

Thank You

- A very enthusiastic Thank You to our newest bin sponsor **East West Partners** for doing their part to support recycling in Park City. All our bin sponsors are critical to Recycle Utah's success and are a big part of what allows us to recycle the wide variety of materials that we do.
- Thanks to the following groups for inviting Insa to do a presentation on recycling and related issues, helping us to further our mission of education in the community:
 - Henefer City Council
 - Hal Smith, Park City High School Staff Meeting
 - Park City Board of Education
 - Jay Meehan, Park City Mountain Resort
 - Jackie Walker and Sharon Freeman, Treasure Mountain Middle School

Thanks to everyone who is using their Community Partner's cards when they shop and thanks to Albertsons for a great program. You raised \$369 this quarter for Recycle Utah!



VOLUNTEERS & MEMBERS NEEDED

We're growing all the time—our volume of recyclables collected last year increased 19%! And, we're working on doing it again this year. We really do depend on volunteers and members to accomplish all that we do. To keep growing, we need you!

HAVE A COW FOR CHRISTMAS

Be a little different this year and make a positive difference with your Christmas gifts. Give someone you love a cow. No, they don't have to have a barn in their back yard. They won't actually get the cow under their tree, but they will be supporting small-scale sustainable agriculture, either in the US or overseas.

Rent Mother Nature, from Vermont, provides leases on cows, lobsters and maple trees as well as sells other products. They give you a lease document, progress reports throughout the season and the bounty (all-natural cheese, lobsters, maple syrup, honey and more) at the end. www.RentMotherNature.com

Heifer International offers hungry families around the world a way to feed themselves and become self-reliant, and teaches farmers sustainable, environmentally sound agricultural techniques. You can choose your favorite from the whole barnyard range of animals. Animals are given along with a full year of training and a commitment to pass on the gift as it breeds. You get to help an entire community have a better life. www.heifer.org

TAX PLANNING MADE SIMPLE

Contribute to Recycle Utah. Help us to continue taking care of the huge variety of materials that we recycle. Help us to grow and make recycling a normal part of life in Utah. And, of course, get a little help with your taxes. Recycle Utah is a 501(c)(3) organization (non-profit) so your membership is tax deductible. Join before the end of the year and save on your tax bill right away.

Bottled Water—Don't Buy It

Typically 90 percent or more of the cost paid by bottled water consumers goes to things other than the water itself -- bottling, packaging, shipping, marketing, retailing, other expenses, and profit. An ex-chairman of the board of the Perrier Corporation has stated, "It struck me . . . that all you had to do is take the water out of the ground and then sell it for more than the price of wine, milk, or, for that matter, oil." A five-year supply of bottled water at the recommended intake of eight glasses a day can cost more than \$1,000. An equivalent amount of tap water costs about \$1.65.

If the ridiculous cost doesn't turn you off, consider this: The standards regulating tap water are stricter than those regulating bottled water. This means your bottled water is not necessarily any cleaner, regardless of taste. Reusing #1 PETE water bottles is also probably not a good idea. It is simply too difficult to adequately clean your water bottles to prevent bacteria growth. And, unhealthy compounds, some carcinogenic, have been shown to leach into water from reused #1 PETE and #7 polycarbonate bottles. A much better choice for your hydration needs would be #5 PP, #4 LDPE or #2 HDPE which do not leach chemicals. Choose a wide mouth bottle that's easy to clean and fill it at a source you know you can trust—your tap. (www.nrdc.org & Better Homes & Gardens, August 2003, p224 and Sierra, November/December 2003, p16)

Top 10 Reasons to Recycle

1. **Recycling saves trees.** Half the Earth's forests are gone, and up to 95 percent of the original forest in the U.S. has been cut down.
2. **Recycling protects wildlife habitat and biodiversity.** Using recycled materials reduces the need to chop down, extract, process, refine and transport natural resources such as timber, crude petroleum and mineral ores.
3. **Recycling lowers the use of toxic chemicals.** Making products from already refined waste materials reduces -- and often avoids altogether -- the need for manufacturers to use toxic chemicals, essential when using virgin materials.
4. **Recycling helps curb global warming.** For example, recycling 1 ton of glass results in energy savings of more than 300% and lowers carbon dioxide emissions by 3.46 tons.
5. **Recycling stems the flow of water pollution.** Making goods from recycled materials generates far less water pollution than manufacturing from virgin materials.
6. **Recycling reduces the need for landfills.** Toxic pollution from landfills escapes into the air and leaches into groundwater—landfills are bad.
7. **Recycling reduces the need for incinerators.** Municipal waste incinerators spew out all kinds of air pollutants; in addition they produce contaminated ash.
8. **Recycling creates jobs and promotes economic development.** These are sustainable jobs, too.
9. **Cities may profit by selling recyclables.** While landfills are always dumping grounds for municipal money as well as garbage, cities with high recycling rates can actually make money selling recyclables when markets are good.
10. **Buying recycled products contributes to the demand for more recycled products.** Each purchase you make is a vote for a product and a company. Closing the loop means all three sides of the 'recycling triangle' are balanced—collection, remanufacturing and re-purchasing.

(from the Natural Resource Defense Council - <http://www.nrdc.org/cities/recycling/ften.asp>)

Read your newsletter online (with color photos!) at <http://www.recycleutah.org/Newsletter/newsletter.htm>

RECYCLING RATES—What Can You Do?

1. Recycle more. (And you thought this would be hard!) Ask for help if you're overwhelmed or confused. Understanding 'why' often makes it easier.
2. Stop buying non-recyclable items and packaging. Vote with your dollars and you will be heard.
3. Use reusable—cloth bags at the grocery store, travel mugs in your car, refillable containers for water and cloth napkins.
4. Support Bottle Bills—laws which require a deposit on beverage containers. The ten states with deposit systems already in place recycle beverage containers at a rate of 70 to 95 percent. Those that don't average less than 30 percent.
5. Buy post-consumer recycled content products. Improve markets for recyclables and support sustainable manufacturers and products.
6. Teach your friends, neighbors and relatives about the benefits of recycling. (Go ahead, give them this newsletter, we'll get you a new copy) Show them how, and how easy it is.
7. Speak up about recycling and waste management issues. Talk to your city, county and state representatives and let them know your children's future is important to you.

NEWS YOU CAN USE

① Batteries—Environmental Costs—Included

When you're shopping for flashing, blinking, beeping fun Christmas toys and gadgets this year, put some thought into the cost of powering your new gizmo. A typical dry-cell battery gets its power from a one way chemical reaction. Setting it up (manufacturing) takes about 50 times as much energy as the battery produces! The expired battery contains a combination of heavy metals and toxics which will escape if sent to landfills or incinerators. These materials must be recovered and re-introduced into the economic cycle. (As for most products, the EU is now creating legislation to make producers responsible for the full costs of their batteries.)

In America, about 8 batteries a year consumed per household add up to 3 billion batteries used up and thrown away each year. Simply limiting your use of superfluous gadgets is the best way to start reducing that number. Currently only about 10 percent of the 3 billion batteries are recycled so we can improve there too—bring all your used batteries to Recycle Utah. Another good option is to use rechargeable batteries instead. They can be used up to 1,000 times before being recycled (a much cheaper process!) and they'll save you money too. You break even over disposables after only about 11 uses. With the really fun gadgets, that should happen some time before New Year's Eve! (The Hidden Life of Batteries by Chris Bryant, Sierra p26, Nov/Dec 2003 - Recycling Today, 11/25/2003 - Jere Wiederholt, Layton)

① Precycling—Where it all Begins

Precycling simply means thinking about the impact of what you buy before you buy it and choosing the alternative with the least environmental impact. As soon as you buy one, they'll make another. Think about avoiding unnecessary purchases—borrow, rent, reuse and buy durable long lasting products. Choose minimum packaging, maximum recycled content and recyclable materials. Don't do disposables, stay away from Styrofoam and back off on the bags! For lot's more information check out the new precycling links added to our web page.

① Have your Wood and Healthy Forests Too

Now you can choose "certified" wood and wood products and know they have come from well-managed forests. Certification is awarded to forestry operations after a thorough inspection (and annual audits). A certified forest minimizes clear-cuts and pesticide use, protects creeks and wetlands, includes the local community in decision-making and is healthy wildlife habitat. There are currently only 9 million (of the 700 million total) forested acres that are certified in the US but certified wood is out there. Some big names, like Andersen Windows, Gibson guitars and Dixon Ticonderoga (pencils) are using certified wood. Home Depot has it available for sale. Look for and ask for certified wood. Much more information is available from www.certifiedwood.org.

(National Wildlife, October/November 2003, p37 by Doug Stewart)

① Making a Powerful Impact

According to the EPA, the average American generates 12,000 pounds of carbon dioxide annually. You can offset that whole amount by buying 500 kilowatt hours of clean wind power. That's the same as not driving your car at all for the entire year! To do so only costs \$9.75 a month on top of your power bill, but you can start smaller if you want. **Utah Power** sells wind power in 100 kilowatt hour blocks for only \$1.95 each. To learn more visit www.utahgreenpower.org or just look on your power bill.

① Closing the Office Paper Loop

The average office worker in the US consumes 13 pounds of paper each week and less than 20 percent of that is recycled. (From Environmental Defense and Recycled Paper Coalition, respectively.) That means the average worker is using 260 sheets a day—a 2.5 inch stack! That same average worker is also only recycling about 50 of those sheets. Increasing the amount recycled is as easy as ever: don't throw paper away, collect it for recycling.

Now it's easy to reduce the impact of using all that paper in the first place by buying recycled. Recycled paper is readily available from major manufacturers and suppliers (Staples, Kinko's, Office Max, Office

Depot). The quality and cost are comparable to virgin paper. The only things lost are greenhouse gas emissions, trees cut, water used and energy consumed. Talk to whoever buys the paper in your company. Start recycling and buying recycled today.

① You Can Make a Difference

At least if you buy recycled, you sure can. Check out these facts taken from a package of **Seventh Generation** paper towels:

"If every household in the U.S. replaced just one roll of 180 sheet virgin fiber paper towels with 100% recycled ones, we could save: • 1.4 million trees, • 3.7 cubic million feet of landfill space, equal to 5500 full garbage trucks, • 526 million gallons of water, a year's supply for 4100 families of four • and avoid 89,400 pounds of pollution."

Save trees, keep stuff out of the landfill, save energy, use less water and reduce pollution. If you're recycling and buying recycled, you are making a difference.

YOU'VE GOT JUNK MAIL

And we're picking it up! Recycle Utah is now collecting the junk mail from all 3 Park City post offices. It's a lot of work and wasted resources, so we'd still prefer it if you stopped getting it in the first place. Visit www.obviously.com/junkmail/ to learn how.

A RIND IS A TERRIBLE
THING TO WASTE
COMPOST

