

Talkin' Trash & more



Tips for Keeping Thurston County Healthy



www.ThurstonSolidWaste.org

REDUCE REUSE RECYCLE

Spring/Summer 2013

Plastic bag whale makes a big splash!

Did you see the gray whale made out of plastic bags riding a shopping cart through downtown Olympia? Well, let me tell you, it was quite a sight!



The plastic whale is a collaborative art project between Thurston County Solid Waste, the Procession of the Species, the YMCA's after-school programs, Cascadia Research Collective, and many Thurston County schools.

Over 800 kindergarten through twelfth-grade youth helped create the whale from plastic bags and other plastic trash for the 2013 Procession of the Species Celebration. On April 27, volunteers paraded the whale before amazed onlookers.

Local artist and Solid Waste educator Carrie Ziegler designed the project to teach youth participants and the community about plastics in our environment. She hopes the whale will inspire people to take action to reduce, reuse, and recycle plastic bags. Ziegler gave students who helped with the project reusable bags to take home to their families. In exchange, the students committed to remind their parents to bring reusable bags when they shop.

Participants braided 9,000 plastic bags into ropes to make up the whale's skin. Look on the whale's right side, and you can see the skeleton. Students used plastic from school cafeterias such as juice cups and plastic forks, and plastic from the community such as plastic bottles, Styrofoam, and milk jugs to form the ribs, spine, and skull.

On the left, the whale's skin shows a map of the Pacific Ocean and the Great Pacific Gyre – known now as the Great Pacific Garbage Patch. Ocean currents pull trash from America and Asia into the center of the Pacific Ocean. Mammals, birds, and fish mistake the plastic for food. The map of the gyre is centered over the whale's stomach, symbolizing the plastic stuck in the stomachs of marine animals.



The youth who participated in this project learned something new about our impact on the world. Although the subject matter was a little heavy, everyone had a great time and felt they contributed to something positive. When asked how they could prevent plastic bags from ending up in the ocean and harming wildlife, they responded in unison.

“Bring your own bag!”

Thanks to:

Participating organizations

Thurston County Solid Waste
Procession of the Species Celebration
Cascadia Research Collective
LOTT's WET Science Center

Participating schools

Pleasant Glade Elementary
Lydia Hawk Elementary
NOVA Middle
Tumwater High AP Arts Class
Avanti High Environmental Club

YMCA's after-school programs at these elementary schools:

Black Lake
Centennial
East Olympia
Garfield
Griffin
Hansen
Littlerock
Roosevelt
McKenny
McLane
Michael T. Simmons
Peter G. Schmidt
Pioneer

Photographers

Laura Killian – Procession of the Species
Maureen Hill – Master Recycler Composter

Special thanks to:

Shon Forsyth – Artist
Annie Douglas – Cascadia Research Collective
Eli Sterling – Procession of the Species
Laura Killian – Procession of the Species
Thurston County Solid Waste volunteers

All of the amazing community members who lent a hand. We had a whale of a time!

Learn more

Plastic bags and marine life:

- In 2010, a gray whale washed ashore in Seattle. Scientists found over 30 plastic bags and other trash in its stomach.
- Plastic bags are among the 12 items of debris most often found in coastal cleanups, according to the Center for Marine Conservation.
- Plastic pieces outweigh surface zooplankton in the central North Pacific by a factor of 6 to 1.

See the plastic bag whale on display in the stairwell of the Washington Center for the Performing Arts until mid-June.

Learn more about plastic bags at www.ThurstonSolidWaste.org/Plastics or visit our YouTube page at www.youtube.com/user/ThurstonSolidWaste to see a video about this project.

Since you asked!



I donate my clothing and other textiles to charity thrift stores. What should I do with these items when the fabric is too worn out or stained to be worn?

Great question! Just because old fabric is worn out or torn doesn't mean throwing it away is your only option. Many folks cut up old shirts and towels to use as rags.

You can also take old textiles to Goodwill locations. Put your clean, unwearable clothing and other clean cloth in a bag marked "textiles."

I've noticed that eggs often come in either foam or clear, molded plastic cartons. Can I recycle these?

Neither of these types of cartons can go in your curbside recycle cart. You can take foam egg cartons with the number six recycle symbol to the recycle center at the Waste and Recovery Center or to DART Container Corp at 600 Israel Road SE in Tumwater.

Unfortunately, the clear, molded-plastic cartons are not recyclable in Thurston County and must go in the trash.

- ▶ Have a question about waste prevention or recycling? Email ThurstonSolidWaste@co.thurston.wa.us.

Make your next event green

Planning a party, family reunion, or BBQ this summer? Recycling at your event sets a good example, starts some conversations, and helps the environment at the same time!

We loan out FREE lightweight, foldable containers to collect recycling, compost, and trash. Combine them with our instructional signs and you have an easy



system to reduce waste! Pick up bins at eight locations around the county. Visit www.ThurstonSolidWaste.org/Bins to learn more or reserve your bins.

If you're ready to move beyond recycling, rent or borrow durable plates and silverware. Use an online portion calculator to avoid preparing too much food, and encourage guests to take leftovers when they leave.

Wasted food = wasted resources

Who doesn't love food? Or saving money? Yet many of us don't think twice about wasted money and resources when we clean out our fridge. A paper released by the Natural Resources Defense Council last year has people thinking about the impacts of wasted food. Food waste is a complex problem with losses at all levels.

Luckily, organizations around the world are working to help consumers reduce wasted food at a household level. In the United Kingdom and Australia, "Love Food, Hate Waste" campaigns provide basic steps and tools to combat waste.

Locally, the Environmental Protection Agency's "Food: Too Good to Waste" campaign teaches students in King County schools how to prevent wasted food.

Our Solid Waste educators are in the process of creating some easy tools to help you prevent food waste at home.



J. Bloom flickr.com

Learn more

Find out how other communities prevent wasted food:

- United Kingdom: www.lovefoodhatewaste.com
- Australia: www.lovefoodhatewaste.nsw.gov.au

Restaurant Rescue saves surplus food

At the end of the day, many restaurants have extra soups, sandwiches, and other prepared foods they haven't served to customers. It's a pity to see good food go to waste, but what's a busy restaurateur to do?

Restaurant Rescue has the solution! The concept is simple enough; restaurant employees put leftovers in food-grade containers and pop them into the cooler, and the Thurston County Food Bank's van picks them up. Restaurant Rescue saves 500 pounds of food from local restaurants each week!

Restaurant Rescue's current participants include Best Western Tumwater Inn, Chipotle Mexican Grill, the Olive Garden, Old School Pizzeria, and Starbucks Coffee.

Back at food bank headquarters, bulk donations are repackaged into individual-sized portions. Like many other tasks at the food bank, repacking relies heavily on volunteer help.

Staff and volunteers also brainstorm creative ways to combine donated ingredients into healthy, delicious meals. For example, volunteers wrap beans, rice, and salsa into tasty burritos.

Meanwhile, pay attention to how much food your family throws out.

1. **Write it down.** Document what foods and how much your family wastes.
2. **Make a chart.** Post it on your fridge for your whole household to see.
3. **Tell us what happens.** We'd love to know what you discovered and how you plan to prevent wasted food! Post a comment or picture to our Facebook page or email us (see contact information on back page).

Food waste facts:

- You likely throw out about 25 percent of the food and beverages you buy.
- The average family of four wastes between \$1,365 and \$2,275 worth of food each year.
- Households waste mostly fruits and vegetables.
- Americans throw \$165 billion of wasted food in the trash each year.
- Up to 40 percent of food grown in the U.S. is wasted by producers, distributors, retailers, and consumers.
- If we recovered 15 percent of the food we waste, we could feed 25 million hungry Americans.

Prepared foods are well received by food bank clients. The pizza that Restaurant Rescue gets each week - over a hundred pounds worth - goes the quickest!

If your business would like to participate in Restaurant Rescue, contact Thurston County Food Bank director Robert Coit at 352-8597, extension 102.

Restaurant Rescue is a partnership between Solid Waste and the Thurston County Food Bank. Learn more about this grant-funded program in our fall 2012 edition of *Talkin' Trash*.



Volunteers package donated pizza into individual servings for food bank clients.

Stakeholders needed for bag project

Solid Waste is seeking residents and businesses for a stakeholders group that will draft language for a plastic bag reduction ordinance.



Over the past year and a half, Thurston County Solid Waste staff worked with the community to explore ways to reduce the estimated 90 million plastic shopping bags we use annually. This work was requested by the Thurston

County Solid Waste Advisory Committee (SWAC), which is made up of city, citizen, and industry representatives.

Staff provided the final report on bags, *Reducing Our Use: Plastic Shopping Bags*, to the SWAC last September. The group approved the report and recommended that

Thurston County, along with the cities and towns within the county, adopt a plastic bag ban. Seven cities in Washington have already taken similar action.

Solid Waste staff presented the report to each city and town council and obtained their recommendations. The Thurston County Board of Commissioners reviewed the information and directed staff to form the stakeholders group to develop the ordinance language.

The county will provide the draft ordinance to each jurisdiction in Thurston County for consideration and possible adoption. Each jurisdiction would need to go through its individual ordinance adoption process, which would include a public hearing.

The goal is to have a consistent approach to reducing plastic bag use across the county instead of a patchwork of varying regulations.

Anyone interested in joining the stakeholder group must sign up **by June 10**. To sign up, visit www.ThurstonSolidWaste.org/Plastics or contact Terri Thomas at 867-2279 or thomaste@co.thurston.wa.us.

Learn more

For more information about our bag project, visit www.ThurstonSolidWaste.org/Plastics. This webpage has results from our community survey about bags, the final bag report, recommendations from each city council in Thurston County, and more.

Reduce wasted food as a family

As moms and dads know, kids waste a lot of food. Composting leftover food can reduce this waste, but preventing wasted food in the first place is even better.

The first step to preventing food waste at home is identifying its source. Picky eating habits and small appetites are very common reasons for wasted food. Luckily, your family can work together to stop wasting food.

Follow these tips to become a (food) waste-free family:

- **Create a visual of how much waste your family really generates.** After your next meal, pile up all of the leftover food your family is ready to throw out onto one plate. This is an eye-opening experience for everyone. Talk with your children about how big that pile will be in a week, a month, or even a year. Make it a goal to create a smaller and smaller pile.
- **Involve your kids in the planning and preparation of a meal at least once a week.** By engaging in the entire process of making the meal, kids are more likely to eat what's on their plates.
- **Make grocery shopping a learning experience.** Talk with your children about the prices of some of your family's favorite foods. Children often have no concept of how much snacks, drinks, veggies, and other foods cost. Every uneaten bite is money wasted. Your kids will be less likely to waste food once they understand its value.
- **Plant a garden with your children.** By maintaining and harvesting the garden, they can get hands-on with their food. It might be



just the step they need to try those veggies they have been avoiding.

- **Remember that children can't eat as much as adults.** You set them up to waste food when you serve them adult-size portions. Serving smaller meals makes it more likely your children will actually finish the food in front of them. They can always ask for seconds if they're still hungry.
As your kids become more independent and start serving themselves, they'll be used to seeing manageable portion sizes on their plates.
- **Cut up or pre-peel whole fruits.** Kids often take just a few bites out of an apple or pear or don't bother trying to peel an orange. Slice fruits into easy-to-eat pieces and your children will be more likely to eat them.
- **Become creative with your leftovers.** In some households, leftovers can be a dirty word. Hide those leftover veggies and meats in casseroles, sauces, and soups.

Mercury light recycling program delayed

Talkin' Trash readers may remember our fall 2012 article about Light-cycle, a new program that provides free recycling for mercury-containing lights. Recycling these lights keeps toxic mercury out of the trash stream, where it can damage people and the environment. Authorized recyclers make sure lights containing mercury are handled safely.

Light-cycle allows residents and businesses to drop off compact



florescent (CFL) and other mercury-containing bulbs at free collection sites throughout our state. State law requires light manufacturers to fund the program.

However, a lawsuit filed by the lighting industry has delayed Light-cycle's January 2013 start.

Until the lawsuit is settled and the program begins, you can continue to take your lights to existing recycling locations listed at www.WhereDoITakeMy.org.

Visit www.walights.org to learn more about Light-cycle.

Bring a bag, take a bag

Using reusable shopping bags is a great way to conserve resources and prevent waste. If you have more bags than you need, our reusable bag collection boxes provide a simple way to share them with others.

Here's how it works: Take your extra bags to one of our collection boxes. We currently have an exchange box at Tenino City Hall and one on the second floor of Building 1 at the Thurston County Courthouse. Need a bag? Help yourself!

Help us find homes for more boxes! Local high school art students decorate the boxes, so each is unique and interesting.



If your church, library, or other public location is interested in hosting a collection box, please contact Loni Hanka at hankal@co.thurston.wa.us or 867-2282.

Find a new home for reusable items

Spring cleaning often leaves behind a pile of stuff we don't use any more, but is still in good shape.

Donate old clothing, housewares, appliances, and other items to charity or thrift stores like Goodwill and Value Village. The Olympia Food Co-op's FreeStore in West Olympia also takes many types of donations.



You can also use online resources to find new homes for your stuff.

- List items for up to \$200 at 2Good2Toss.com.
- List free items at FreeCycle.org.
- Visit www.WhereDoITakeMy.org to find locations to take old bicycles, computers, furniture, and more.

New park and ride makes great use of landfill space

Commuters welcomed a new park and ride at the Waste and Recovery Center (WARC) in January.

The Hawks Prairie Park & Ride is the largest in Thurston County and sits on a closed section of landfill. The 8.1-acre lot has 332 total parking spaces, including five electric vehicle charging stations.

This park and ride is a great example of a project that turns a hard-to-use space into a resource for our community. The 5-acre Off-Leash Dog Park and Closed Loop Park are also built on closed sections of the landfill.

The county stopped landfilling trash in 2000 and the WARC is now a transfer station for the county's waste. Building on a landfill can be tricky – the material buried below can shift and compact, making the ground unstable. Construction crews brought in 148,000 tons of fill dirt to help stabilize the ground under the park and ride.

The Washington State Department of Transportation and Intercity Transit funded the project.

Chamber recognizes green businesses

Congratulations to the 2012 Thurston Green Business designees! The Thurston County Chamber of Commerce recently recognized 42 local businesses for taking significant steps toward sustainability.

Program partners awarded special recognition to Nisqually Red Wind Casino, Earth Friendly Products, Energy Efficiency First LLC, and Morton Safford James III AIA Architects.

2012 designees:

Abbey Capitol Floors & Interiors
All Ways Chiropractic
Altman Insurance Agency
Breckenridge Apartments
Bron's Automotive
Budd Bay Rugby Football Club
Christopherson Wood Floors
Coffee News
Edward Jones
Express Employment Professionals
Fairchild Record Search
Furniture Works
Generations Credit Union
Glacier Aviation, Inc.



Gymnastics Elite, LLC
Hometown Property Management
In Touch Massage Therapy, LLC
Intercity Transit
Lakeside Industries Inc.
McDonald Dentistry PLLC
Minuteman Press
MPH Holdings, LLC
Mutual Materials Co.
Olympia Federal Savings
Olympia Physical Therapy
Ostrom Mushroom Farm
Paprika Cafe and Catering
Pellegrino's Italian Kitchen
Port Blakely Tree Farms
Shur-Kleen Car Wash, Inc.
Sound Native Plants
South Puget Sound Habitat for Humanity Habitat Stores
Thurston Conservation District
Thurston County
Tumwater Auto Spa
TwinStar Credit Union
Vantage Physicians
Williams Group

Any Thurston County business can apply annually for designation.

Learn more

Want your businesses recognized as a Thurston Green Business? Apply for designation now at www.thurstongreenbusiness.com! The site also has tips and resources to help your business operate sustainably. Learn more about buying and selling green, energy efficiency, green building, pollution prevention, transportation, and water conservation.

Habitat Stores are a building resource

Looking to save money on cabinets, hardware, lumber, light fixtures, flooring, appliances, or toilets? Check out South Puget Sound Habitat for Humanity's (SPS Habitat) Habitat Stores, formerly known as ReStore. Habitat Stores offer shoppers great deals on secondhand building and home furnishing items.



The profit the stores generate goes toward building homes for low-income families in our region. In addition to supporting your community, your purchase can earn points toward LEED and other green building certifications.

Planning to renovate? Take unwanted materials to either Habitat Store location. The stores need items like cabinets, appliances, and furniture. For a small fee, Habitat Stores will send a skilled contractor to remove unwanted building materials from your home.

They will remove cabinets, flooring, doors, vanities, and more. Contact your nearest Habitat Store for a free walk-thru assessment.

Over 20 percent of the waste coming to the Waste and Recovery Center (WARC) at Hawks Prairie is from construction and demolition activity. Some of this waste could be recycled or reused.

Donating reusable items saves you the cost of trash disposal and your donation is tax deductible. The Olympia Habitat Store prevented more than 920 tons of reusable items from going to the landfill in 2011!

SPS Habitat is currently working with Solid Waste to establish a location for builders to drop off usable building materials at the WARC. Look for updates on this project in future editions of *Talkin' Trash*.

Visit www.SPSHabitat.org or call 956-3456 to learn more.

Visit Habitat Stores in two Thurston County locations:

Olympia: 415 Olympia Avenue NE
This store is scheduled to move to 400 Cooper Point Road SW this August.

Yelm: 412 Yelm Avenue E
This store is seeking volunteer help.

City of Olympia news: Public recycling arrives downtown

This past November, the City of Olympia added six blue recycle containers throughout its downtown core for public use. The new containers give pedestrians strolling the streets downtown the opportunity to recycle cans, bottles, and newspapers instead of throwing them in the garbage.

The blue color of the bins is consistent with other city recycling containers and helps distinguish them from the brown garbage cans. The city placed the new containers next to existing garbage cans for convenience, familiarity, and ease of use.

Each 24-gallon, metal container can hold about 100 cans or plastic bottles. The new bins keep 60 to 75 pounds of materials out of the landfill each week. That adds up to nearly two tons of recyclables each year!



The city's Clean Team ambassador program monitors and empties the containers weekly. Clean Team members sort recyclables onsite and take the collected material back to a central location where it is then hauled for recycling by the city's Waste ReSources collectors.

City of Olympia Senior Program Specialist Spencer Orman says residents and businesses have been eager to see public recycling downtown. Because of the program's success, the city hopes to add more recycle containers downtown this spring.

The containers are for public use only - businesses and multifamily complexes must still arrange for hauling of their recyclables.

For more information, contact Spencer Orman at 753-8752 or sorman@ci.olympia.wa.us.

Learn more

Visit www.olympiawa.gov/community/downtown-project to learn more about the Downtown Project, a venture by the city to improve the cleanliness, safety, and prosperity of downtown Olympia.

Visit www.olympiawa.gov/wastewise for information about recycling and waste reduction within the City of Olympia.

Color your world with recycled paint

Looking to make your next painting project a little greener? How about a little cheaper? Good news! Paint manufacturers now make new latex paint from leftover, unused paint.

MetroPaint, manufactured in Portland, Oregon, is made from 100% recycled latex paint. Its 18 blendable shades come with a five-year warranty and certifications from Green Seal and the Master Painters Institute.

You'll spend about \$12 to \$17 per gallon on MetroPaint compared to \$30 to \$50 for traditional paint. That's a deal – especially if you have a large painting project planned.

Public agencies can save big

MetroPaint is included in both the State of Washington's purchasing contract and the purchasing co-op for local governments, tribes, schools, and some non-profits.

The low cost and high recycled content makes it a win-win for organizations striving to reach sustainability goals and stay on budget. MetroPaint is great for public areas, especially those that are high traffic and need frequent paint maintenance.

Buying recycled closes the loop

Metro, a regional government agency in Oregon, collects excess latex paint from residents and businesses and reprocesses it

into MetroPaint. Since 1992, Metro has recycled more than 1.5 million gallons of paint!

Until 2008, Metro collected unused latex paint from Thurston County's HazoHouse for reprocessing.

Sadly, the recession created a sharp decline in demand for MetroPaint. Metro could no longer process the large amount of paint coming from facilities like HazoHouse.



Eager to try MetroPaint? Head to BJs' Paint 'N Place, Inc. in Tumwater, the only local supplier of MetroPaint.

Want another option? Ecoat latex paint contains at least 50% recycled content. Find it at Kelly-Moore Paints in Lacey.

Take a bike, leave a bike in Tenino

You may have spotted one of the dozen bright yellow painted bicycles around town in Tenino. A new community sharing program, Tenino Yellow Bike Project, makes sharing bicycles easy and free.

How does it work? If you see a yellow bike leaning against a building, feel free to use it! Please stay in town and don't lock it up.

The project is sponsored by T90 Department of Transportation. This non-profit organization is dedicated to youth, art, and community.

Community bike programs are popping up around the United States and abroad. They are often supported by governments or nonprofits, and charge a user fee.



Join the Master Recycler Composters

Do you cringe a bit when someone throws an aluminum can in the trash? Do your neighbors seek your advice when their compost piles aren't heating up? If so, our Master Recycler Composter (MRC) program is for you!

Each fall, the MRC program trains volunteers how to recycle, compost, prevent waste, and communicate this information to the public.

In return, volunteers give at least 20 hours annually to a variety of projects and community events. They also complete 5 hours of continuing education in the two years following training.

2013 training dates are every other Tuesday evening, September 3 through October 29. There are also Saturday morning field trips on September 21 and October 5. We will hold the training at the Public Works campus at 9605 Tilley Road S in Olympia.

For more information, go to www.ThurstonSolidWaste.org and click "Volunteers" or contact Cori Carlton at carltoc@co.thurston.wa.us or 867-2162.

Applications will be available online June 1. A \$75 fee covers all training supplies and materials.



Creative ways to use shredded paper

Shredding paper is a great way to make sure your confidential information stays safe. But what do you do with it once it's shredded?

It can't go in your recycle cart because the small pieces of paper cause problems with the sorting equipment at the recycling center. The compost facility won't accept it either.

Before you put it in a bag and throw it in your trash, find an alternative use for it instead.

Here are some creative ways to reuse shredded paper at home:

- Packing material for gift bags and baskets, seasonal decorations, or shipping boxes.
- Kindling or other fire starters.
- Making recycled paper.
- Paper-mache crafts.
- Bedding for small pets.

You can also use shredded paper outside for:

- Worm bin lining.
- "Brown" material for your backyard compost pile.
- Soil amendment for plants.



If you have your own creative use for shredded paper, share it with others on our Facebook page!

If you don't want to shred documents yourself, you can attend a community shred event. Most events are free or ask for a small donation.

You can also find a list of events at the Washington State Office of the Attorney General's website at www.atg.wa.gov/shredathon.aspx.

Volunteer at the Thurston County Fair

You can support waste reduction at the Thurston County Fair! Sign up for a three-hour shift and help people recycle right by showing them what goes in the compost and recycling bins in the food court.

The fair runs July 30 through August 4 from 10 a.m. to 10 p.m. Each volunteer receives two entry passes and a parking pass. To sign up now, visit www.ThurstonSolidWaste.org and click "Volunteers."

Less is more at Rochester schools

When it comes to waste, recycling is rad and composting is cool, but prevention is perfection. In other words, the best way to manage waste is to not produce it in the first place. Rochester schools practice this every day.

Under the leadership of Sandy Conradi, the district's visionary Food Services Director, many items have vanished from school garbage, recycle, and compost bins.



Each year, the district avoids purchasing and paying for disposal of:

- 115,000 milk cartons by serving milk in durable cups from bulk dispensers at their elementary and high school.
- 120,000 plastic utensils by switching to durable flatware at their elementary and high school.
- 18,000 paper serving boats by using durable bowls and plates at their high school.

- 4,500 disposable juice containers by serving juice in durable cups from bulk dispensers at their middle school.

Eliminating these items not only saves the district money, it conserves the resources, energy, and water required to manufacture, ship, store, and recycle or dispose of them.

Other Thurston schools cut waste too

Rochester schools aren't the only ones getting high marks for waste prevention, recycling, and composting efforts.

In Thurston County:

- **32 schools** currently have school-wide composting and recycling programs.
- **14,725 students** participate in school composting and recycling programs.
- **175 tons** of school-generated waste are diverted from the landfill each year.
- **89 percent** of lunchroom waste is recycled or composted in Food to Flowers schools.
- Schools eliminate **1,506,000 spork kits** from the trash each year by using durable flatware. Spork kits are a plastic bag containing a plastic spork, a plastic straw, and a napkin.
- Schools eliminate **370,400 milk cartons** each year by serving milk in durable cups from bulk dispensers.

Learn more

Solid Waste staff can help your school reduce waste! To learn more, visit www.ThurstonSolidWaste.org/FoodtoFlowers or contact Peter Guttchen at 867-2283 or guttchp@co.thurston.wa.us.

Local business spotlight:

Estate Store prevents waste, supports seniors

If you're on a quest for a vintage piece of furniture or seeking a unique piece of bric-a-brac to set the style of your home décor, check out the Estate Store. The 2,700-square-foot retail space is full of unique treasures waiting to start a second life.

Shopping at the Estate Store doesn't just support waste prevention – it supports our senior community as well. All proceeds from the store benefit Meals on Wheels and other senior programs at the Lacey and Olympia senior centers. Recent cuts in federal funding have forced many senior programs to generate their own income.

With just one-and-a-half paid staff positions, the Estate Store relies on over 25 dedicated volunteers who clean and organize the store, display items, and assist customers.

The store gets its merchandise from donations from estates or individuals and does not accept consignments.



Store manager Theresa Ziniewicz is happy with the store's first year and hopes for an even bigger and better 2013.

Visit the Estate Store at 510 Columbia Street SW in downtown Olympia. Store hours are:

Tuesday through Saturday: 10 a.m. to 5 p.m.

Sunday: noon to 5 p.m.

Contact the store at 515-0965 or estate@southsoundseniors.org.

Health Matters

News from Thurston County Environmental Health
www.co.thurston.wa.us/health/ehadm



Keep our drinking water clean!

Thurston County's drinking water comes from groundwater aquifers. Groundwater begins its journey to our taps as rain falling on the ground! What we do in our yards affects the quality of the water we drink.

Most of the aquifers in Thurston County are vulnerable to pollution. Many pollutants and chemicals can easily seep from the ground through the soil and into groundwater.

To protect our drinking water from contamination:

- Regularly inspect, maintain, and pump septic systems.
- Cover manure piles and put pet waste in the garbage.
- Use slow-release or organic fertilizers at or below recommended rates.
- Spot treat or hand pull weeds instead of using fertilizers with added weed killers.

Can this go in the trash?

Look for words like Caution, Warning, Danger, Poison or phrases like Causes Burns, Harmful Vapors, and Extremely Flammable on the label. Any of these indicate the product is hazardous and shouldn't go in your trash. Take them to HazoHouse for free disposal instead.

Tips for safe transport:

- Transport items upright in a leak-proof tub. Use newspaper or cat litter to prevent materials from tipping or jostling.
- Avoid filling garbage bags with loose items.
- Fasten lids tightly.
- Keep leaking containers in a separate bin.
- Transport items in your trunk or truck bed, away from passengers and pets.

Contact the Hazardous Waste Hotline at 867-2664 with questions about handling or transporting hazardous materials.

What do I do with old latex paint?

Latex paint is not hazardous. Dry it out and throw it in the garbage!

Solidify latex paint with clay-based kitty litter, dried grass clippings, sand or shredded paper. Additional containers may be needed for mixing. Put solidified paint, lid off, in the trash.

Oil-based paints and stains are hazardous and should be taken to HazoHouse for disposal. Visit www.thurstonwaste.org/Hazo for details on items accepted at HazoHouse.

Common sense gardening tips and tools

Whether you focus your gardening efforts on landscaped beds, lush lawns, or growing fruits and vegetables, using common sense gardening makes sense. Healthy spaces where kids and pets play, beauty and food for all to enjoy, and a pesticide-free lawn the neighbors will envy all fit into a common sense gardening strategy.

Start with the soil. Compost, mulch, minerals, and slow-release fertilizers improve air, water, and nutrient uptake. Soil rich in organic matter produces plants that can survive pests and disease. Chemical weed and bug killers - and fertilizers that contain them - destroy the biological health of the soil. Avoid fertilizer with weed control; if you need to feed plants, feed them, but kill weeds separately.

Weeds: Weeds are annoying, but they provide information about the soils and sites where they grow. Moss indicates a shady, compacted area; dandelions thrive where soil lacks



fertility; and buttercups spread in damp soil lacking organic matter. Identify weeds to understand the site's underlying growing conditions. Grow plants that

do well in those conditions or change the conditions by adding organic matter, light, or aerating the soil.

Close plant spacing allows desired plants to shade out weeds. Mulch and other weed barriers help reduce weeding. Invest in long-handled weed tools that remove roots entirely. A sturdy weed claw for low-growing, spreading weeds, a hula hoe for shallow roots in edges and rows, and other quality tools help keep the chore manageable. If you need a chemical product to get the upper hand, ask your nursery for the least-toxic product for the problem and spot spray weeds instead of spreading herbicide over a larger area. Remember, shoes and paws track garden chemicals inside homes, where they can linger for years in dust.

Pests: Believe it or not, most bugs are helpful! Chemical bug killers can kill helpful bugs as well as pests. Traps, barriers, and beneficial insects such as lace wings and lady beetles help control a number of pests. Monitor insect problems to see which bugs are the cause. Find out what type of pest you are dealing with and when it is best controlled before choosing a product or control strategy.

For more information, call 867-2577 or email johnsoj@co.thurston.wa.us.

Recycle and buy recycled motor oil

Motor oil never wears out; it just gets dirty. It can be cleaned and reused countless times, saving energy and non-renewable resources. Recycling used motor oil keeps it out of our environment where it can pollute stretches of shoreline, shellfish growing areas, and fresh and saltwater recreation areas. Taking the time to recycle used motor oil also protects public health by helping to keep our drinking water clean. Many Thurston County residents are already doing their part, recycling thousands of gallons of used motor oil each year.

Follow these easy steps when recycling used motor oil:

- Store used motor oil in a separate container; never mix it with other hazardous materials like gasoline, solvents, or antifreeze. These mixtures are hazardous and cannot be recycled.
- Store containers of used motor oil inside or undercover. Rainwater can seep into even the smallest crack in your container and force out used motor oil onto the ground.

- Avoid storing large quantities of used motor oil. Smaller amounts are easier to transport and clean up in the event of a spill.
- Secure your containers in your vehicle to avoid a big mess!
- Take your used motor oil to one of almost thirty collection sites in Thurston County.



Find a location near you with our interactive map. You'll find addresses, business hours, and acceptance conditions for each collection site at www.co.thurston.wa.us/health/ehhw/usedoilsites.html.

Call 867-2578 with questions about recycling your used motor oil, used motor oil collection sites, or hosting a collection tank.

Learn more

Close the recycling loop! By buying re-refined (recycled) motor oil from your auto supply store or maintenance shop, you are closing the loop. If re-refined oil isn't available, ask your retailer to stock it. Learn more at www.co.thurston.wa.us/health/ehhm/usedoil.html. Re-refining used oil takes half the energy as refining crude oil, so you'll also save energy in the process.

Garbage and recycling resources

The information on this page is correct through 12/31/13

Contacts

Talkin' Trash is produced by Thurston County Public Works.

Contact Solid Waste staff:

By phone 867-2491
. 754-2933 (TDD)
. 786-5494 (recorded info)

By email
ThurstonSolidWaste@co.thurston.wa.us

Miss the last *Talkin' Trash*?

Catch up online! Visit www.ThurstonSolidWaste.org and click "Resources."

Join the conversation online!

 www.facebook.com/ThurstonSolidWaste

 www.twitter.com/#!/solidwastethuco

 www.youtube.com/user/ThurstonSolidWaste

The area code for all phone numbers in this publication is 360 unless otherwise noted.

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**
Eastern Grays Harbor (Summit Lake)
Pacific Disposal
Rural Refuse cust2183@wcnx.org
. 923-0111
- **Joe's Refuse** cust2188@wcnx.org
. (360) 736-4769 (long distance)
. or 1-800-525-4167

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

Town of Bucoda residents call 278-3525 to arrange for curbside trash and recycling service with LeMay Enterprises.

City of Olympia residents call 753-8368 or visit www.olympiawa.gov/wastewise. Olympia provides its own trash, recycling and organics collection service.

Public Health and Social Services, Environmental Health

Phone 867-2674

. 867-2603 (TDD)

Address 412 Lilly Rd NE, Olympia, 98506

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

Solid and Hazardous Waste section (867-2664)

www.co.thurston.wa.us/health/ehhw

Integrated Pest Management web

www.co.thurston.wa.us/health/ehipm

Gardening guides

www.co.thurston.wa.us/health/ehcsg

Healthy home advice

www.co.thurston.wa.us/health/ehhm

Environmental Health blog

www.environmentalhealthblog.blogspot.com

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 12/31/2013)

One ton = 2,000 lbs

Garbage

300 lbs or less \$18
More than 300 lbs \$119 per ton, prorated
(The per-ton garbage rate is 6 cents per pound.)
For refrigerated appliances, add a \$18 handling fee to the rate above. Rates include 3.6 percent state refuse tax.

Computers, Monitors, Laptops, TVs, E-Readers

Free through the E-Cycle Washington program. Take these items to the Goodwill donation station located near the recycle center.

Yard Debris

300 lbs or less \$9
More than 300 lbs:
Less than 10 yards \$45 per ton, prorated
More than 10 yards \$37 per ton, prorated
There is no state refuse tax on yard waste.

Hours

Weekdays: 7 a.m. to 5 p.m.
Saturdays and Sundays: 8 a.m. to 5 p.m.

Drop boxes

Rainier: 13010 Rainier Acres Road SE.
Friday, Saturdays, and Sundays: 9 a.m. to 5 p.m.

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

Visit www.ThurstonSolidWaste.org for drop box garbage rates.

HazoHouse

Take household hazardous products to HazoHouse. Open Friday, Saturday, Sunday, Monday, and Tuesday from 8 a.m. to 5 p.m. Phone 867-2912. 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 Do I Take My?

Thurston County maintains a database of locations where residents can reuse and recycle many items. Visit www.WhereDoITakeMy.org.

Are we missing any locations? Call 867-2491 or email ThurstonSolidWaste@co.thurston.wa.us.

Reuse 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: <http://seattle.craigslist.org/oly>
- FreeCycle: www.freecycle.org



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Thurston County Public Works
9605 Tilley Road S
Olympia, WA 98512-9140

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Recycle drop-off bins

Recycling drop-off locations:

You can drop off recycling at the WARC and the Rochester and Rainier drop boxes (see addresses in the column at the left).

Items accepted at the locations

Thurston County's recycling drop-off locations accept:

- Newspaper.
- Glass bottles and jars.
- Tin and aluminum cans.
- Mixed paper.
- Plastic dairy tubs, bottles, jars, jugs, rigid plant pots and buckets.
- Corrugated cardboard.
- Plastic film/bags - must be clean and empty. **(WARC only)**
- Foam (polystyrene with #6 recycle symbol) blocks and food containers. Must be clean and in a clear plastic bag. **(WARC only)**

Please place all materials **loose** in the bin – not in a bag (except foam). Bagged materials are difficult to separate at the recycling sorting facility.