

The Clean Campbell Courier

Summer 2011

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>

What's Happening at the Regional Landfill?

From the 2011 Region 2000 Annual Report

Services Authority enters its third year of successful operation

The Region 2000 Services Authority continues to operate successfully, now in its third year of operation helping localities to reduce the high cost of disposing solid waste. The Services Authority coordinates regional solid waste for five localities including the City of Lynchburg and Campbell County residents and businesses, as well as participating localities that transfer solid waste to the regional landfill such as the City of Bedford, Appomattox County, and Nelson County.



“Operating regionally allows us to take advantage of increased efficiency by operating a larger facility. Our operating costs are spread over a larger customer base which allows us to keep our tipping fees low,” says Clarke Gibson, Director.

Campbell County Administrator David Laurell agrees. “The Services Authority has saved its participating members several million dollars since its inception in 2008. It’s a winning solution for localities and taxpayers,” he says. “In order to help our citizens and businesses remain competitive and sustainable we need to continue to look at options like these. Not only does it make sense financially, but it’s the right thing to do.”

In early 2012 (once the Concord Turnpike Regional Landfill is full), the Services Authority will begin to utilize the Campbell County landfill on Livestock Road in Rustburg as the new regional landfill. At that time, the Lynchburg landfill will be available for Lynchburg residential customers only as a convenience center for household waste.

Highlights of Air Show

By Russ Guthrie, Litter Commission member, Gladys, VA

Thumbs up for Lynchburg hosting a great air show (except for the busing part). Thumbs down for the organizers and BSW (since 1984) for not having a single plastic bottle recycling box there. All I saw were BSW cardboard boxes for trash, and they were over run with plastic bottles (water and drink bottles). Watch out landfill, here they come from one event by the thousands. I guess we won’t break that chain of bottles lapping the earth this year.

I have two adopt-a-highway roadways. One on East Ferry Road and one on Crows Road. Most of the trash I pick up is the fast food wrappers, ketchup packs, cups (three parts: straw in one spot, then comes the lid, then the cup). I get plenty of exercise because of the litterers. I will most likely live to a 100, thanks. Not only was one person a litterer, but they vandalized my adopt-a-highway sign by pulling the post up out of the ground.

Fresh Apple Cake

By Janice Driskill, Chairman of Litter Commission, Rustburg, VA

- | | |
|----------------|-------------------------|
| 1 cup oil | 2 tsp. cinnamon |
| 2 cups sugar | 2 tsp. baking power |
| 3 eggs | 2 ½ cups plain flour |
| 1 tsp. salt | 1 cup chopped pecans |
| 1 tsp. soda | 3 cups chopped apples |
| 1 tsp. vanilla | ½ cup raisins -optional |



Place sugar, oil and eggs in mixing bowl and blend on low speed or by hand. Sift flour, salt, soda, baking power and cinnamon together several times. Add to sugar mixture. Mixture will be very thick. Fold in apples, pecans, raisins and vanilla with heavy spoon. Bake in greased and floured bundt pan at 350 degrees for approximately 1 hour. Watch – it may take less time. Check with knife to come out clean. Keeps moist a week. Very good – No frosting.

Hat's Off



When you travel on Leesville Road you may notice a single person picking up litter. It's Mr. Bill Hammond. Mr. Hammond has been picking up litter on Leesville Road for a number of years.

Hats off Mr. Hammond for a job well done enhancing our roads and protecting our environment for future generations. Salute!



Let's talk Trash... (& Recycling)

Did you know...?

- Every 2 weeks, Americans throw away enough glass bottles and jars to fill the once mighty Twin Towers! (Glass can be taken to the recycling bins at Lowe's in Amherst County for recycling.)
- Every 3 months, Americans throw away enough aluminum to rebuild the entire U.S. Commercial air fleet!



- Glass has no known disintegration rate.
- The energy saved by recycling one aluminum can would keep a 100 watt light bulb burning 3.5 hours.
 - A mature tree is left standing for every 115 lbs. of newspaper that is recycled.
 - A fire starts every 12 minutes due to litter. This is especially dangerous during periods of draught.
- If all Sunday newspapers across the U.S. were recycled, we would save 500,000 trees PER WEEK! **AN ENTIRE RAIN FOREST!**

- American's represent 5% of the world's population, but produce over 50% of the world's trash. We are all responsible for the consequences this has on our planet.
- 2.5 gallons of fuel are used to manufacture 1 tire.
- In 1982, Americans spent 8 BILLION DOLLARS to bury their trash. It is much more today.
- There is no way to dispose of used tires -- they come back to the surface when buried in landfills. If just 1% of U.S. roads were resurfaced with asphalt rubber, 50 million scrap tires would be consumed.
- Americans fill 63,000 garbage trucks per day, and generate 195 million tons of solid waste each year -- enough to fill a convoy of trucks stretching from here to the moon!
- Only 11.6% of scrap tires are recycled.
- Only 11% of Americans recycle.
- If everyone in Campbell County picked up one piece of litter each day, nearly 400,000 pieces of litter would be removed from our roads and properties each week.
- Less than 1% of all the water in the world is available for drinking and agriculture (fresh water). Don't pollute!
- 70 million gallons of gasoline is wasted every 2 days due to under-inflated tires and poorly maintained engines.
- It will take approximately 450 years for a plastic bottle to completely disintegrate.
- The chemicals and gasses trapped in a cigarette filter can be deadly to wild animals and fish that mistake them for food.
- 50% of landfill space is taken up by paper -- something that is so easy to recycle.



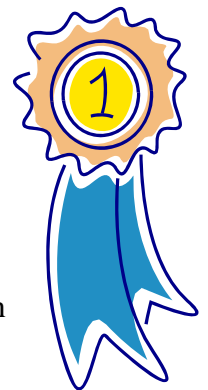
William Campbell Middle = Winners

The 12th Annual Essay/Poetry contest sponsored by the Campbell County Litter & Environmental Commission for all 5th and 6th graders residing or attending schools in Campbell County was held in May. Students needed to answer the question, "How can I reduce, reuse or recycle the items I use every day?"

Judging was by the Commission members on May 23rd. Winning essays can be found on the County's website at: <http://www.co.campbell.va.us/depts/waste/Pages/contests.aspx>
All winners were from WCMS.

Winning first place and \$25 was Ashley Osborne; second place and \$20 was Kaylena Crabtree; third place and \$10 was Jada Council; and fourth place and \$5 was Kaitlyn May. Abby Elder and Darius Payne received Honorable Mention and a ring flyer.

We have a bright future with these young authors.



2011 Household Hazardous Waste & E-Cycling Collection Dates

Save the dates of August 13 and October 8 as the household hazardous waste and e-cycling (electronic equipment) dates at the Concord Turnpike Landfill. Hours for the special collection will be 8 AM until 12 Noon.



Remember that Latex paint can be dried with kitty litter, sand, sawdust, etc. and put in your regular trash. Latex paint is water based paint and is safe to dispose of in a landfill. Only oil based and lead paints are accepted at the household hazardous event and need to be kept out of the waste stream.

If you have questions about what you can bring, call Diane at 455-6085.

What to do with outdated (or no longer taking) medicine

First, check with your local veterinarian to see if they can use the meds with animals. If so, great. Problem solved. If not, DEQ recommends...



Disposal of Home Pharmaceuticals

Step 1. Remove the medications from the pill bottle and put them in a container with a lid or into a sealable baggie. Try not to handle the medications. If the medication is solid, crush it or add water to dissolve it.



OR



Step 2. Mix in something to make medications "undesirable" (kitty litter, coffee grounds) to pets and children.



As an added safety precaution, place the baggie in another sealable container.



Step 3.
Throw in trash



Step 4. Remove or cover identifying info on pill bottle before discarding.



Remember!
Please do not dispose of medications to the sink or toilet!



THANK YOU for helping to keep Virginia waters clean!

Family Project Time - Build A Garden Box

From EHow.Com

This project [recycles](#) two wooden pallets, and helps you grow fresh organic food at the same time. You can use your [gardening](#) box year around just by moving it from the yard to the porch or garage during cold weather. Kids love to help build and garden with you.

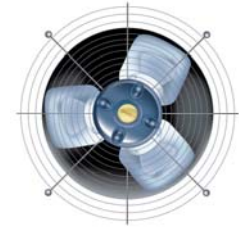


Instructions

Things You'll Need

- Two 4'x4' pallets
 - Hammer
 - Deck screws
 - Electric screwdriver
 - Saw
 - Gardening soil
-
- **1** Find some free pallets. They can be from your local store (Lowe's, Walmart, Kroger, etc.) or from a friend at a warehouse. I got mine from a warehouse who just gives them away.
 - **2** Now very carefully take your pallets apart. I used a hammer and gently knocked the boards off. Some of the boards will break or split, that is fine it will only bring more character to the garden box. (Some people just saw off the boards for a cleaner look.)
 - **3** The next step is to take all the nails out of the boards. You can hammer them out, pull them out, or just hammer the really tricky ones down.
 - **4** Measure the boards to the desired length you want your box and begin to cut away with your saw. My box was going to be 40 inches long by 20 inches wide and about 20 inches deep. I wanted the box taller so I would not have to bend down a lot gardening.
 - **5** Use the thicker support boards for your frame and place one on top and one on the bottom. Then begin to screw the boards to the support boards like you are building a solid fence. You will have two long sides and two shorter sides if you are making a rectangle, or cut them all the same length for a perfect square.
 - **6** Now screw the four sides together and your box is all put together. Unless you want a bottom. I found some old 2x6's in a vacant lot, and cut them to the desired length, and screwed them to the bottom. Then kept some left over wood to help level my box on the uneven ground.
 - **7** The last step is optional but I had some old fence [stain](#) left over and went ahead and painted my box. You can paint it any color you want. Help bring life to the backyard or porch. Just paint the outside though so not to contaminate the soil on the inside.
 - **8** Now add good gardening soil [plant](#) some seed and watch the food grow. You will love the taste of your freshly grown vegetables, and you can't help to brag a little at work when you bring in that BLT for lunch and you grew the lettuce and tomato.

Read more: [How to Build a Wooden Pallet Garden | eHow.com http://www.ehow.com/how_5319750_build-wooden-pallet-garden.html#ixzzINTBV6shu](http://www.ehow.com/how_5319750_build-wooden-pallet-garden.html#ixzzINTBV6shu)



Keeping Cool Without AC

From The Daily Green

Summer is here, and that means heat! While 84% of U.S. homes use air conditioners, we can all save money by using them less; after all, the typical U.S. home spends 17% of its annual energy bill on cooling – about \$375.

We can all save energy, too, which on the hottest summer days can have an immediate payoff: avoiding an electricity blackout caused by an overloaded power grid, and by lessening the load of air pollution emitted by our power plants. The Daily Green has tried to find the best ways to stay cool without using the air conditioner. (Incidentally, these tips are also useful when the electricity does go out, leaving you without the use of your air conditioner.)

We start with the easiest, cheapest tips you can do right now to cool off – and then recommend some home improvements that can help keep your home cooler in the years to come, and tack on some tips for those of us with air conditioners we'd like to pay less to run or replace. And remember – even if you have and use an air conditioner, these tips can help you reduce your need for it, saving both energy and money.

1. Close Your Windows

It may seem counterintuitive, but on hot summer days, opening the windows will often make your home warmer, not cooler. Open your windows only at night if the air outside is cooler than inside, and close them – along with blinds and shades – before the sun hits your house in the morning. When night falls, open windows wide, particularly those oriented toward prevailing winds so you can take advantage of cross ventilation. This will allow cool night air to circulate, and prevent a good deal of the sun's heat from reaching indoors. You may also put houseplants – particularly larger potted trees – in front of sunny windows to absorb some of the sun's energy.

2. Use Fans Strategically

The fact is, many people don't know how to use fans effectively. Here are three ways fans can help:

Ceiling fans can create a pleasant breeze to cool a room significantly. Be sure that you have the fan running in the right direction since ceiling fans can also be used in winter to create an updraft: in the summer, you should feel the breeze blowing down. And remember, ceiling fans cool people, not rooms, so turn it off when you leave the room. If you're buying new ceiling fans, make sure you buy Energy Star ceiling fans that use 50% less energy than comparable models – a choice that will pay off in the long run, as you can appreciate the longer you keep your fan running.

Stand-alone fans placed directly in front of you, it's no surprise, help keep you cool. Add in a spritz bottle and you can dramatically change your temperature; as the water evaporates off your skin, your body sheds heat.

A DIY wind tunnel is the third option; if there's a cool breeze, particularly at night, set one fan facing in on the side of your home receiving the wind, and another facing out on the opposite end of the house. You'll maximize the cooling power of a natural breeze.

3. Eat Cold Meals

Just as drinking a nice cold cocktail cools your body, eating cold food helps keep your internal temperature lower on a hot day. Try a simple watermelon salad, for instance, or a cold soup. If you do cook, use the grill or the microwave, or else you'll heat up your kitchen from using the oven and stove. And remember, kitchen appliances aren't the only devices that give off heat; limiting your use of electronics and lighting will help keep your home cooler, too.

4. Shut Off The Lights

While modern lighting, like compact fluorescents and LEDs, are more efficient, incandescent light bulbs can produce as much heat as they do light. Energy Star-rated light bulbs produce 75% less heat, so consider that when replacing bulbs. It's always a good idea to shut off lights to save energy, and on hot summer days, it can also affect the temperature of the room. The same goes for many electronics, so consider unplugging any device that isn't needed, since even in standby mode, many electronics remain hot.

5. Take a Cold Shower or Go Swimming

It may sound obvious, but it's worth saying: If you're hot, cool off your core temperature by immersing yourself in cold water. Unless there's 100% humidity, the evaporation of water off your skin will further cool you once you emerge from the water. For a short cut, use water and ice cubes to keep your wrists cool; since your blood vessels are so close to the skin there, you'll feel cooler by applying cold directly to your blood.

6. Install Attic Insulation

While attic fans may not help significantly to cool your home, attic insulation can help a lot. Insulation keeps cooler air in your home from escaping through the ceiling. If you have central air, also seal ducts – especially at vents and registers, where you could be losing up to 20% of your cooled air. While the tax benefits aren't as generous as they were, you can still get tax credit worth 10% of the material cost, up to \$500.

7. Plant Trees Strategically

Your house gets hot because the sun beats down on it relentlessly on hot summer days. Let nature help reduce your energy bills by planting deciduous trees on the east and west sides of your home; in the summer, their broad leaves will shade your house, while in the winter, bare

branches won't stop the sun's warmth from reaching your walls. Also consider planting trees or shrubs to shade high-heat areas – air conditioning units that emit heat, for instance, and driveways and walkways that absorb it. Of course, sitting under a shady tree on a hot summer day isn't a bad way to pass the time, wherever the tree stands!

8. Install Awnings

Just as window shades and shrubbery work to shield your home from the sun's rays, awnings can save you money on energy bills by cutting down on the heat your house absorbs. This is an investment to make if you like the look.

Of This Earth

You've probably seen the ALOE VERA plant serving ornamental purposes, especially in public buildings and gardens. But did you know juice from the plant is often added to cosmetics and ointments, and can be used medicinally to heal cuts and burns? This multipurpose plant, along with the names of 29 others ending with the letter "A," can be found in the diagram below.



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| X | G | A | M | I | O | I | A | H | R | S | A | L | S |
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|------------|-----------|
| ACACIA | ALOE VERA |
| AZALEA | BALSA |
| BANANA | BEGONIA |
| CAMELLIA | CANNA |
| DAHLIA | ERICA |
| FORSYTHIA | FREESIA |
| GARDENIA | GLOXINIA |
| GUAVA | HYDRANGEA |
| JOJOBA | MAGNOLIA |
| OKRA | PAPAYA |
| PAPRIKA | PETUNIA |
| POINSETTIA | RAFFIA |
| RUTABAGA | SEQUOIA |
| SWEET PEA | VANILLA |
| VIOLA | ZINNIA |