



**East Central  
Indiana  
Solid Waste  
District**

**Serving:** Grant, Madison  
and Delaware Counties

**(765) 640-2535  
(800) 863-2793**

eciswd@sbcglobal.net  
www.eciswd.org

**Fall 2008**



# Celebrating recycling

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

Recycling has three parts—two of which depend on you. First, you need to collect your recyclables. Second, a factory needs to use recyclables to make new products. Third, you must buy things you need that are made from recyclables.



Lots of products can be made from your recyclables, such as fleece fabric (used to make jackets, vests, and blankets), carpet, glass tile, jewelry, furniture, appliances, cans, jars, bicycles, surfboards, newspaper, packing and cereal boxes, and printer/copier paper, to name just a few!

If you already recycle at home and at

work, thanks—keep up the good work! If you recycle sometimes and in some places, commit to recycling more items, more often. If you don't recycle, now is a great time to start.

If you need information about local recycling programs, call us at 765-640-2535 or 800-863-2793, or visit our website, [www.eciswd.org](http://www.eciswd.org). Or, better yet, invite us to speak to your group, club, class, or staff. We can share great ideas for recycling at home, at work, at school, and on the go! To schedule a presentation, contact Susan Eichhorn at 765-640-2535, 800-863-2793, or [eciswd.susan@sbcglobal.net](mailto:eciswd.susan@sbcglobal.net).

## Did you know?

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

# Put your fall leaves to work!

As autumn brings us cooler temperatures, the trees display their beautiful, annual show of color. Once those trees begin dropping their colorful leaves, you probably have a big cleanup job. As you're taking care of leaves this fall, remember there are many ways to reuse them in your yard:

- Shred the leaves with a mulching mower (or a mower with the bagger removed) and let them stay on the grass. These shredded leaves will provide a protective winter cover and decompose by spring. If you have a lot of leaves, you'll need to mow often during the weeks with the heaviest leaf-fall.
- Pick up leaves with your bagging mower. The mower will shred the leaves as it picks them up, creating a great mulch. Use the leaf mulch in your gardens or flower beds.
- Rake or blow the leaves into piles. Carry these leaves to mulch planting beds or add them to your compost pile.
- Mix fall leaves with over-ripe fruit and vegetables and grass clippings in a compost pile or bin to help the

material decompose more quickly. If you'd like to learn more about composting, contact us at 765-640-2535 or 800-863-2793. We have helpful



brochures and fliers that we can send you. When you call, ask about our backyard composting workshops, which we hold periodically in each of our three counties.

If you have more leaves than you can mulch or compost, you may be able to recycle them through a municipal program. Albany, Alexandria, Anderson, Chesterfield, Elwood, Fairmount, Gas City, Jonesboro, Marion, Muncie, Pendleton, Summitville, Swayzee,

Sweetser, and Yorktown offer curbside collection programs for fall leaves. In addition, Albany, Alexandria, Anderson, Eaton, Gas City, Lapel, Marion, and Muncie provide drop-off locations for fall leaves. Programs vary, so contact your city or town hall for details.

Remember—don't burn your fall leaves! Leaf burning releases many pollutants into the air. Smoke from just 5 pounds of burning leaves creates a full pound of pollution. Leaf burning can create health hazards for children, the elderly, and people with breathing difficulties. Burning can also put nearby properties at risk.

## East Central Indiana Solid Waste District

### Board Members

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### Staff Members

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Susan Eichhorn, Education  
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Kyle Schrink, Program Coordinator  
Tresa Bozell, Secretary/Receptionist

Clip &  
Return

Recycling Pledge



- I pledge to find out what materials I can and cannot recycle in my community.
- I pledge to lead by example in my neighborhood by recycling.
- I pledge to recycle batteries, cell phones, and other electronic waste.
- I pledge to encourage elected officials and others to support my community's recycling programs.
- I pledge to tell five friends that recycling is the easiest thing they can do to slow global warming.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

County: \_\_\_\_\_

Mail this entry form to: East Central Indiana Solid Waste District, 2031 Mounds Road, Anderson, Indiana 46016.

We must receive your entry form by November 1, 2008.

You will not be contacted unless you are a winner of the prize drawing. Your name and address will be kept confidential. No purchase necessary. One entry per person.

# 10 Tips *for a* Frugal Fall

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

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



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

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



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

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

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

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

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## Read more about it!

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

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

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

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

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

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

## The choice is yours

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

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

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

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

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



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# Measuring the human footprint

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

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

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



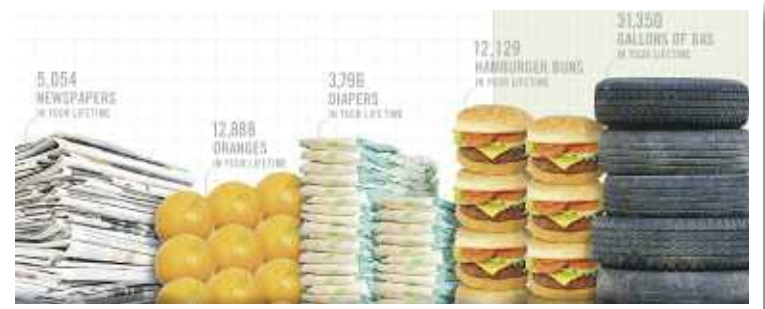
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pers, which is 43 trees' worth of paper. This same American will eat 5,067 bananas, which will travel a total of 11 million air miles to arrive on the breakfast table.

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

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

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



Source: National Geographic Channel, 2008

## FAST FACTS

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

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

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

National Recycling Rate  
**32.5%**

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

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

## GARBAGE: THE MOVIE



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

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

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

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



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## Save the Planet

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

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

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

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



## QUOTES REQUOTED



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

Charles Franklin Kettering, 1876–1958  
American inventor and engineer

## you asked!

**Q.** How do I dispose of paint?

*Shelby Morris*

**A.** There are basically two types of paint—water-based (latex) and oil-based. It is helpful to know which type you have.

If all you have is a small amount of latex paint, take the lid off and let it dry, or put some kitty litter or sawdust in it to absorb the liquid.

Once it is dry, it can be thrown in the trash. There is nothing hazardous in latex paint—it is the liquid your trash hauler does not want.

However, if you have oil-based paint or too much latex paint to dry, it needs to be delivered to one of the county facilities (East Central Recycling in Muncie, the Grant County Recycling Center in Gas City, or the Madison County Recycling Center in Anderson) for proper disposal. Oil-based paint must be disposed as hazardous waste.

Here's a tip to make transport easier: Combine small amounts of paint into one or two cans before bringing them for disposal, and throw the dry, empty cans in your trash. The recycling centers do not want empty paint cans.



# Paper or plastic? No, thanks!

Reducing your waste is easy—stop accepting the free paper and plastic bags at the store. Once you get home to put away your groceries or other purchases, you are stuck with these bags. The bags are reusable, but a lot of them just go into the trash. Plus, many of the lightweight plastic bags end up on our roadsides or hanging from trees as litter.

You probably already have several

canvas bags that you can reuse. Put some in your car. Then remember to grab the bags on your way into a store.

If you don't have lots of extra canvas bags, you can purchase reusable shopping bags. Some are so small and lightweight that they fold up to fit into a pocket or purse. Many of these reusable bags will hold as much as three to four plastic or two paper bags full of groceries. That also means fewer trips from the car to the house while you are

unloading—and we know you'll like that!

Each year in the U.S., retailers hand out more than 380 billion plastic shopping bags and another 10 billion paper bags. When you say "No, thanks" to plastic and paper bags, you reduce the potential for litter and your weekly waste, and you conserve fuel that would have been used to deliver bags to the store. Carrying your own reusable bags is an easy way to help our environment, keep our community cleaner, and make your unloading a breeze.

To learn more about reusable bags and other green shopping ideas, contact Susan Eichhorn at 765-640-2535, 800-863-2793, or [eciswd.susan@sbcglobal.net](mailto:eciswd.susan@sbcglobal.net). She has a green shopping presentation that is perfect for groups and clubs.



## Do you Freecycle?

If so, you're in good company! Freecycle is part of a virtual community that began with about 40 people in Tucson, Arizona in 2003 and has grown to 4,566 groups with 5,604,000 members around the world. Each Freecycle group is local and independent, but all groups follow a few simple guidelines—everything offered or accepted must be free, legal, and appropriate for all ages.

Members can post items that they would like to receive (Wanted) or items they would like to give away (Offer). An email alerts all members of these postings. People freecycle office and school supplies, clothes and shoes, sports equipment, books and magazines, toys, games, computer accessories, sheets and towels, CDs, DVDs, and so much more.

More than 3,000 residents of our three-county District are already freecycling. If you are interested in joining your local Freecycle group, visit [www.freecycle.org](http://www.freecycle.org) and search for Anderson, Marion, or Muncie. Or go directly to these sites to join:

- Anderson: [finance.groups.yahoo.com/group/Anderson-FreeGiveAway](http://finance.groups.yahoo.com/group/Anderson-FreeGiveAway)
- Marion: [groups.yahoo.com/group/Marion\\_Indiana\\_Freecycle](http://groups.yahoo.com/group/Marion_Indiana_Freecycle)
- Muncie: [groups.yahoo.com/group/freecycle-muncie](http://groups.yahoo.com/group/freecycle-muncie)



# County Recycling Facilities

### Delaware County

East Central Recycling  
701 East Centennial, Muncie

Open: Monday through Friday, 8 a.m. to 5 p.m., and Saturday, 8 a.m. to noon

For additional information, please call 765-282-1900.

#### Materials Accepted:

**Household Hazardous Waste:** oil, paint, cleaners, mercury, pesticides, solvents, glues, pool chemicals, and similar items

**Household and Automotive Batteries:** AA, AAA, C, D, lantern, button, rechargeables, lead-acid

**Computers and Electronics:** computer components, TVs, VCRs, radios, CD players, PDAs, cameras, telephones, cell phones, and related equipment

**Tires:** all types (may be a charge)

**Appliances:** all large appliances

**Inkjet Cartridges:** all types

**Household Recyclables:** newspaper, magazines, other paper, cardboard, glass bottles and jars, numbers 1-7 plastic bottles and jugs, aluminum and steel food and beverage cans

**Yard Waste:** grass clippings, leaves, and brush

### Grant County

Grant County Recycling Center  
3939 Garthwaite Road, Gas City

Open: Tuesday and Thursday, 8 a.m. to 4 p.m.; Wednesday, 8 a.m. to 6 p.m.; and Saturday, 8 a.m. to 1 p.m.

For additional information, please call 765-677-6044.

#### Materials Accepted:

**Household Hazardous Waste:** oil, paint, cleaners, mercury, pesticides, solvents, glues, pool chemicals, and similar items

**Household and Automotive Batteries:** AA, AAA, C, D, lantern, button, rechargeables, lead-acid

**Computers and Electronics:** computer components, TVs, VCRs, radios, CD players, PDAs, cameras, telephones, cell phones, and related equipment

**Tires:** all types (may be a charge)

**Appliances:** all large appliances

**Inkjet Cartridges:** all types

**Household Recyclables:** newspaper, magazines, other paper, cardboard, glass bottles and jars, number 1 & 2 plastic bottles and jugs, aluminum and steel food and beverage cans

**Yard Waste:** grass clippings, leaves, and brush

*\*Please note: At the Madison County Recycling Center, appliances, electronics, HHW, and tires are accepted only during Wednesday and Saturday hours of operation, and fees are charged for some items.*

### Madison County

Madison County Recycling Center  
2031 Mounds Road, Corner of Mounds & Scatterfield Roads, Anderson

Open: Tuesday and Thursday, 8 a.m. to 4 p.m.; Wednesday, 10 a.m. to 6 p.m.; second and fourth Saturdays of each month, 8 a.m. to noon  
For additional information, please call 765-641-7978.

#### Materials Accepted:

**Household Hazardous Waste\*:** oil, paint, cleaners, mercury, pesticides, solvents, glues, pool chemicals, and similar items

**Household and Automotive Batteries:** AA, AAA, C, D, lantern, button, rechargeables, lead-acid

**Computers and Electronics\*:** computer components, TVs, VCRs, radios, CD players, PDAs, cameras, telephones, cell phones, and related equipment

**Tires\*:** all types

**Appliances\*:** Freon-containing appliances only, such as refrigerators, freezers, air conditioners, dehumidifiers, and water coolers

**Inkjet Cartridges:** all types

**Household Recyclables:** newspaper, magazines, books, other paper, cardboard, glass bottles and jars, numbers 1-7 plastic bottles and jugs, aluminum and steel food and beverage cans

Send us your question! Email your question to [eciswd@sbcglobal.net](mailto:eciswd@sbcglobal.net) or mail it to this address:

Attention: "You Asked!"  
East Central Indiana Solid Waste District  
2031 Mounds Road  
Anderson, IN 46016

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

We are also available to speak to your club or organization about solid waste, waste reduction, recycling and composting.

East Central Indiana  
Solid Waste District  
2031 Mounds Road  
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(765) 640-2535

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