

A Quarterly Newsletter of



North Andover
NASC
Sustainability Committee

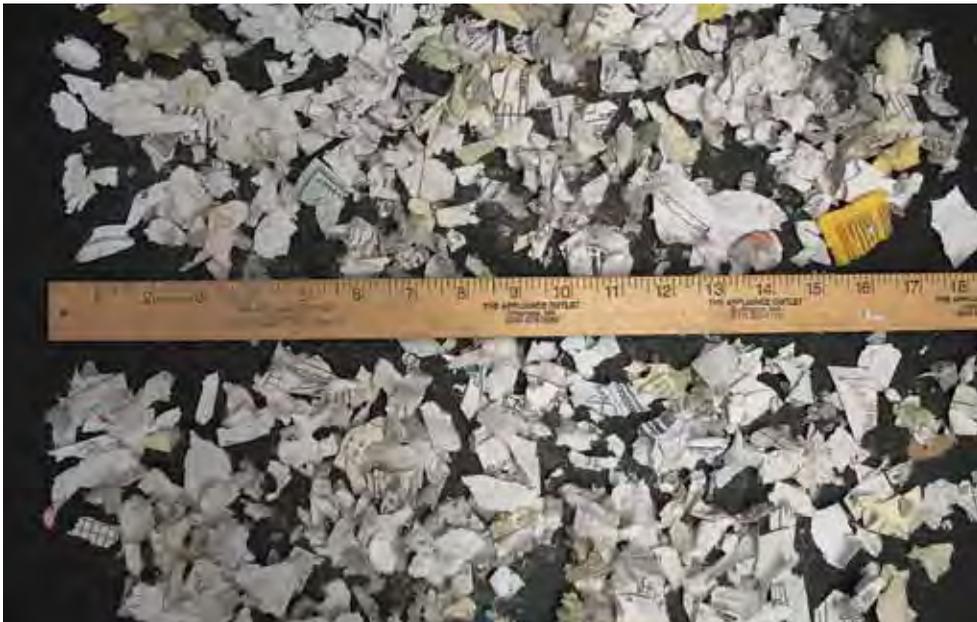
www.townofnorthandover.com/recycle
recycle@townofnorthandover.com

Fall 2011



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Shred away your worries



Chances are, you have a box of old cancelled checks, pay stubs, and other documents that contain financial and personal information that you would like to keep private. Shredding these documents can protect your identity and ensure that the paper is recycled into new products.

Not all paper needs to be or should be shredded. Things like magazines or junk mail that simply contain your name and address don't need to be shredded and, in fact, shredding them would reduce the value and usefulness of the paper they contain. Shredding should be reserved for documents that contain private information, such as bank and other account numbers, Social Security Numbers, tax returns, and medical reports.

If you don't have a shredder at home or you have more documents than it will handle, join us for the **Confidential Document Shredding Day on Saturday, November 12, 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. A1 Datashred will have a mobile shredder on site so that you can be assured your documents have been destroyed. According to A1 Datashred, "The Paper

Predator" can shred up to 7,000 pounds per hour and pulverizes all manner of paper and documents to the smallest shred-size in the industry, guaranteeing that your secure information stays secure.

Shredded paper can be recycled in your 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.

You can also drop off shredded paper at the Recycling Drop-Off Center on Holt Road. Bag the shredded paper in a PAPER bag and staple it shut. Please, NO plastic bags!

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.



We could use your help!

The North Andover Sustainability Committee is a volunteer-run committee that provides leadership and oversight for North Andover's sustainability efforts. Sustainability is all about using the earth's resources at a pace that can be maintained indefinitely, whether we're talking about trees, water, or fossil fuels. So, the committee focuses on the trash we generate, the energy we use, and the water and other resources we consume or conserve.

Our committee does everything from staffing special events to writing articles about local programs. No matter what your interest or skills, there are plenty of ways for you to help. We are always looking for enthusiastic residents who care about our environment! Please consider becoming a member of the North Andover Sustainability Committee. It is a job worth doing!

If you'd like more information about our current and future projects, please see our website, www.townofnorthandover.com/recycle.

If you are interested in joining the committee, please submit a letter of interest to the Town Manager's office at 120 Main Street.



The North Andover Sustainability Committee was a partner in the project to install solar panels on a North Andover High School building.

Donation drive a big success at Franklin Elementary



Franklin Elementary School had a friendly competition in June. The goal—to see which class could get the most people to donate reusable goods to Morgan Memorial Goodwill Industries. Over the two weeks of the competition, 445 donors delivered more than 8.9 tons of usable goods to the drop-off truck at the school.

The winning class, a group of first graders from room 1C, won the prize, with 49 donors. The class received a \$200 check to be spent on books, supplies, and/or playground equipment.

The event was a huge success and very popular with students, teachers, staff members, and parents. According to Bill LaBelle, director of operations for Morgan Memorial Goodwill Industries, "We plan on doing this again next year and spreading it to other schools in town."

Goodwill operates an Attended Donation Center in North Andover at 757 Turnpike Street in the parking lot

of the Super Stop and Shop on Route 114. Year-round, Goodwill will accept antiques and collectibles, small appliances, artwork and home decor, bedding and linens, CDs and DVDs, clothing and coats, housewares, craft supplies, holiday decorations, jewelry, sporting goods, and more. All donated items must be clean, complete, in good condition, in working order, and "sellable as is." Donations are 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.

Goodwill Donation Centers do NOT accept: televisions, computers, large appliances, mattresses, baby cribs and car seats, automotive equipment, garden equipment, or food.

For a complete list of what to donate, store locations, and more, please visit www.goodwillmass.org.





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If you were going to make only one change this month, we have a great idea—capture all of your aluminum cans for recycling!

Aluminum beverage cans are one of the easiest containers to recycle in America. Every curbside and drop-off program accepts them. Where recycling containers are found in public spaces, like hotel lobbies, airports, malls, or bus stations, aluminum cans are almost always accepted for recycling there, too. In 2010, Americans recycled nearly 56 billion aluminum cans. That's a huge number and represents 58.1% of the cans used. However, with such easy access to recycling for these cans, why isn't that number even higher?

There are many great reasons to recycle aluminum cans. A new aluminum can has 68% total recycled content, so the markets for aluminum cans are healthy and the cans are being used to make new aluminum. In addition, making aluminum from recycled beverage cans creates only 5% of the greenhouse gas emissions and uses only 5% of the energy when compared to making aluminum from raw materials. Aluminum is infinitely recyclable, so today, 75% of the aluminum ever smelted is still in use.

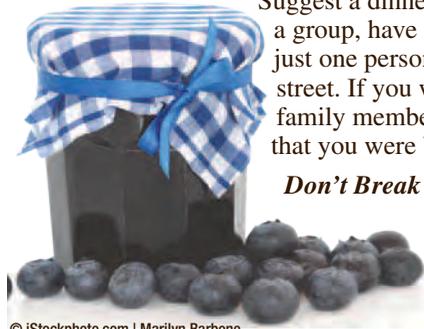
The next time you finish a drink, think about that can. Don't litter it! Don't toss it in the trash! Recycle it! Capture all of your cans—we know you "can" do it! Learn more about aluminum can recycling at www.recyclecansnow.com.

Green Gifts for a Happier Holiday

Would you like to make your holiday season a little less stressful and turn it a brighter shade of green? Would you like a season that focuses more on your relationships than your stuff? We have some advice that will help.

Making a List and Checking It Twice: Write down all of the names of people for whom you normally buy gifts. Is there someone on the list that you'd like to see more often? Instead of giving a gift, make arrangements to get together. Could someone on your list use company throughout the year? Avoid buying a gift and, instead, promise a monthly visit. Do you have adult family members on the list?

Suggest a dinner together in lieu of gifts, donate to a charity that you select as a group, have a "white elephant" gift exchange, or draw names and buy for just one person. Remember, in most relationships, gift-giving is a two-way street. If you want to change the rules this year, communicate with friends and family members about your ideas and suggestions. They will probably be glad that you were brave enough to bring it up!



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Don't Break the Bank: Decide how much you plan to spend on holiday giving. Once you have a total, estimate a budget for each person on your list. Remember that the little extras, such as stocking stuffers and accessories, can add up. As you begin to shop, keep track of your receipts. Periodically evaluate how much you're spending compared to the budget that you developed.

Priceless: Consider gifts of yourself and your time. These gifts improve your relationships, cost nothing, and create no waste. For example, you could offer to visit a friend and bring all the fixings for a homemade dinner—and then make it together. You might schedule a game or movie night for family or friends. You could offer to babysit for an evening or even a weekend. No children in the family? Offer to pet sit or house sit. Volunteer to clean up the yard in the spring or mow the lawn. The possibilities are endless.

Made With Love: Another way to give of yourself is to put your skills to work by making homemade gifts. If you preserve food or jams, give some away as gifts. Record a CD or DVD of a child's performance or an "interview" that gets the child talking about friends, school, and activities, and send the recording to a far-off relative. Refresh a family memory by making your brother the cookies that Grandma used to bake. Decorate an old picture frame with fishing lures and add a photo of you and your grandpa fishing together. Put your old jewelry, clothes, and hats into an unneeded suitcase to create the perfect dress-up chest for a child. We're sure you can think of many other ideas that reflect your own hobbies or honor the skills that a family member or friend passed along to you.



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Experience the Drama: Do you have friends or relatives who love a certain sports team but don't go to games very often? Give them tickets! Not a sports fan? Give tickets to a concert or play, a movie gift card, a museum membership, or park passes. If you have a friend who is interested in learning something new or becoming an expert on a favorite hobby, offer to pay for a class.

Know Thy Recipient: Waiting until the last minute to shop can lead to breaking the budget and choosing less-than-perfect gifts. When you are out of time, anything near a checkout seems "good enough." However, a good-enough gift is likely to be unused. At best, it will be returned, re-gifted, sold, or given away. At worst, it will be forever unused and, eventually, thrown in the trash. Knowing what a friend or family member likes and dislikes, as well as knowing sizes and other essentials, can lead to thoughtful gifts that don't waste your time and money or end up as trash. If you don't have time to find a gift that will reflect the recipient, give a gift card instead.



Wrap It Up: Remember to wrap without waste. Reuse last year's paper (and save this year's for next year). Choose reusable gift bags. Decorate boxes that you use each year for the same person. Use fabric scraps, magazine pages, colorful brochures, or old maps to create unique wrapping "paper."

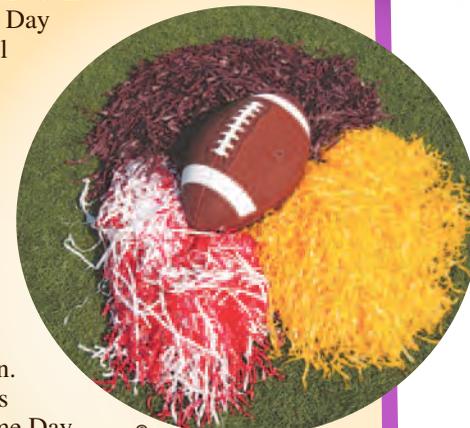
FAST FACTS

Greenest on the Gridiron

This fall, colleges and universities across the U.S. will be competing in the Game Day Challenge. Each participating school designs a waste reduction plan for one 2011 regular season home football game and then measures the results. Schools can collect common recyclables, such as paper, beverage containers, and cardboard, as well as food for donation and composting. The amount of waste generated and recycled will determine which school is the greenest on the gridiron.

Last year, more than 75 colleges and universities took part in the Game Day Challenge. During the challenge, the participating schools kept 500,000 pounds of waste out of landfills, preventing greenhouse gas emissions equivalent to taking 180 cars off our roads for a full year.

If you enjoy fall sports, concerts, or festivals, be sure to look for and use recycling bins. If you are managing events, please be sure to include recycling in your plans.



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Old bags with new purpose

We've all been there. One day you are at the store and realize that your favorite reusable bag, the one you've had for the past several



years which has been with you through rain and shine, has a rip that is beyond your ability to repair. Never fear! ChicoBag has partnered with The Grateful Thread to accept

old reusable bags and put them to a new use. Bags that can be repaired will be given to families who can't afford to purchase reusable bags. Bags that can't be repaired will be turned into useful new products, such as beautiful hand-woven rugs.

You can mail clean, old reusable bags to this address: ChicoBag Company, c/o Zero Waste Program, 13434 Browns Valley Drive, Chico, CA 95973.

Learn more at www.chicobag.com/t-repurposing_program.aspx.

Simplify, simplify!

In *Walden*, Henry David Thoreau wrote, “Our life is frittered away by detail. . . . Simplify, simplify.” Watch a few minutes of cable TV and you’ll discover that Thoreau has thoroughly modern counterparts. Do a little channel surfing and you’ll find shows devoted to clearing out the clutter, ranging from simple organizing tricks to professional clean-outs.

While most of us will never appear on a television show about hoarding, many of us have more clutter than we wish we had. Whether it is a jam-packed clothes closet or a cabinet that is bursting at the hinges, devoting some time to decluttering, organizing, and donating or selling what you don’t need can be a refreshing experience for your spirit as well as your space.

In *The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life*, Francine Jay compares decluttering to dieting. You can go for the short-term fix, begin to feel deprived, and relapse, or you can transform your relationship with stuff. She advocates for making conscious decisions about what you buy, what you have, what you keep, and what you release. In other words, she focuses on making the long-term change.



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In a chapter entitled, “Trash, Treasure, or Transfer,” Jay begins with trash—things that are clearly garbage or are outdated and can be recycled, like newspapers and magazines. The treasure pile will contain those things that you want to keep. However, she cautions that your treasures need to add either beauty or function to your life. Finally, in your transfer pile, you include all of the perfectly usable things that you no longer want or need. As she puts it, “In here belong all those perfectly good items that are no longer good for you.” Your transfer pile will include items that you plan to give away and those you hope to sell.

Thoughtful decluttering can also lead to less impulse shopping. When you declutter, you often find things that you “had to have” and, yet, never used.

You don’t have to spend much time at a thrift store to know that you are not alone. Many of the items donated or resold each year aren’t just like-new, but are brand-new.

Rather than fritter your life away with details, or spend all of your time at home moving stuff to find what you’re looking for, simplify. And when you simplify, share. Many items that are no longer good for you would be very good for someone else.

Image courtesy of Jenna Isaacson

Reuse is big business

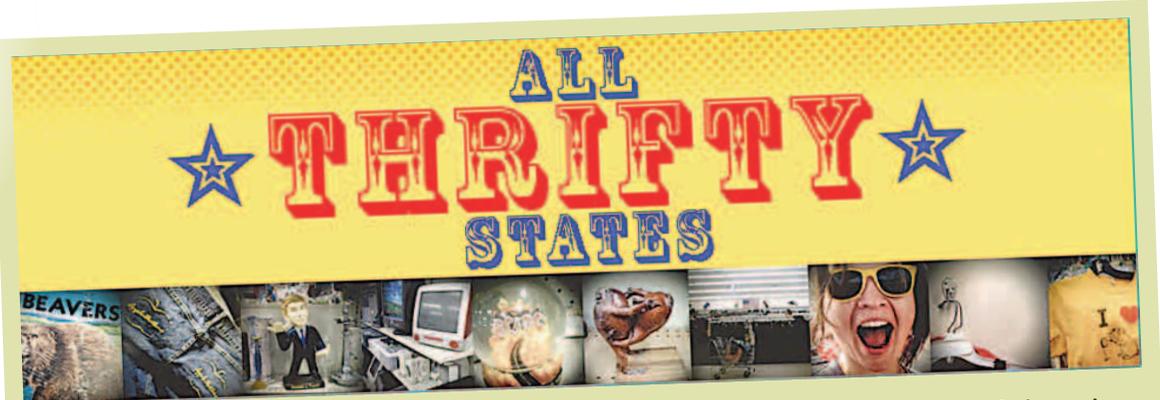


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Reuse has environmental, social, and economic benefits. The environmental benefits are clear—when we reuse, no new materials are harvested, mined, or manufactured. Reusing leads to less air and water pollution. In addition, reused items may be transported shorter distances to the end user.

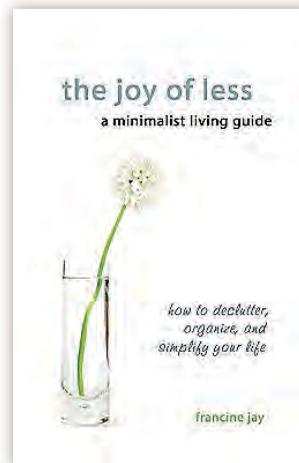
In terms of social benefits, reuse provides usable goods to people and organizations with limited means. Many reuse centers take part in job-training programs and provide employment for adults with disabilities and at-risk youth.

You might, however, find the economic benefits most surprising. Reuse creates jobs, encourages local business activity, and, of course, lowers disposal costs. Nationwide, reuse is a more than \$14.1 billion industry. Depending on the product, reuse creates 30 to 300 times more jobs than disposing of the same material on a ton-per-ton basis. At the low end, wood pallet repair creates about 28 jobs per 10,000 tons of material, whereas landfilling creates only one. At the high end, computer reuse creates 296 jobs per 10,000 tons of material.



Jenna Isaacson is a woman on a mission. Her goal is to promote secondhand shopping. A self-proclaimed “thrift store addict,” Isaacson is on a massive road trip, traveling the United States on what she terms “a visual journey through America’s collective closets.” She isn’t investigating actual closets, of course. She’s stopping at a thrift store in every state. Learn more about Jenna’s mission at www.allthriftystates.com.

Read More About It



The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life by Francine Jay

Live More, Want Less: 52 Ways to Find Order in Your Life by Mary Carlomagno

Organized Simplicity: The Clutter-Free Approach to Intentional Living by Tsh Oxenreider

QUOTES REQUOTED

Just by simply choosing healthful options every day, you can make a world of difference. You can improve your own health and the health of the environment. It’s just like choosing to change your lightbulbs or draw your drapes. Just like choosing to drive a greener car. Just like choosing to recycle and buy recycled. Just like choosing to reduce your energy needs and get your energy from greener sources. Just like choosing to eat locally grown, organic food. It’s all about choices. And you’ve got the power to choose.



Ed Begley, Jr.
Living Like Ed

what's up?

Clean Energy Center Offers Funding for Solar Hot Water

The Massachusetts Clean Energy Center (MassCEC) recently announced that it is offering funding for commercial-scale and large multi-family solar hot water projects, as well as residential solar hot water projects for single-family homes and multi-family buildings with up to four units.



The Commonwealth Solar Hot Water Programs provide funding through a non-competitive application process for the installation of solar hot water projects by professional installers at residential, multi-family, and commercial buildings. Systems may supplement any fuel type, but must serve facilities that are located in an electric utility territory that contributes to MassCEC's Renewable Energy Trust

Fund, which includes customers served by National Grid. MassCEC's Renewable Energy Trust Fund has reserved \$1 million in funds to support the one-year commercial pilot program, and \$1 million in funds to support the one-year residential pilot program. Funds are available until expended.

MassCEC is offering additional funding to cover the costs of installing performance metering equipment.

For more information about the Commonwealth Solar Hot Water Commercial Program and the Commonwealth Solar Hot Water Residential Program, visit www.masscec.com/solarhotwater.

With questions, email solarhotwater@masscec.com or call 617-315-9355.



Our next Household Hazardous Waste (HHW) Drop-Off Event will be held on Saturday, October 15, 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 13. Don't forget to remove the stand.



Changing colors? Change the way you look at fall leaves!



Temperatures are cooler. The kids are back in school. Football is in the air. Life is good. And then, one day, you notice that the leaves are changing colors and beginning to fall. Ah, yes, raking season has begun.

This fall, make raking season simpler for your family and better for the environment. Try one or more of these methods:

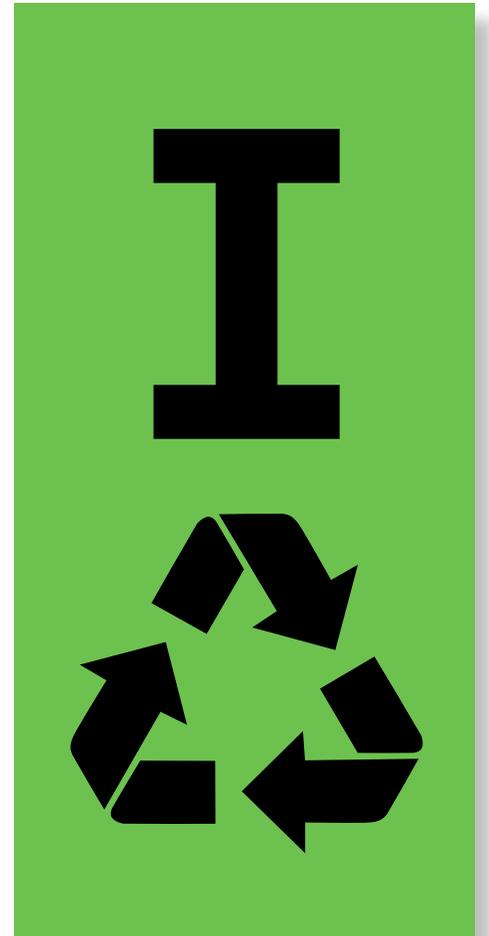
- Carry the raked leaves to your compost bin. Mix in the leaves using a shovel. Keep in mind that too many leaves may slow down the composting process. If you have a lot of leaves, pile the extras near your compost bin and mix them in slowly over the next several months as you add "green" debris, such as fruit and vegetable scraps.
- Shred the leaves with a bagging mower. Use the leaf bits as mulch around trees and plants or to cover your garden for winter. Leaf mulch protects the soil and the beneficial creatures that live in it from the harsh winter temperatures.
- Forget the rake. Use your mulching mower to shred the leaves onto your lawn. These leaf bits provide protective cover for the grass plants and will decompose by spring. This is perfect if your lawn has only a few younger trees. Your grass will initially look like

it has been "sprinkled" with leaf bits. If it looks "frosted" and not "sprinkled," you are going to have to rake!

If you have more leaves than you can handle in your yard, take advantage of the leaf pickup service, which is scheduled for October 31 – November 18. 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 Sharpners Pond Road. This facility is open to North Andover residents only. Leaves and grass can be dropped off without a permit, but you must show proof of residency. Other yard waste will need a permit from the DPW Office. 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, go to www.townofnorthandover.com/recycle and click on "Yard Waste Disposal," or call 978-685-0950.

What's so great about recycling?



America Recycles Day
NOVEMBER 15

AmericaRecyclesDay.org

For starters, it saves a lot of energy. Every ton of mixed paper recycled saves an amount of energy equal to 165 gallons of gasoline. Every ton of aluminum cans recycled saves an amount of energy equal to 1,665 gallons of gasoline. But that's not all! Recycling also provides valuable resources for manufacturing new products. In 2009, Americans provided *122.5 billion pounds* of recyclable paper, cardboard, and containers to factories. People like you supply a lot of raw materials to manufacturers!

Since 1997, Americans have been reminded each November that recycling is not only a great habit but also an important part of our economy. On America Recycles Day, which is observed nationally on November 15th, we celebrate all of the great things that recycling does—conserve resources, save energy, reduce pollution, and create jobs!

This fall, take some time to evaluate your recycling. Do you recycle regularly? Do you know what materials go into your curbside or drop-off bin? When you shop, do you look for products made from recyclables? Do you know that you can buy recycled-content paper, pens, T-shirts, fleece hoodies and vests, and reusable water bottles? In other words, do you know all you need to know about recycling? Recycling is a great thing to do—be great at it!

Do you need help? Learn more about the Town of North Andover's recycling programs at www.townofnorthandover.com/recycle, or call 978-685-0950.

We want your suggestions, questions and comments!

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www.townofnorthandover.com/recycle

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