

talkin' TRASH ...and more



Visit us at www.ThurstonSolidWaste.org

Tips for Keeping Thurston County Healthy, Fall/Winter 2010

Drug Companies...Take Back Your Meds!

Product Stewardship or Extended Producer Responsibility (EPR) are terms you will hear more about in the near future. They refer to the very simple concept of having manufacturers pay for the disposal of the products and packaging they create. Europe, Canada, China, Japan and many other industrialized nations have been doing this for several years. EPR is gaining momentum in the United States with more than 50 state laws in place, mostly for products containing toxic substances. Many companies that sell products in the U.S. already follow EPR regulations in other countries.

Washington State's first EPR law resulted in the popular E-Cycle program, which provides free recycling of televisions, computers, monitors and laptops. This year, a law passed that will soon provide free collection for residential lights that contain mercury – those energy-efficient curly compact fluorescent lamps and fluorescent tubes. The Northwest Product Stewardship Council played a big part in making these new laws happen. To learn more, visit www.productstewardship.net.

Efforts are now underway in Washington State to advance legislation that will provide manufacturer funded take-back programs for leftover prescription and over-the-counter medicines. There are a host of important reasons why we need a take-back program for medications.

Studies have found that about 10 percent to 33 percent of drugs that are sold actually end up either unused or unwanted. The total number of medicine containers sold in Washington each year is about 96 million. If even 10 percent go unused, that's 9.6 million containers of medicine that need proper disposal.

Getting rid of these unused medicines in a safe manner will help reduce access to drugs that could be abused. Misused prescription drugs are now the illicit drug of choice among 12- and 13-year-olds. Three in five teens say prescription drugs are easy to get from parents' medicine cabinets.

trash flash

DRUG TAKE-BACK DAY: On Sept. 25, from 10 a.m. to 2 p.m., the Thurston County Sheriff's Office will host a drug take-back day at the Rochester Community Center, 10140 Highway 12 S.W. in Rochester. This event is part of a nationwide collection day sponsored by the U.S. Drug Enforcement Agency. Visit www.dea.gov for more information.

More than half of prescription drug abusers get the medicines from a friend or relative.

Abuse of opiate pain relievers – such as OxyContin, codeine and Vicodin – is increasing rapidly. The number of young people admitted to state-funded treatment programs for prescription opiates is 19 times higher than in 2001.

Drug overdoses have also surpassed car accidents as the leading cause of accidental deaths in Washington for 35- to 54-year-olds.

Flushing medicines down the toilet hurts the environment since wastewater (sewage) treatment plants do not do a good job of filtering out medications. As a result, measurable amounts of drugs end up in Puget Sound.

Trash disposal is not safe either, since many drugs are considered hazardous materials. Many landfills pump out leachate, or liquid garbage juice, and send it to sewage treatment plants. As mentioned earlier, treatment plants cannot filter out the medications.

Some communities offer popular drug take-back programs; however, most cities and counties cannot afford to offer them. With government budgets tightening, the situation will not improve. Pharmaceutical companies provide and pay for medicine return programs in British Columbia and several European countries. Why not here?

The Secure Medicine Return Bill is aimed at ensuring that a safe and convenient statewide medicine return program is provided by medicine producers. Do your research at www.MedicineReturn.com. To contact your legislators and let them know what you think, visit: <http://apps.leg.wa.gov/DistrictFinder/Default.aspx>.

(Sources: Unwanted Medicine Return Program and King County Local Hazardous Waste Management Program. For citations, visit www.MedicineReturn.com and www.lhwmp.org/home/HHW/documents/ReducingAccessPrescriptDrugs.pdf.)



Where To Take Meds

The following locations have secure drop-off boxes for unused medications:

- Thurston County Sheriff's Office, 2000 Lakeridge Drive S.W. in Olympia.
- Tumwater Police Department at City Hall, 555 Israel Road in Tumwater.
- Lacey Police Department, 420 College Street S.E. in Lacey.
- Tenino Police Department, 358 McClellan Street S. in Tenino.
- Group Health Cooperative, 700 Lilly Road in Olympia. Unlike law enforcement offices, Group Health cannot accept narcotics like Oxycontin or Vicodin.

See www.MedicineReturn.com for hours of operation.

Rx360 Presentations

TOGETHER! and The Partnership for a Drug-Free America are providing an educational presentation called "Rx360 Washington." Health, prevention and treatment professionals will deliver motivational presentations about preventing prescription drug abuse in communities.

A presentation will be held Sept. 25 from 10:30 a.m. to 11:30 a.m. at the Lacey Timberland Regional Library, 500 College Street S.E. No registration is required for this free event.

Webinars will be held Sept. 22 from 12:30 p.m. to 1:30 p.m.; Oct. 6 from 5:30 p.m. to 6:30 p.m.; and Oct. 20 from 9 a.m. to 10 a.m. Sign up for webinars on www.thurstontogether.org.

Since You Asked!



Do you accept gasoline at HazoHouse? If I use my own gas container, will I get it back?

Yes, HazoHouse accepts gasoline. Just ask HazoHouse staff to return the container. It's wise to use a gas container for safety reasons. For details about HazoHouse, see page 8.

May we put sawdust in our organics bin?

You may put sawdust in your organics bin as long as the wood that created the sawdust is untreated and unpainted. If the dust comes from treated or painted wood, it needs to go into the trash.

May I recycle mailing envelopes that have bubble wrap inside?

The envelopes with bubble wrap inside cannot be recycled. If they are in good condition, you might be able to place mailing labels over the old address and postage areas and reuse the envelopes.

Where do you suggest I dispose of big stereo speakers that still work, but don't sound great anymore?

Consider giving away your speakers by posting them on one of the following websites, which are all free to use:

- www.2good2toss.com
- seattle.craigslist.org/oly/
- www.freecycle.org

Are photos and photo paper recyclable?

Yes, photo paper and photographs may be placed in your recycle bin as if they were mixed paper.

Where can I recycle a microwave?

Please visit www.WhereDoITakeMy.org for a complete list of locations that accept microwaves.

Is aluminum foil recyclable?

Yes, but the aluminum foil should be very clean (used on a dry product, like muffins, rather than a messy item like pizza).

Also, please gather enough aluminum to crunch it into a ball that's approximately the size of an aluminum can; otherwise, the aluminum may accidentally be treated as paper during the mechanical sorting process.

I know juice boxes are recyclable, but what about juice bags?

No, juice bags cannot be recycled. We encourage people to purchase juice boxes instead of juice bags. Better yet, put juice in a reusable container.

Things You DON'T Need to Do ... Many Old Ways of Recycling are Gone

Back in the early days of recycling, people had to flatten cans, remove labels, sort materials and fight off yellowjackets before hauling materials to a recycle center. Times certainly have changed for the better. Today, curbside recycling is available to residents throughout Thurston County. Residents who self-haul their garbage can even sign up for recycle-only service for a minimal charge. Innovations at recycling plants have also made it much easier for people to prepare materials.

We recently heard from a self-described "old-schooler" who had questions about how to prepare materials for curbside recycling. "I tend to take off anything removable, while everyone else thinks I do too much," he wrote. Sound familiar? Then read on!

Q. Do we need to remove the little metal or plastic rings from the necks of bottles and jars?

A. No, you do not need to remove rings from bottles and jars. This is true for plastic and glass containers alike.

Q. What should we do with plastic caps and lids?

A. Throw them in the trash. All plastic caps and lids belong in the garbage, not the recycle bin. This includes plastic bottle caps and plastic lids from dairy tubs (such as yogurt and margarine containers). Some people reuse the flat plastic lids by placing them under sticky bottles in cupboards.

Q. Can metal lids be recycled?

A. Loose metal lids should go in the trash, not the recycle bin, because they cause problems at the recycling sorting facility. Metal lids that are still partially attached to cans can be recycled, provided the lids are tucked inside the cans.

Q. Do we need to remove paper labels from bottles, jars and cans?

A. There is no need to remove paper labels from any type of recyclable container.

Q. Do we need to remove plastic windows from paper and food boxes (such as the window on a pasta box or tissue box)?

A. You do not need to remove plastic windows from food boxes or tissue boxes. As a side note, you also don't have to remove plastic windows from envelopes, or even remove staples and sticky notes.

Q. Do we need to remove those clear plastic covers from magazines and junk mail?

A. Please remove the plastic covers. Plastic bags of any type do not belong in your curbside recycle bin. Take bags to a recycle bin at a grocery store or to the Waste and Recovery Center (see "Trash Flash" below).

trash flash

PLASTIC FILM ACCEPTED AT WASTE AND RECOVERY CENTER: The recycle bins at the Waste and Recovery Center now accept plastic film such as grocery bags, shopping bags, bread bags and dry cleaning bags. If the bag can be stretched and punctured with a finger, it belongs in the bin. You might notice that items are sorted a bit differently at the Waste and Recovery Center recycle bins. These changes reflect the needs of our processor and reduce contamination from items that are not marketable.



Q. Do we need to flatten cans?

A. Flattening cans was a requirement back in the early days of recycling, but the processing plant that accepts materials from Thurston County prefers cans be unflattened so that they can be identified easily during the mechanical sorting process.

Q. Can shredded paper go in the recycle bin?

A. We've received many calls about this topic. Shredded paper should now go in the organics bin – not the recycle bin. (The "organics bin" was formally called a yard waste bin. Food, food-soiled paper and yard waste belong in the organics bin.) If you are not signed up for organics service, please put shredded paper in the trash instead.

The processing plant that accepts materials from Thurston County has asked that shredded paper no longer be placed in recycle bins. Shredded paper ends up in the residuals or "fines" that go out in the trash at the end of the sorting process. Paper recyclers cannot use shredded paper because the fibers are cut too short.

We realize this is a change and we are in the process of updating our outreach materials.

Q. How much rinsing is necessary? Do containers need to be squeaky clean?

A. Food should be removed and the container rinsed just a few times to get rid of most of the leftover residue. There's no need to wash containers thoroughly.

Q. Do we need to remove the plastic spouts from paper drink containers before putting the containers in the recycle bin?

A. The recycling facility prefers that plastic spouts be removed and thrown away, but this is not a requirement.

Recycling at Burfoot, Kenneydell

Less trash will be generated at Burfoot Park in the future thanks to new recycling stations set up by Thurston County. This stunning park is a popular gathering spot for picnics – and all the pop cans, chicken buckets, paper plates and corn-on-the-cob that make those picnics so delicious.

The county has installed six stations in picnic areas for food and food-soiled paper, plastic bottles, cans, paper, glass bottles and glass jars.

About 75 percent of the waste traditionally gathered at Burfoot Park may now be recycled or composted instead. Burfoot Park is one of the few parks in the state to include food waste collection.

The county has also introduced recycling of the same items, except organics, at Kenneydell Park Lodge at Black Lake.



A resident recycles at Burfoot Park.

trash flash

SEE RECYCLABLES AT WORK: The recycling stations at Burfoot Park are made from recycled plastic lumber, which is made from grocery bags and bottles. Closed Loop Park at the Thurston County Waste and Recovery Center is another place to see recycled materials at work. The park features a slide and play structure made from recycled materials.

Community Garage Sale Oct. 2

Join the fun at Thurston County's Secondhand Safari! This community garage sale and reuse fair will be held on Saturday, Oct. 2 from 8 a.m to 3 p.m at the Thurston County Fairgrounds, 3054 Carpenter Road in Lacey. Sign up now to have a booth and get ready to clear out your clutter!

Secondhand Safari includes garage sale booths, educational booths, a free book and magazine table, music, food and more. This is a great opportunity to sell, trade and barter with others in your community.



Early-bird admission is \$2 between 8 a.m. and 9 a.m. After 9 a.m., the admission is \$1. Come early and take advantage of the huge selection.

Coordinate with your friends, make it a family event, or use the opportunity to raise money for a charity. Booth space is \$25 for an outdoor space and \$40 for a covered space (all approximately 10 feet x 10 feet). Setup will be Friday, Oct. 1 from noon to 10 p.m. The doors will be locked after setup Friday evening and security will be on-site until Saturday morning.

To reserve your space or for more information, please call 786-5453 or visit www.co.thurston.wa.us/fair.

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CIGARETTE BUTTS: There's a myth that cigarette filters are biodegradable. In fact, cigarette butts are not biodegradable in the sense that most people think of the word. The acetate (plastic) filters can persist in the environment as long as other forms of plastic. Cigarette filters have been found in the stomachs of fish, birds, whales and other marine creatures who mistake them for food. The toxic chemicals that are captured in the filters are particularly dangerous to wildlife. In Washington State, flicking a cigarette butt out the window can result in a fine of up to \$1,025 from the state Department of Ecology. To report litter, call 1-866-LITTER-1.

Recycling Pop Quiz

...which items belong in your recycle bin?

Kitty litter bucket



No

Plastic pet food bags



No

Plastic bags



No

Shampoo bottle



Yes

Lid to plastic dairy tub



No

(but the dairy tub itself is recyclable)

Farm Plastics

Along with fresh produce, the use of plastic is growing on our local farmlands. More farmers are choosing to use plastic film instead of natural materials for agricultural operations.

Until recently, farmers have had to treat these agricultural plastics as garbage; however, a pilot program by the Thurston Conservation District is providing free recycling to keep hay twine and straps, haylage wrappers, and woven polypropylene sacks (such as fertilizer, feed and seed bags) from ending up in a landfill. The pilot program is a joint effort with D&C Distributing out of Ellensburg.

Nearby recycling sites include:

- Del's Feed & Farm Supply – Olympia (Old Highway 99)
- Del's Feed & Farm Supply – Yelm (Highway 507)
- Del's Feed & Farm Supply – Chehalis (Bins will be available soon at the Kresky Avenue store.)
- Yelm Farm & Pet – Yelm (Bald Hills Road)

D&C Distributing picks up the plastics once a month. There is no charge for the bins or for pickup of the plastics. If you're interested in having a bin at your own location – either for personal use or as a service for others – please call the Thurston Conservation District at 754-3588.



New Locations at Hawks Prairie

Later this year, the blue box recycling center and HazoHouse will move to a new location at the Waste and Recovery site at Hawks Prairie. The change will allow for safer traffic flow as well as expanded services. We will keep customers informed of the changes as construction gets underway.

Glass Advice

When you place glass out at the curb for recycling, please remember to use a rigid container that is between 5 and 20 gallons in size. A plastic bin or small trash can will work just fine. Those old plastic kitty litter and detergent buckets will also work well, provided they're at least 5 gallons and the lids are removed. Remember to drill a few holes in the bottom of your container to drain rain water.

Remember, glass is collected every other recycle day and you can set out more than one container. Call your hauler if you have any questions. Phone numbers are featured on page 8.

Recycle Holiday Lights



Most of us have a box or two of old holiday lights that don't work. Fortunately, those broken, tangled holiday lights can be recycled free of charge at two locations.

Wilson Recycling in Shelton will accept all types of holiday lights for recycling. The address is 2278 E. Brockdale Road. For more information, call (360) 462-4444.

The Point Defiance Zoo in Tacoma accepts old string lights during the holiday season only. The lights can be placed in designated bins at the zoo's main entrance and other Metro Parks Tacoma locations. These include the Metro Parks Tacoma headquarters building, Tacoma Nature Center, and all Metro Parks Community and Neighborhood Resource Centers.

Donated lights are delivered to a local recycling center. Money raised from the sale of the lights goes into a conservation fund, which supports conservation efforts for species in the zoo's collection as well as onsite green initiatives.

Please keep light strand donations as simple as possible and remove all packaging, twist-ties and rubberbands before you load them into the bins.

The holiday-light recycling program is available only at certain times of the year. Please be sure to check the zoo's website before making a delivery: www.pdza.org/page.php?id=438.

LED Lights Shine

When it comes time to hang holiday lights, choose LED lights for a beautiful sparkle. LED lights last up to 100,000 hours, so they'll survive several seasons. LEDs also use far less energy. One bulb in a traditional strand of holiday lights uses six watts, while an entire strand of LED lights uses only four watts. If you can't find LED lights at a local retail store, try the internet; many varieties are available at competitive prices.

How is Our Service?

Thurston County would like to hear about your most recent experience at the Waste and Recovery Center or the drop boxes at Rainier, Rochester or Summit Lake. Share your views at www.ThurstonSurveys.org.

Unleash the Fun!

In mid-October, Thurston County will open an off-leash dog area at the Thurston County Waste and Recovery Center at Hawks Prairie. The dog area is a great way for the county to make good use of old landfill space that has been sealed and capped.

The off-leash dog area will be a 5-acre, fenced site where people and their dogs can exercise, play, relax, socialize and have fun. The area will include:

- A bone-shaped brick entrance built with personalized bricks.
- A sand and gravel area for digging.
- A watering area for thirsty dogs and people.
- A separate fenced area for shy and small dogs.
- A walking trail around the perimeter.

The off-leash dog area will feature a bone-shaped entrance made out of tribute bricks. Residents can buy a brick to celebrate a pet, to memorialize a past pet, or to simply support the offleash dog area. The brick will be sand-blasted with a personal message. Order forms are available on www.thurston-parks.org.



The site will be funded by proceeds from the brick sales, and from a reserve fund that can be used only for capital construction projects aimed at reclaiming old landfill property. No money is coming from the county general fund or solid waste fees.

Keep your ears perked for more news about an official opening date. Thurston County will make an announcement in the media and on www.thurston-parks.org. Our thanks to Animal Services and Sound Hounds for their hard work in making the dog area possible.

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NEW LIFE FOR OLD LANDFILL: The off-leash dog area will be located on one of the sealed landfill cells at the Thurston County Waste and Recovery Center at Hawks Prairie. The last load of trash was buried there in 2000; since then, the Waste and Recovery Center has served as a transfer site that prepares garbage to be sent to Roosevelt Regional Landfill in Klickitat County. Another sealed area will eventually become a 325-stall park-and-ride.

Recyclables Have Many Lives

Mixed paper may become kitty litter, egg cartons, newsprint, paper towels, cereal cartons, insulation or wrapping paper.



Glass bottle and jars may become "glassphalt" paving, construction fill, roadbeds, coarse drainage, sand, fiberglass or other glass containers.



Plastic bottles may become synthetic fleece clothing, playground equipment, fiberfill, carpeting, car dashboards, toys or other plastic bottles.



Aluminum cans may become aluminum house siding, foil, appliances, car parts or other aluminum cans.



Tin cans are actually steel with a thin tin coating. Tin cans may be used in car parts, freeway signs, golf clubs, trash dumpsters, building materials or other tin cans.



Remember: Recycling is more than just placing certain materials in a special bin. The recycling loop is complete only when recyclable materials are processed and remanufactured into new products, which are then sold. Recycling works only when consumers, businesses and organizations buy products made with recycled material.

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SHOES: Nike recycles athletic shoes (any brand) into new sports surfaces, like soccer and football fields. Take shoes to Alpine Experience, 408 Olympia Ave. N.E. in Olympia. Athletic shoes only – no flip flops, dress shoes or heavy duty hiking boots.

From Crust to Compost

Innovative Programs Reduce School Lunch Waste



On average, more than half of what most schools throw away is food. But that's starting to change. Many area schools are now composting their food waste with support from Thurston County's Food to Flowers program, the City of Olympia's Waste Resources Division, and school programs like those offered through the Olympia School District's Resource Conservation Management office. These schools are not only sending a lot less stuff to the landfill, they are also conserving resources, saving money, and providing students the opportunity to learn to be more responsible environmental stewards.

Participating Schools

The following schools were participating in food waste and soiled-paper composting programs at the end of the 2009-2010 school year.

Griffin School District

Griffin Elementary
Griffin Middle School

North Thurston School District

Mountain View Elementary
Pleasant Glade Elementary
Komachin Middle School

Olympia School District

Boston Harbor Elementary
Centennial Elementary
Garfield Elementary
Hansen Elementary
Lincoln Elementary
Madison Elementary
Margaret McKenny Elementary
Pioneer Elementary
Marshall Middle School
Washington Middle School
Olympia High School

Rainier School District

Rainier Elementary

Rochester School District

Grand Mound Elementary
Rochester High School

Tumwater School District

Black Lake Elementary
East Olympia Elementary
Michael T. Simmons Elementary
Peter G. Schmidt Elementary
Tumwater Hill Elementary

Many schools across Thurston County plan to launch food waste composting programs this school year. For information about the county's Food to Flowers program, contact Peter Guttchen at 709-3013, guttchp@co.thurston.wa.us.

For information about organics recycling programs at schools within the City of Olympia, contact Spencer Orman at 753-8752, sorman@ci.olympia.wa.us or Bonnie Meyer with the Olympia School District at 596-8566, bmeyer@osd.wednet.edu.

By the Numbers...*

24 – number of schools with food and soiled-paper composting programs in Thurston County.

172 – estimated number of total tons of organics collected from all schools with food and soiled-paper composting programs in Thurston County. One hundred seventy-two tons is 344,000 pounds.

13,600 – total number of students participating in a food and soiled-paper composting program in Thurston County.

85% – the average percentage of lunchroom waste collected for composting from schools in Thurston County.

\$4,000 – the estimated annual savings in total garbage and recycling collection costs for the Griffin School District after launching a food waste and soiled-paper composting program.

* Data is for the 2009-2010 school year.

Menu Planning

In addition to expanding composting and recycling programs, many schools are also making meal programs as waste-free as possible. Examples include:

- Replacing disposable plastic utensils with durable flatware.
- Replacing condiment packets with bulk dispensers.
- Using a milk dispenser and durable cups instead of serving milk in cartons.
- Dispensing cereal in bulk for breakfast.



Working as a student monitor, sixth grade student Jewel Bender helps her classmates sort their left-overs during lunch at Michael T. Simmons Elementary School. Reprinted with permission of *The Olympian*. STEVE BLOOM/staff photographer

Tips for a Waste-Free Lunch



With the new school year starting up, you can help reduce waste, conserve resources and save money by packing a waste-free lunch. A waste-free lunch also makes it easier for schools to recycle and compost and can help schools save money on their garbage bills.

Include:

- A durable, reusable lunchbox or bag.
- Sandwiches in reusable containers.
- Whole fruits without packaging.
- Drinks and soups in containers that can be reused, such as a thermos, or recycled, such as a can, plastic bottle or juice box.
- Snacks purchased in bulk and packed in reusable containers.
- Reusable ice packs, silverware, and cloth napkins.

Don't include:

- Individually wrapped snacks or candy.
- Plastic baggies that are not reusable.
- Disposable forks and spoons.
- Overly packaged convenience foods.
- Plastic straws.

Environmental Education

Thurston County educators offer presentations for elementary schools using visual aids, hands-on activities, games and take-home materials. The goal is to help students enjoy and retain what they've learned. Topics include waste reduction, recycling, composting, hazardous waste and more.

For information about school programs, call Colleen Uuereb at 786-5269 or e-mail uuerebc@co.thurston.wa.us.

Students can also tour the Waste and Recovery Center at Hawks Prairie to discover how much trash we create here in Thurston County. Students visit HazoHouse (Thurston County's household hazardous waste facility); the Recycle Center; the methane flare station; the Yard Debris Site; and the leachate pre-treatment pond. To schedule a student tour, call Jo Evans at 867-2901 or e-mail evansj@co.thurston.wa.us.

trash flash

A FOOD WASTELAND: According to the Agriculture Department, each year Americans toss more than 25 percent of all domestically produced food. A 2009 study showed that a quarter of U.S. water and 4 percent of U.S. oil consumption annually go into producing and distributing food that ultimately ends up in landfills. (Source: scientificamerica.com, March 3, 2010)

No Permit - No Burn

Where there's smoke, there's fire. And if your garbage is on fire, you may be subject to fines of hundreds or even thousands of dollars. Burning garbage in Washington State has been illegal for more than 30 years. Using burn barrels is also illegal. Here are some other important things to know before you strike a match:



- Outdoor burning is allowed only within certain rural areas of Thurston County, and it is always illegal to burn garbage – any time, any place. To find out whether your property is in a no-burn area, call your local fire department or visit www.geodata.org and follow the instructions below.

> Acknowledge the disclaimer.

> Enter your street number only, such as "2709" (the street name is not required), and click "go." Scroll until you find your address, then click on the parcel number to see details. (Hint: Adding your street name can be problematic, because the website is sensitive to punctuation.)

> Read down the page to find either your "Permitting Jurisdiction" or "Jurisdiction of Influence." Outdoor burning is illegal at all times within the cities of Olympia, Lacey and Tumwater, and within the cities' Urban Growth Areas. It is also banned in portions of Grand Mound, Bucoda, Tenino, Yelm and Rainier. Burning is allowed in other areas, but only from October 16 through July 14 and only with a permit.

To see maps of no-burn areas in Grand Mound, Bucoda, Tenino, Yelm and Rainier, visit www.orcaa.org/sections/outdoor-burning/no-burn-areas.

- If outdoor burning is allowed in your area, an outdoor burning permit is always required unless the fire is for recreational purposes (a camp fire, for example). Recreational fires cannot be more than 4' wide x 3' high. Permits for fires up to 10' x 10' x 5' high can be obtained free-of-charge from your local fire department. Larger fires require a burn permit from the Olympic Region Clean Air Agency (ORCAA) at a cost of \$100 per acre.
- Only natural vegetation grown on a legally permitted site may be burned – provided you have a burn permit.
- Burning is restricted sometimes because of fire hazards or poor air quality.

For more information and fire department phone numbers, visit www.ThurstonSolidWaste.org and click on the "Outdoor Burning" link. To contact the Olympic Region Clean Air Agency, call 586-1044 or visit www.orcaa.org.

Make Recycling Eventful

Did you know if you are having a public event within an area that normally has recycling available for businesses, state law requires you to have recycling of cans and bottles available? Because recycling for businesses is available through most of Thurston County, this means that most public events are REQUIRED to provide recycling for cans and bottles. Examples of public events include car shows, football games and festivals.

The problem for most organizations is that there is no infrastructure in place to be able to collect recycling. That's where Thurston County and the City of Olympia come in!

Thanks to a grant from Washington State Department of Ecology, we have sturdy, collapsible ClearStream containers that can be borrowed for events. The containers are designed to collect aluminum cans and plastic bottles, as well as organics (food and food-soiled paper). We even have matching containers to collect trash.

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RECYCLING AT TARGET: Target has placed permanent community recycling stations in all 1,740 stores nationwide. Located at the front of each store, the recycling stations offer guests a way to recycle aluminum, glass and plastic beverage containers, plastic bags, MP3 players, cell phones and ink cartridges.

If most of the waste generated at your event is made up of bottles, cans and food waste, you might have little to no garbage left!

To borrow these containers, e-mail or call to set up a time and date for pickup and dropoff. We even supply bags for you to collect your recycling. It's that easy! Your organization may empty the ClearStream bags at one of our recycling blue bin sites or arrange for a private hauler to take them away. The recyclables may also be self-hauled to Pacific Disposal on Hogum Bay Road near Hawks Prairie.

If your event is outside of the City of Olympia, contact Colleen Uuereb at uuerebc@co.thurston.wa.us or visit www.ThurstonSolidWaste.org.

Within the City of Olympia, contact Julie Gilbertson, jgilbert@ci.olympia.wa.us or visit www.olympiawa.gov/zerowaste.

We'll Help You Cut Waste at Work

Every business generates waste. For some, it may be only waste paper; for others, it may be hazardous or toxic wastes that require permits, special handling, and disposal. Whatever the type or volume of waste your company generates, it is all the same in one respect – it costs you money! In fact, you're paying for it twice – once when you buy it and the second time when you throw it away. The bottom line is that waste prevention can save money.

By consuming and throwing away less, you will reduce the need to handle, treat, and dispose of waste. Waste prevention can take many forms, including:

- Purchasing durable, long-lasting materials.
- Striving to eliminate raw materials that are not incorporated into your final product or service.
- Using products that are free of toxic materials.
- Reducing the amount of packaging.
- Conserving water and energy.
- Implementing in-process recycling.

Many waste prevention efforts are inexpensive and simple, and often involve only a change in attitude or work procedures. Examples include two-sided printing and using e-mail in place of printed copies.

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COMMERCIAL WASTE: According to Thurston County's 2009 Waste Composition study, 42 percent of the waste that ends up at the county Waste and Recovery Center comes from commercial sources (business, industrial and institutional sources). This amounts to roughly 74,600 tons of trash each year. About 75 percent of the materials could actually be recycled or composted instead.

Waste prevention is a business strategy from which any company, regardless of size or type, can benefit. In addition to financial advantages, businesses that reduce waste are regarded more favorably by customers, the public and their own employees.

Thurston County Solid Waste can help your business achieve waste reduction goals by providing the following FREE services:

- Customized waste assessments.
- Signage.
- Presentations.
- Staff training.
- Assistance with making economic and environmentally preferable purchasing choices.

Thurston County Solid Waste can also assist your business with recycling efforts.

For more information, contact Allyson Ruppenthal at 754-3355 ext. 7676 or ruppena@co.thurston.wa.us. If your business is within the City of Olympia, please contact Spencer Orman at 753-8752 or sorman@ci.olympia.wa.us.



Health Matters



News from Thurston County Environmental Health

News About BPA

What's new with Bisphenol A? The news on this additive to hard plastics (BPA for short) has confused people looking for safe sippy cups, water bottles, and more. Concerns about the chemical, which has been linked with cancers and can potentially affect the development of fetuses and young children, have become mainstream this year. In January the U.S. Food and Drug Administration issued a warning to limit children's exposure to this common chemical. A new law in Washington will end the sale of some products that contain BPA, but it does not come into effect until July 1, 2011 (for cups for children under three years old) and July 1, 2012 (for sports bottles). Since BPA is not listed on product labels, here are some ways to help limit your family's exposure.

- Look for products marked "BPA-free."
- Avoid polycarbonate (PC) plastics, which are marked with the recycling code #7. (Look on the bottom of the container for the recycling triangle with the number in the middle.)
- Discard scratched baby bottles and infant feeding cups. The scratches may harbor germs and, if they contain BPA, may release small amounts of the chemical.
- Be careful how you heat your children's food. When hot liquids come into contact with packaging made of BPA, traces of the BPA can get into the food or liquid. If you have heated breast milk or formula for your baby, allow it to cool to lukewarm before placing it in a plastic bottle.

For more information, see our new webpage on plastics: www.co.thurston.wa.us/health/ehhm/plastic.

Septic Report Needed for Sales

As of Sept. 1, 2010 a new requirement is in effect for properties with septic systems. Before a property with a septic system is sold or transferred, a Time of Transfer Evaluation Report issued by the Thurston County Health Department is required.

The goal of the new requirement is to protect public health, to evaluate all septic systems, to identify and repair failing systems, and to make records available to the public. For forms and details, call 360-867-2673 or visit www.co.thurston.wa.us/health/ehoss.

Fall septic system workshops:

Thurston County is offering free "Septic Sense" workshops on Oct. 6 and Oct. 21 from 7 p.m. to 9 p.m. See www.co.thurston.wa.us/health/ehoss/education.html for details.

Look Out for Lead

The long-term health effects of lead can be severe, particularly for children. Health effects include decreased growth, hyperactivity, impaired hearing, and even brain damage and aggression.

Children are at greater risk from lead. Frequent hand-to-mouth activity means children have greater contact with lead in the environment, especially lead in dust and soil. The body mistakes lead for calcium, storing it primarily in the bones. Children absorb and store a larger percentage of lead for their body weight than adults, which increases the toxic effects of the lead. Children's brains and nervous systems are also more sensitive to the harmful effects of lead.



Most exposure to lead can be avoided. Lead can still be found in surprising places including some children's jewelry, toys, and many vinyl products. A list of products recalled due to lead levels can be found on the Center for Disease Control's website, www.cdc.gov/nceh/lead/Recalls/allhazards.htm. Another website, www.healthytoys.org, shares test results on chemical hazards in toys to help people make informed choices.

For more information, call Thurston County Environmental Health at 360-867-2674.

Lead Safety Tips

- Wet-mop floors and wet-wipe window sills and other dusty surfaces regularly.
- Wash children's hands frequently, including before eating and naptime.
- Provide a diet rich in calcium and iron; children that get enough calcium and iron absorb less lead.
- Use only cold water for cooking and drinking – there may be lead in piping and hot water releases the lead more than cold water.
- Cover soil next to older buildings, as lead from old paint may be present in the soil.
- Children and pregnant women should not stay in a home built before 1978 that is undergoing renovation.
- Test household items you suspect may have lead with a test kit from a paint or hardware store, such as "LeadCheck Swab" or "PACE Lead Alert." Home testing is not guaranteed to be accurate.

Clear Choices for Clean Water

From the surface, Puget Sound may look clean and healthy, but the truth is, water that runs off our streets, driveways, rooftops, and parking lots carries with it pollutants that each one of us creates. As forests give way to developed areas, our region's abundant rain flow no longer seeps through a forest canopy and into organic-rich soil, instead, it moves quickly from hard surfaces into the nearest stream, river, or storm drain. Fertilizers, pesticides, pet waste, bacteria from septic systems, and oil from cars are carried through this stormwater into ponds, rivers, creeks, and streams. This water makes its way, untreated, to Puget Sound.



Budd Inlet seen from Priest Point Park

- Clear Choices for Clean Water is a program that lays out the powerful choices each one of us can make to improve Puget Sound's water quality. The Clear Choices booklet provides information on how to reduce stormwater runoff and how to reduce the pollutants carried by the stormwater.
- For every choice made, there is a reward provided – for example, a household that commits to reducing stormwater runoff by planting native plants and increasing the organic matter in their soil can receive three free native plants, a planting plan for the yard, and a bag of organic compost. We provide the information; you make the choices; and we provide the rewards to help you fulfill your commitments. More than 200 households in Thurston County have already made Clear Choices for Clean Water and are helping to create a legacy of clean water for future generations.
- Please join us! For more information on how you can help Puget Sound and protect your family's health while receiving up to \$330 worth of free rewards, contact Jennifer Johnson at johnsoj@co.thurston.wa.us or 360-867-2577. Clear Choices is a partnership between Thurston County's residents, Thurston Conservation District, your local Stream Team, and Thurston County Environmental Health.

Garbage and Recycling Resources

► The information on this page is correct through 12/31/10.

Contacts

Talkin' Trash is produced by Thurston County Public Works. Phone 867-2491 or e-mail wmm-webmaster@co.thurston.wa.us. TDD: 754-2933.

Thurston County Public Works

Thurston County Solid Waste Administration:
867-2491. TDD: 754-2933

WasteLine: 786-5494
(24-hour recorded information)

Food Recycling Hotline:
754-2953 (24-hour recorded message)

Webs: www.ThurstonSolidWaste.org
www.WhereDoITakeMy.org

Curbside Collection (Haulers)

Thurston County does not own or operate garbage and recycling trucks. Call your service provider for information about collection schedules.

- Butler's Cove Refuse..... 923-0111
- Eastern Grays Harbor (Summit Lake)
..... 923-0111
- Joe's Refuse..... 736-4769
.....or 1-800-525-4167
- Pacific Disposal..... 923-0111
- Rural Refuse..... 923-0111

The above companies are owned by Harold LeMay Enterprises, which has been purchased by Waste Connections. Organics/yard waste collection service is also available in many of the service areas. Call for more information or visit www.lemayinc.com.

- City of Olympia residents, call 753-8368 or visit www.olympiawa.gov. Olympia provides its own trash, recycling and organics collection service.
- Town of Bucoda residents, call 278-3525 to arrange for curbside trash and recycling service with LeMay Enterprises.

Public Health and Social Services, Environmental Health

Phone: 867-2674 or TDD 867-2603

Web: www.co.thurston.wa.us/health/ehadm

Gardening guides: www.co.thurston.wa.us/health/ehcsg

Healthy home advice: www.co.thurston.wa.us/health/ehhm

Note new address: 412 Lilly Rd N.E., Olympia WA 98506

Exchange Websites

The following websites provide an excellent way to sell or give away useable items. While you're there, you might just find some good deals on items you need.

- Thurston County's free online exchange program: www.2good2toss.com
- craigslist: seattle.craigslist.org/oly
- FreeCycle: www.freecycle.org

Facilities

Waste and Recovery Center

Located at 2418 Hogum Bay Road. From I-5: take the Marvin Road exit (Exit 111) and head north. Turn right onto Hogum Bay Road. The center will be on your right.

Rates (through 12/31/2010)

one ton = 2,000 lbs

Garbage

300 lbs or less.....\$17
more than 300 lbs ... \$110 per ton, prorated (One ton is 2,000 pounds, so the per-ton garbage rate is 5.5 cents per pound.) For refrigerated appliances, add a \$17 handling fee to the rate above. Rates include 3.6 percent state refuse tax.

Computers, Monitors, Laptops, TVs

Free through the E-Cycle Washington program. Take these items to the Goodwill donation station located across from the outbound scales.

Yard Debris

300 lbs or less.....\$8
more than 300 lbs \$42 per ton, prorated (One ton is 2,000 pounds, so the per-ton yard waste rate is 2.1 cents per pound.)

There is no state refuse tax on yard waste.

Hours

Weekdays:

Nov. 1 to March 317 a.m. to 5 p.m.
April 1 to Oct. 317 a.m. to 6 p.m.

Saturdays and Sundays

Year round.....8 a.m. to 5 p.m.

Drop Boxes

Rainier: 13010 Rainier Acres Road S.E.
Friday and Saturday only, 10 a.m. to 4 p.m.
(until 5 p.m. April 1 to Oct. 31)

Rochester: 16500 Sargent Road S.E.
Tuesday, Saturday and Sunday, 9 a.m. to 5 p.m.

Summit Lake: 12133 Summit Lake Drive
Sunday only, 10 a.m. to 4 p.m.

HazoHouse

Take household hazardous products to HazoHouse. Open Friday, Saturday, Sunday and Monday from 8 a.m. to 5 p.m. Phone 754-3354. HazoHouse is located next to the recycling area of the Waste and Recovery Center. Service is free for residents; businesses pay a small fee.

Holidays

The Waste and Recovery Center, HazoHouse and all Drop Boxes are closed on the following holidays only: Thanksgiving Day, Christmas Day, New Year's Day, and July Fourth.

Where to Take...

Thurston County maintains a database of locations where residents can reuse and recycle virtually any item. Visit www.WhereDoITakeMy.org. Are we missing any locations? Call 867-2491 or e-mail wmm-webmaster@co.thurston.wa.us.

Compost Bin Sales

Reduced-price compost bins are available through the Thurston County Master Gardener Foundation. Visit www.compostbinthurstoncounty.com or call 481-4204.



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Produced by:
Thurston County Public Works
2404 A Heritage Court S.W.
Olympia, WA 98502-6045

ECRWSS
RESIDENTIAL CUSTOMER

PRSR STD
US POSTAGE
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OLYMPIA WA
PERMIT NO 167

Recycle Blue Bins

Locations

Lacey: Thurston County Waste and Recovery Center, 2418 Hogum Bay Road N.E.

Rochester: Rochester Garbage Drop Box site, 16500 Sargent Road. Open Tuesdays, Saturdays and Sundays only.

Rainier: Rainier Garbage Drop Box site, 13010 Rainier Acres Road S.E. Open Fridays and Saturdays only.

Summit Lake: Summit Lake Garbage Drop Box site, 12133 Summit Lake Drive. Open Sundays only.

Items Accepted at Blue Bins

Thurston County's blue recycle bins accept:

- Newspaper
- Glass bottles and jars
- Tin and aluminum cans
- Mixed paper
- Plastic dairy tubs, yogurt cups, jugs, jars, and bottles
- Milk cartons and drink boxes
- Corrugated cardboard
- Plastic film (Waste and Recovery Center only)

Please place all materials loose in the bin – not in a bag. Bagged materials are difficult to sort out at the recycling sorting facility.