

# Recycle This!

Horry County Solid Waste Authority's Newsletter to Read & Recycle

## Recycle Your Winter Blues

Wintertime can make you feel like you are trapped inside all of the time. If all you've been doing this season is watching TV, it may be time to Recycle Your Winter Blues! Winter is the perfect opportunity to tackle indoor chores or start a new project.

**Clean Out the Clutter!** Why save all of that cleanout work for the spring? Spring is when you really want to get outside and enjoy the weather. Open a few closets and drawers this winter. Use the four box system: Keep (items you will keep and treasure), Trash / Recycle (throw it away or recycle it), Repair (items that could be fixed and kept or given away) and Giveaway (items to donate to a friend or charity). Don't forget to ask for donation receipts for your taxes. If you have piles and piles of magazines, cut out your address and donate them to a doctor's office or clinic waiting room for others to enjoy.



**Create Indoor Gardens!** Enjoy the outside, inside and you will benefit from clean air and enjoy some beautiful indoor plants (see article below). Rearrange some of your indoor plants, so you can enjoy them more. Start a few seedlings that can be transplanted outside when it gets warmer.



**Rent Don't Buy!** Since you are stuck inside, go to the computer. Online renting has just started to expand into other areas outside of movies. How about renting some toys for your toddler at [www.babyplays.com](http://www.babyplays.com) or rent a handbag or pair of shoes for that special night at [www.rentmeahandbag.com](http://www.rentmeahandbag.com). When you search online for companies, be sure to check for rental and return policies.

## How to Grow Fresh Air

Plants are a great source for improving indoor air quality by extracting pollutants from the air. Plant roots act as a filtration system that captures air pollutants before they accumulate to make us sick. The foliage supplies oxygen rich air for us to breath, which results in less respiratory infections.

### The Do's and Don'ts of Indoor Plant Care

Follow these general guidelines for caring for most indoor plants: DO place your plant in indirect sunlight for at least six hours per day. If direct sun

can't be avoided, diffuse the light with a shade or sheer curtain. DO provide room temperatures between 68 - 70° F. DO water your plant when soil feels dry to the touch. DON'T place plants near cold drafts or excessive heat. Avoid placing plants near appliances, fireplaces or ventilating ducts. DON'T overwater your plant, or allow it to sit in standing water. Always remove a plant from any decorative container before watering, and allow the water to drain completely.

# Making Sustainable Changes in 2010

Make 2010 the year to make sustainable changes in your lifestyle and in your home. These changes could be as simple as changing out a lightbulb or as impactful as starting a vegetable garden. Sustainable changes are positive changes for your life and the environment. Here is a list of sustainable ideas to help you get started in 2010!

- 1) Recycle - find your recycling center and start a new routine
- 2) CFL Lightbulbs - save energy on your electric bill
- 3) Slow Cooker / Crock Pot - uses less energy than your oven
- 4) Low Flow Showerhead - save water and lower your water bill
- 5) Compost - throw your veggie scraps and leaves into a pile and make compost to use around your garden
- 6) Edible Garden - start growing things you can eat or share, such as tomatoes, potatoes, cucumbers, squash. This will also help you save money at the store
- 7) Use Reusable Bags - use canvas totebags and recycle plastic bags at the store, just ask customer service if they recycle.

If everyone adopted a couple of sustainable ideas and put them into daily use, the world will begin to see some longterm, sustainable changes.

## GreenBits

### Plastic Pacific Voyage

Next year, adventurer David de Rothschild plans to set sail from San



Francisco to Sydney in a boat made primarily of post-consumer soda bottles. His mission is to rethink waste and bring attention to global warming. To

follow his journey, visit his website at [www.theplastiki.com](http://www.theplastiki.com)

### Top Sustainable Corporations

There are 20 corporations in the United States that are considered to be the most sustainable in the world, according to Global 100. Some of those include Amazon.com, Walt Disney Co., and Nike. The Global 100 companies are sustainable in the sense that they have displayed a better ability than most of their industry peers to identify and effectively manage material, environmental, social and governmental factors impacting their business. Japan has 15 sustainable companies and the United Kingdom has 19. To learn more, [www.global100.org](http://www.global100.org).

The Horry County Solid Waste Authority provides a fully integrated solid waste management system, which includes landfill management, public education, state-of-the-art technology, and recycling programs. For free facility tours and more information, please contact us!



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[www.SolidWasteAuthority.org](http://www.SolidWasteAuthority.org)



[www.facebook.com/HorryCountySWA](http://www.facebook.com/HorryCountySWA)

## POP Art Winner

Congratulations to Anastazia Herrington, 7th grader at Green Sea Floyds Middle School, for creating "Best Friends for Better" out of used polystyrene (Styrofoam) and winning the 2009 POP Art Contest. For her creation, she received a \$250 savings bond and a prize pack.



## Calendar

**Feb. 1, 2010 - Environmental Scholarship Deadline** ~ Horry County high school seniors can apply for the \$1,000 Environmental Scholarship.

The deadline is February 1, 2010. Call (843) 347-1651 for details.

### March 20, 2010 - Spring Greening, HHW Facility

Drop-off your unwanted paint and chemicals for free between 8am and 3pm at the HHW Facility, 1886 Highway 90, Conway. Call (843) 347-1651 for details.

### March 31, 2010 - Recycling Student of the Year Deadline

Apply to be Horry County's Recycling Student of the Year. The deadline is March 31, 2010. Call (843) 347-1651 for details.