



The Clean Campbell Courier

Summer/Fall 2009

Campbell County Litter & Environmental Commission, P O Box 100, Rustburg, VA 24588
Telephone: 434-455-6085
Website: <http://www.co.campbell.va.us/depts/waste/Pages/littercommission.aspx>

Are You Green?

Lighten your garbage can. One of the first things you should do is put a recycling bin next to your trash can. If your recycling bin is too far away, items will be thrown into the trash instead of the recycling bins. Convenience is the key. Make it easy for yourself. Whatever will get you to thinking about recycling, do it!

Waste reduction helps save raw materials and landfill space. It's also a good way to reduce pollution and save energy. Waste Reduction starts with the changes you can make at home, work, in your community and when shopping.



Shopping:

- Buy only what you need.
- Purchase in Bulk.
- Avoid "over-packaged" products.
- Avoid disposable goods.
- Read the label- Choose materials made with non toxic ingredients.
- Reuse or refuse shopping bags - bring your own sturdy bags.
- Buy durable, high quality goods.

At Home:

- Reuse household articles such as bags, boxes and plastic food containers.
- Maintain and repair items before buying new ones.
- Use low-energy light bulbs.
- Sell or donate goods you no longer want.
- Donate old magazines and catalogues to local charities, waiting rooms or schools.
- Leave cut grass clippings in your lawn.
- Take to your recycling drop-off center on Livestock Road: newspaper, aluminum cans, tin cans, mixed paper, newspapers, and corrugated cardboard.
- Compost.

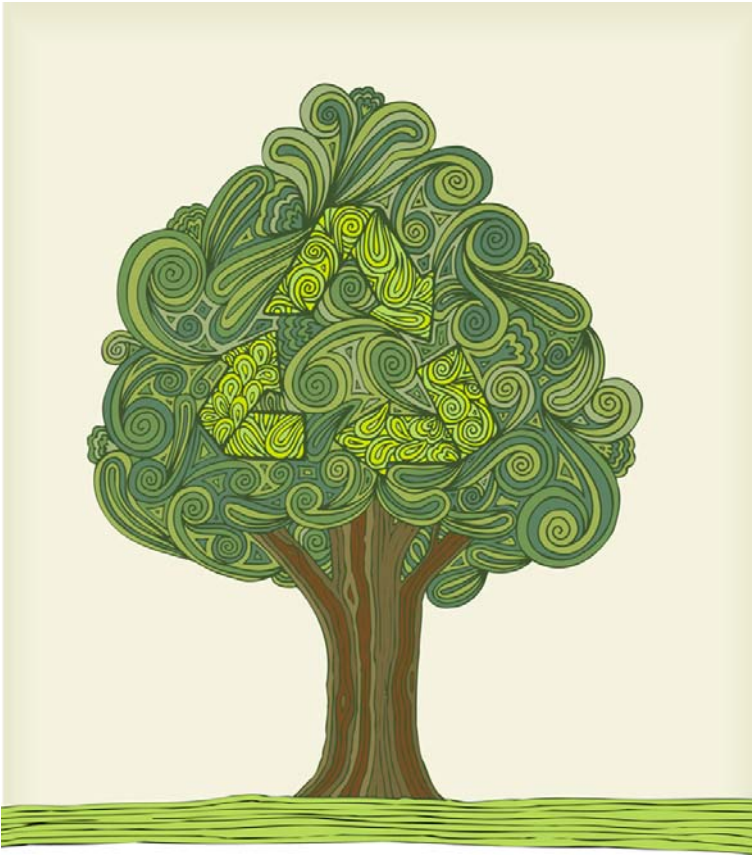


At Work:

- Make two-sided copies, whenever possible.
- Make interoffice phone calls or emails, if appropriate instead of sending memos.
- Use ceramic mugs or glasses instead of disposable cups.
- Use scrap paper for memos, notes, etc.
- Reuse envelopes for routing memos and office materials.
- Use low-energy light bulbs.
- Only print emails that are needed.

Do You Know These Facts?

Each ton (2,000 pounds) of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution.



If you had a 15-year-old tree and made it into paper grocery bags, you'd get about 700 of them. A supermarket could use all of them in under one hour. This means in one year, one supermarket goes through 60,500,000 paper bags. Now, just imagine how many how many supermarkets there are in the US...

The average household throws away 13,000 separate pieces of paper each year. Most is packaging and junk mail.

The U.S. is the #1 trash-producing country in the world at 1,609 pounds per person per year. This means that 5% of the world's people generate 40% of the world's waste.

On average, each one of us produces 4.4 pounds of solid waste each day. This adds up to almost a ton of trash per person, per year.

Thirty-two truckloads of waste are created for every truckload of goods produced in the U.S.

Let's Eat - Lasagna

1 lb. wide noodles	12 oz. water
8 oz. cottage cheese	8 oz. mozzarella cheese
8 oz. sour cream	1 Tbsp. garlic salt
1 lb. canned tomatoes	1 Tbsp. basil
12 oz. tomato paste	1 Tbsp. oregano
½ lb. sausage	2 Tbsp. parsley flakes
1 lb. hamburger	1 Tbsp. salt
1 Tbsp. onion salt	½ tsp. pepper
2 Tbsp. sugar	8 oz. cheddar cheese

Brown sausage and beef. Add tomatoes, tomato paste, water and all seasonings except sugar. Cook slowly and bring to a boil. Add sugar and cheddar cheese and bring to a boil. Cook noodles until done.

Alternate noodles and meat sauce in greased 14X12X2 pan with cottage cheese and sour cream mixture. (I add this to the meat sauce and stir good to mix).

Cover with mozzarella cheese.

Bake at 376 degrees for 30minutes.

Make these Safe Household Products

Mold Killer

2 tsp Tea Tree Oil
2 cups water

Mix together in spray bottle. Spray on mold– do not rub in. Strong odor of Tea Tree Oil will leave in about 3 days.



Window Cleaner

3 tsp white vinegar
2 cups of water

Mix together in spray bottle. If window streaks, add 2 drops of dishwashing detergent to bottle. Some recipes call for up to 1/3 cup of vinegar, but most just call for 2 to 3 tsp. of vinegar. Adjust to your liking.

Air Freshener

Up to 10 drops of scent - you can use essential oils from health food stores or cooking extracts like vanilla, lemon, almond, etc. Mix scents together – be creative!

2 cups water

(**If using cooking extracts – start with 2 tsp. since they do not come with a dropper. Essential oils have a built in dropper.)

Mix together in spray bottle. Be sure to have bottle setting to mist when you spray. If too strong, add more water. If too weak, add more drops of scent to your liking. The longer it sets the stronger the scent will get.



Campbell County Transfer Sites

Campbell County operates nine transfer sites at which all County citizens (including the residents of Brookneal and Altavista) may deposit household waste at no charge. Large, bulky items, such as appliances, mattresses and furniture, tires, televisions, and brush are to be brought to either the Campbell County Landfill Center, or the Concord Turnpike Regional Landfill, for disposal.

Gated Transfer Site Hours:

Altavista: 6:30 AM until 9:00 PM
Concord: 6:30 AM until 9:00 PM
Evington: 6:30 AM until 9:00 PM
Three Forks: 6:30 AM until 9:00 PM

All other sites: Open 24 hours / day

Campbell County Landfill Center

427 Livestock Rd
Rustburg, VA 24588

Normally, an attendant is on-site at all times.

Hours of Operation

- Year-round: Daily, 6:30AM until 9:00 PM

Permitted Items

- Bagged household waste
- Residential homeowner improvement projects construction and demolition waste (No shingles are allowed, at any time.)
- Latex paint (Dried with sawdust or cat litter)
- Recyclable items



Prohibited Items

- Regulated hazardous material
- Pesticide containers that are not cleaned, crushed, and opened
- Drums that are not emptied, cleaned, and opened
- Gas tanks and cylinders
- PCB or Dioxin containing solid waste
- Fluorescent bulbs
- Shingles (Must be taken to the Concord Turnpike Regional Landfill)
- Deceased animals (Must be taken to the Concord Turnpike Regional Landfill)



Commercial Refuse

- All commercial refuse, regardless of business size, must be deposited at the Concord Turnpike Regional Landfill.

Let's Have Some Fun – Environmental Word Find

Directions: All words are positioned left to right, right to left, and diagonally.

C A A T J Q C E Q J Z L I X Y D V U M J E K U
R L T C J Z H I X Y D V G N H I O S M D S N Y
L T N M M Y Y L L T O H O B Y O P P I S L O E
X W S T O H X H K H I I M J D F C C E T I I M
R P D S U S P F Q X T N S G L W I R Z T J T O
E R T E O K P U P U S L C C O T E P Y A B U G
H L K R G V L H L Q W Y J T C H N I G T A L J
C R M O M Z J O E I Q X P E P M J B L I S L A
A G I F I C V U L R F J S S O B M L A B D O P
O P G N J E X E I T E N O Q U G J N B A F P O
P I P I Z W N D G M I I U H O R R O N H J J A
D T N A P J F C J V B M U H I E Z O R J G Y V
E K W R E N D A N G E R E D S P E C I E S P
A D M B Y O X C O N S E R V A T I O N D Q F W
W C N R L D E S U U G I Z S B S J F I L X S B
J A F J O C O Z O N E M G B K X L L S Y M M U
W T M U B P R R Q B A W F Z V X A D Q L V G N
G F K H T V S B Q Y K Q W Q H L G B H L Z W A

BIOSPHERE	INSECTICIDE	POLLUTION	EXTINCT
ENDANGERED SPECIES	RAINFOREST	POACHER	
ATMOSPHERE	SMOG	CONSERVATION	
EVOLUTION	OZONE	HABITAT	

Christmas Ornament Contest Winners

The winners of the Campbell County Litter & Environmental Commission's 10th Annual Recycled Christmas Ornament Contest for 3rd and 4th graders for calendar year 2008 are:

3rd Grade Winners

1st Place - \$20.00

2nd Place - \$15.00

3rd Place - \$10.00

4th Place - \$5.00

Leslie Jennings, Altavista Elementary

Lindy Price - Yellow Branch Elementary

Morgan Hunter - Yellow Branch Elementary

Kate Trent - Tomahawk Elementary



4th Grade Winners

1st Place - \$20.00

2nd Place - \$15.00

3rd Place - \$10.00

4th Place - \$5.00

Katherine Wooldridge - Concord Elementary

Hayen Reger - Leesville Road Elementary

Olivia Carson - Leesville Road Elementary

Jordan Foster - Yellow Branch Elementary



WINNERS OF THE 10TH ANNUAL ESSAY/POETRY CONTEST

Interested 5TH AND 6TH grade students were asked "How can I reduce, reuse or recycle the items I use every day?" This year all the winners were from Leesville Road Elementary School. The winners for 2009 are:

Allison Alderman, Leesville Road Elementary School, 1st Place \$25.00

Everyday before I go to school I brush my teeth, take a shower and other basic things. My dad always says that I take really long showers. One way that I could reduce the amount of water I use is a simple solution, take shorter showers. That's not doing anything harmful to me or anyone else. So there is no reason why I shouldn't. I do a pretty good job about turning my TV and lights off. I really need to recycle. I put my water bottles in the bins.



Curtis Staples, Leesville Road Elementary School, 2nd Place \$20.00

There are different ways to help the environment.

One way to help the environment is to reduce my use of objects. I could not use the TV, and other electronics as much. I also could not waste paper as much as I do.

Another way to help the environment is to reuse the water bottles and soda bottles that I use. I could also use the back of my paper instead of wasting it.

The last way to help the environment is to recycle some of the things that I can recycle.

It's important to help the environment.



Nick Cunningham, Leesville Road Elementary School, 3rd Place, \$10.00

The way I can help reuse and recycle items is by collecting old newspapers and not throwing away anything that can be recycled.

Another way to help is by using bottles over again by filling them up. I can take aluminum cans to Walmart and put them in the recycling bin.

When I'm done using glass bottles or anything else that's glass, I can take it to places like the mall and behind Kroger. I can also ride my bike instead of riding the bus or car. That's how I can help the environment.

Taylor Crane, Leesville Road Elementary School, 4th Place, \$5.00

I will reuse paper by coping something on the back so you will not waste any paper at home or school. I can also reuse paper towels by reusing a towel instead of always throwing them away. I can reduce light by turning the lights off when I go out of the room you were in. Or you can reduce your TV sometimes by saving your electricity. By recycling you can make something else, but you can have to put different things in different recycling bins. You can recycle cans, paper and plastic too.

Honorable Mentions went to Clay Worley and Nick Sprinkle.

Think Organic!

Home-Grown



You don't need a green thumb to have fun with this puzzle. Just grab a writing tool, plant yourself down, and start digging up as many words as you can. You'll be pleased as your list grows and you reap the benefits of a job well done.

APPLES POTATOES

BEANS PUMPKIN

BEETS SAGE

BERRIES SHALLOTS

CORN SPINACH

CUCUMBERS SQUASH

DILL THYME

GOURD TOMATOES

KALE TURNIPS

LETTUCE ZUCCHINI

LIMAS

LIMES

MELON

OKRA

ONIONS

ORANGES

PARSLEY

PARSNIPS

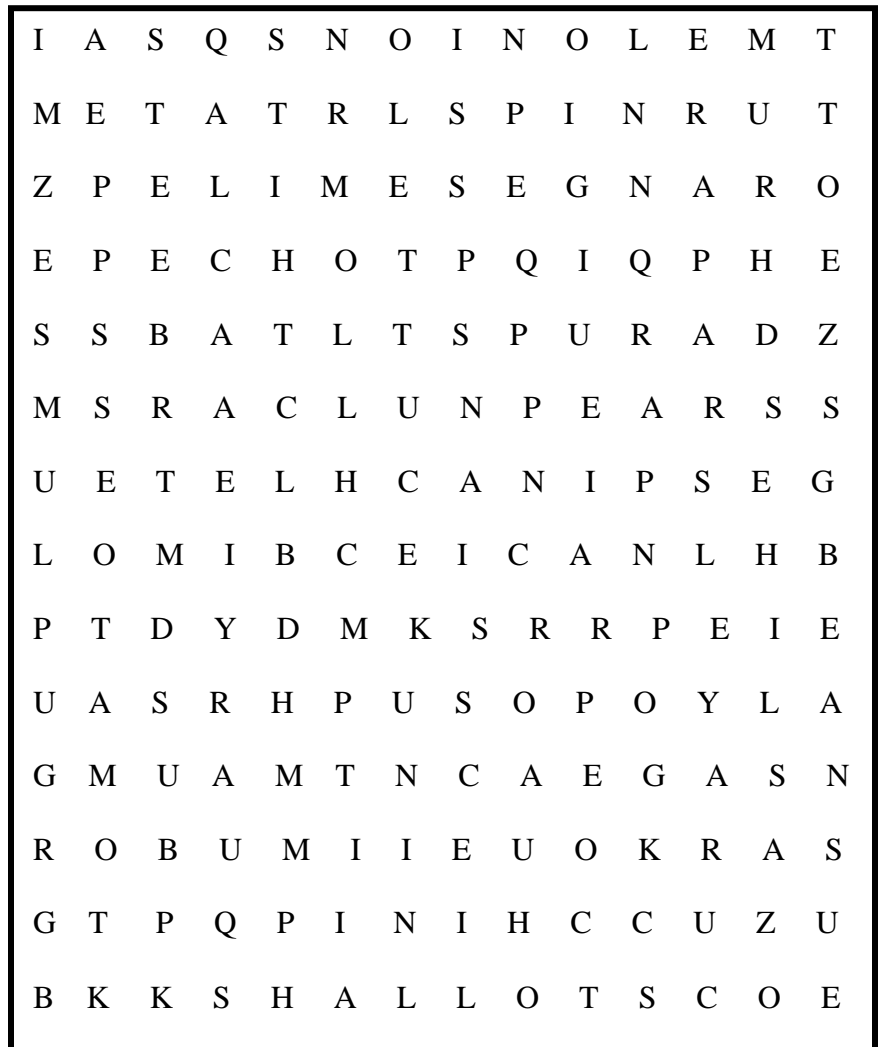
PEACHES

PEARS

PEAS

PEPPERS

PLUMS





Household Hazardous Waste (HHW) Collection Days

&

Electronic Recycling

For All Lynchburg City, Amherst, Appomattox, Campbell (including the Towns of Altavista & Brookneal) and Nelson County Residents

October 10

(8:00 a.m. - 12:00 p.m.)

Concord Turnpike Regional Landfill

PLEASE NOTE: All participants must present a photo ID! Please bring items in non-returnable containers. Amherst, Appomattox and Nelson County residents must bring a voucher from the county solid waste department. To obtain a voucher call: Amherst County residents at (434) 846-3324; Appomattox County residents at (434) 352-8184 and Nelson County residents at (434) 263-7098.

What HHW CAN you bring to the collection site?

Electronics

- Acids/Bases
- Aerosols
- Antifreeze
- Auto Starter
- Brake Fluids
- Batteries
- Cleaners
- Corrosives
- Drain
- Openers
- Flammables
- Furniture
- Stripper
- Herbicides
- Kerosene
- Lighter Fluids
- Oven
- Cleaners
- Oxidizers
- Oil Based
- Paint
- Pesticides
- Photo
- Chemicals
- Polishes
- Pool
- Chemicals
- Poisons
- Solvents
- Thinners
- Used Motor
- Oil
- Weed Killers
- Wood
- Preservatives



Not Bring

- Agent Orange
- Ammunition
- Dioxin
- Explosives
- Garbage
- Gas Cylinders
- Kepone
- Latex Paint
- Liquified
- Asbestos
- Medical
- Waste
- Oil Tanks
- Pathological
- Waste
- 55 Gallon
- Drums of *Anything!*
- PCBs
- PROWL
- Prozine
- Radioactives
- (Ex: *smoke detectors*)
- Recyclables
- Silvex
- Stomp
- TCDD

Acceptable

- Computer monitors (*CRTs, Plasma, LCD displays*)
- Laptop and notebook computers
- Televisions (*console, projection-screen, Plasma, LCD*)
- Computer Equipment
- Computer systems (*CPU units*)
- Computer printers, scanners, plotters
- Computer accessories (*keyboards, mice, speakers, cords, cables*)
- External disk memory and hard disk drives
- Circuit boards and electronic components
- Network hubs, modems, and routers
- Toner cartridges (*ink jet and laser jet*)



Basically, anything with a cord!