/>. You just might find the person who thinks your "trash" is "treasure"! Plus, it's all FREE!

Sack the bag!



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In 2009, the Massachusetts Department of Environmental Protection (MassDEP) and the Massachusetts Food Association (MFA) set a goal of reducing by one-third the number of paper and plastic shopping bags distributed at MFA's more than 500 member grocery stores and supermarkets by 2013.

To achieve this goal, retailers are promoting the use of reusable bags and providing in-store recycling bins for plastic bags, among other efforts. Now, it is up to you. Real reductions come when shoppers say "no thanks" to bags. You can sack the bag. Here's how:

- Do you need a bag? If you have only one or two items, tell the clerk that you'll carry them.
- Accept disposable plastic bags only when necessary, such as to keep soaps and cleaning products separate from food.
- Bring your own canvas, cloth, or other

reusable bags. Many stores give you a discount for bringing in your own bags.

- Reuse paper and plastic shopping bags around the house. For instance, plastic bags can be used to pick up pet waste or to line small trash cans.
- Return unwanted plastic shopping bags to the grocery store or supermarket for recycling. Recycling bins are normally near the front of the store.
- Recycle paper bags with your other paper products in your curbside container or at the Recycling Drop-Off Center on Holt Road.

Learn more at www.mass.gov/dep/public/press/0710plas.htm.

Tweet Green? Do you know Twitter and Facebook? Do you know, or would you like to learn about, web content management? If so, we would love to have your help! The North Andover Sustainability Committee is looking for someone to maintain a few web pages on the town's website (no HTML required), as well as to establish a presence on Facebook and Twitter as part of our outreach to the community. If you could be that person, please contact recycle@townofnorthandover.com.




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Q: What is the best way to recycle shredded office paper?

A: Shredded paper can be recycled in our curbside recycling container. The trick is to keep the little streamers or snippets of paper from flying all over the place when your recycling container is emptied at the curb. As you probably know, plastic bags cause havoc in the recycling processing plant, so please don't put shredded paper in a plastic bag. However, you can put the shredded paper into a paper bag and staple it closed at the top. Write "SHREDDED PAPER" on the bag so that the recycling crew knows it is OK to take this bag with your other recyclables.

bag and staple it shut. Please, NO plastic bags!

If you don't have a shredder, we will be holding a **Confidential Document Shredding Day on Saturday, November 13, from 9 a.m. to noon, at the DPW Offices.** The first box (up to the size box that holds a case of copy paper) is **FREE**, and all subsequent boxes are \$5 per box. DPW is located at 384 Osgood Street. Brinks Document Destruction will have a mobile shredder on site so that you can be assured your documents have been destroyed. I know this is a great deal because I recently had to pay \$20 to have two small grocery bags of confidential papers shredded!

On an ongoing basis, Newark Group/North Shore Recycled Fibers in Salem is offering **FREE** shredding to individuals and businesses who are able to bring material to their facility. For more information, contact Kathy Hogan at 978-825-5235.

Hope this helps. Thanks for the question!

Tiña



You can also drop off shredded paper at the Recycling Drop-Off Center on Holt Road. Bag the shredded paper in a PAPER

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

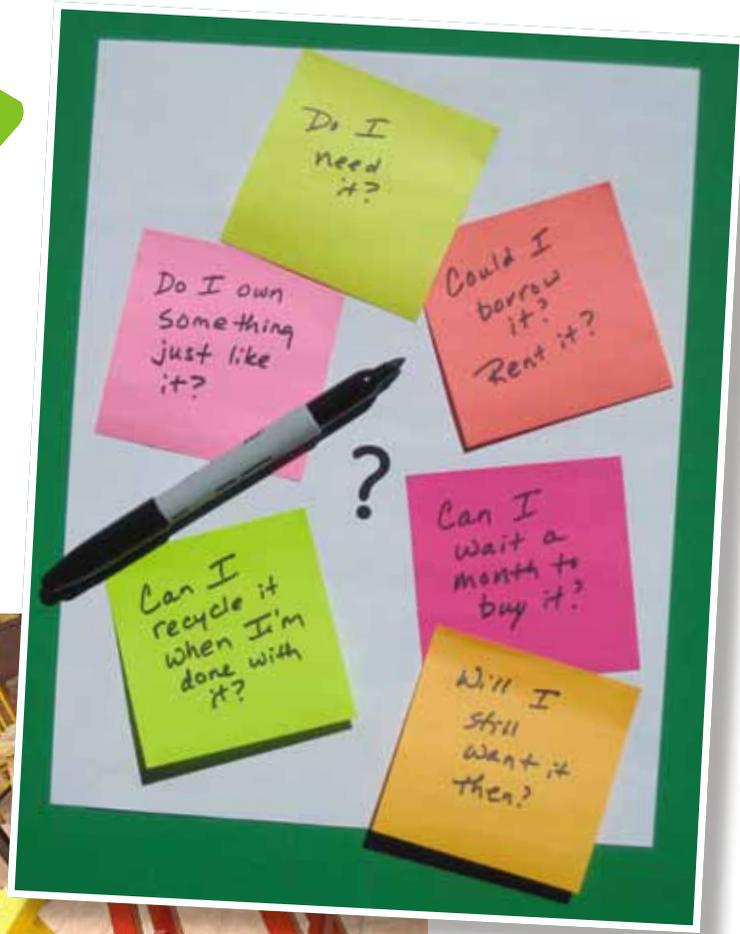
Yes, over 2,400 years ago, the philosopher Socrates was going to the market and finding many things offered that he didn't really need! How many times have you had that same feeling? You were at a store, you had an item in your hand, you were headed toward the checkout, and suddenly, you thought, "I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

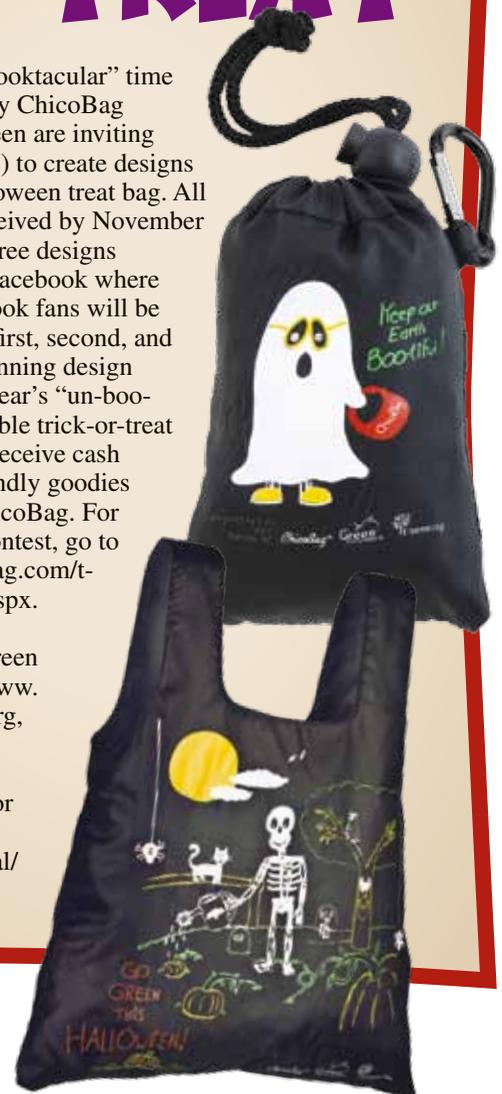
Instead of buying bottled water, fill your own reusable bottle, use a glass, or get a drink at the water fountain. If you are using a refillable bottle, be sure to wash it with hot, soapy water between uses, or, if it is dishwasher safe, put it in the dishwasher. If you are worried about germs, label 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.

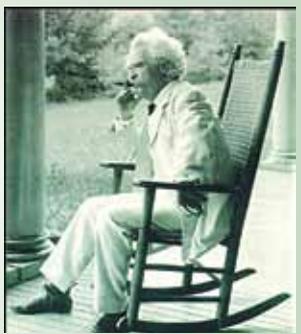
To learn more about enjoying a green Halloween, visit www.GreenHalloween.org, <http://planetgreen.discovery.com/go-green/halloween/>, or www.recycleguys.org/images/seasonal/halloween.htm.



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.

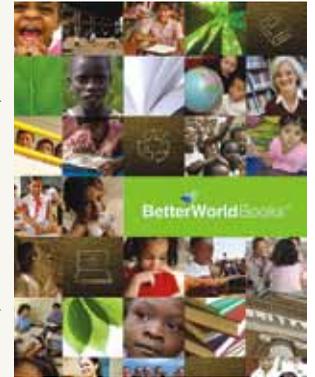
Over the next few months, Thanksgiving is only one of the parties that you'll be planning or attending. The winter months are full of celebrations and get-togethers. From now through Super Bowl Sunday, enjoy your family and friends, feast away, and watch your waste!

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?



Our next Household Hazardous Waste (HHW) Drop-Off Event will be held on Saturday, October 16, from 9 a.m. to 1 p.m., at the North Andover Drop-Off Center, which is located at the TBI Facility at 210 Holt Road. HHW includes household chemicals, lawn and garden products, and automotive fluids. Residents are allowed to drop off HHW at no charge. Residents will have to pay a nominal fee for car batteries, propane tanks, paint, TVs, and computer monitors. (Motor oil will not be accepted at this event. Motor oil is only accepted at the DPW the first and third Saturdays of each month from 9 a.m. to noon.)



After the holidays, recycle your “real” Christmas tree. After you remove all of the lights, decorations, and tinsel from your family’s cut holiday tree, give it another life with recycling. The tree must be loose—do not place the tree into an extra-large tree bag. Place the bare and unbagged tree at the curb. It will be picked up on your regular trash day between January 3 and January 14. Don’t forget to remove the stand.



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We want your suggestions, questions and comments!

NASC
 c/o Department of Public Works
 384 Osgood Street
 North Andover, MA 01845
 (978) 685-0950

recycle@townofnorthandover.com
 www.townofnorthandover.com/recycle

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Please recycle this publication after you have read it!

When it comes to climate change, recycling matters!

When you recycle at the curb and buy recycled-content products, you are reducing greenhouse gas emissions and combating climate change. How? Let us explain.

Mining and processing primary materials to manufacture products requires a great deal of energy. Producing electricity and burning fossil fuels releases many greenhouse gases. So when we conserve energy and fuel, we reduce greenhouse gas emissions. When we recycle, we conserve energy because using recovered products as raw materials uses less energy than mining and processing primary materials.

Recently, the National Recycling Coalition conducted an online seminar featuring Martha Stevenson, a member of the Steering Committee for Global Guidance for Life Cycle Assessment Data of the United Nations Environment

Programme. To put mining and manufacturing impacts in perspective, she explained it this way: A load of recycled glass can be trucked across the country two and a half times before it generates the same greenhouse gas emissions as primary manufacture of glass containers with virgin materials. With aluminum, the impact of recycling is even more positive. We would have to truck a load of aluminum

to the moon and almost back to emit as many greenhouse gasses as manufacturing aluminum from bauxite, its primary material. For plastics, the load of recycled materials could be shipped one and a half times around the world!

To learn more about the link between climate change and recycling, visit www.stoptrashingtheclimate.org/. You can calculate the positive impacts of your recycling efforts with the iWARM tool at



Making new cans with recycled aluminum uses about 95% less energy than making new cans with bauxite, the primary raw material used in aluminum manufacture.

www.epa.gov/epawaste/conserve/tools/iwarm/index.htm.

Be sure you know what you can recycle locally—and recycle all you can! For details, visit www.townofnorthandover.com/recycle.

Reuse for fall leaves



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As autumn arrives, we anticipate cooler temperatures and beautiful colors. We get those, along with an abundance of fallen leaves. As you begin your annual autumn yard cleanup, plan to reuse the fallen leaves in your yard.

Here are three ways to reuse your fall leaves:

- Use your mulching mower to shred the leaves onto your lawn. The small leaf parts will decompose by spring. In the meantime, they will protect your grass roots from harsh temperatures and provide valuable nutrients to your lawn. If you don’t have a mulching mower, you can simply remove the bagger attachment on your mower and insert the chute cover, if needed. You want the leaf parts to be small, so you may need to go over the lawn more than once. Your lawn should not look as though it is buried in leaves. Instead, the leaves should be “dusted” over the grass.
- Rake your leaves and then layer them onto your garden or flower beds. Or, pick up leaves with your bagging

mower and put these shredded leaves in a layer onto gardens and flower beds. Whether the leaves are whole or shredded, the layer should be no more than 2 to 3 inches thick. These leaves will serve as mulch, protecting helpful insects, bacteria, and fungi from the colder winter weather and keeping moisture in the soil for spring plants. In the spring, mix the decomposing leaves into the soil to fluff it up with organic matter.

- Add fall leaves to your compost bin or pile. Mix over-ripe fruits and vegetables and grass clippings into the compost pile or bin to help the leaves decompose more quickly.

If you have more leaves than you can handle in your yard, take advantage of the leaf pickup service, which is scheduled for November 1–19. Leaves must be at the curb in *paper bags* on your regular trash day. If they are not picked up, leave the bags at the curb, rain or shine. The collection may just be a little behind, and if you bring the

bags back in from the curb, you could miss the pickup. For details about this service, contact the DPW at 978-685-0950.

Residents can also drop off grass clippings and leaves only for free at the Cyr Recycling Center, located on Sharpner’s Pond Road. This facility is open to North Andover residents only. Leaves and grass can be dropped off without a permit; other yard waste will need a permit from the DPW Offices. This facility is open Tuesday, Thursday, and Saturday, from 8 a.m. to 3 p.m., from mid-April through mid-December. For more information, visit www.townofnorthandover.com/Pages/NAndoverMA_Recycling/CYR%20RECYCLE%20CENTER%20RULES.pdf or call 978-685-0950.

And, remember, don’t burn your fall leaves! Leaf burning in open piles or backyard barrels releases many pollutants into the air. Leaf burning can create health hazards for those who are vulnerable, including children, the elderly, and people with breathing difficulties. Burning can also put nearby properties at risk.