How to reduce, reuse, and recycle!... common household items, and dispose of household hazardous materials.

Town of Lenox

www.townoflenox.com

This booklet is printed on 100% post-consumer recycled paper

Dear Resident,

The Lenox Board of Health and the Lenox Environmental Committee, with the help of the Center for Ecological Technology (CET) and a small grant from the Springfield Municipal Recycling Facility, are pleased to provide this guidebook on the proper handling of various kinds of household waste. From the specific "how to's" regarding your weekly recyclable materials to the more challenging toxic and hazardous materials that accumulate around the home, this booklet should provide the answers you need to be a good steward of the products you purchase.

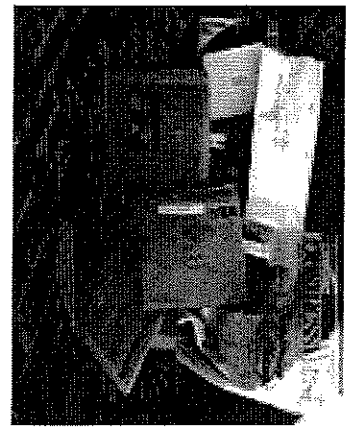
Lenox does not have its own landfill or transfer station. Household and commercial waste is picked up by private haulers. All haulers who operate in Lenox are required to be licensed by Tri-Town Health, the professional arm of our local Board of Health. All haulers in Lenox are required to provide curbside recycling service. Haulers typically alternate weeks for picking up recycled paper products and cans, bottles and glass. Hazardous materials are not to be thrown out with your regular garbage and picked up by your hauler. You are responsible for properly handling these items.

Looking for an answer to "How do I get rid of_____?" This booklet will help whether it be that old refrigerator, the dead car battery, or that half used can of oil based paint. By following the recommendations contained in this booklet you can do your part in making sure that discarded items do not end up polluting our environment. And better yet, tips are provided about substitute purchases that are not toxic in the first place.

Thanks for doing your part in keeping Lenox a safe and healthy place to live.

Lenox Board of Health
Lenox Environmental Committee

Paper Recycling



- Newspapers and inserts
- Letter/Computer paper
- Paper bags
- Junk Mail (remove wrapping)
- White and colored office paper
- Magazines and Catalogs
- Telephone books and paperback books (Remove Covers)
- Corrugated Cardboard (flattened, no tape, no string)
- Box board - including cereal boxes, shoe boxes, cracker boxes, etc. (Remove plastic liners)

**** All paper and cardboard must be clean and dry.***
**** Keep these items together and separate from mixed containers.***

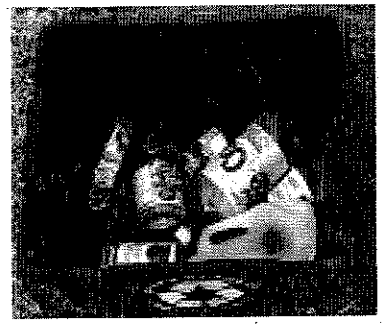
These items cannot be recycled:

- Boxes with food on them
- Detergent boxes
- Frozen food boxes
- Pizza boxes
- Photographs
- Paper plates or cups
- Waxed paper
- Egg cartons

Your private hauler is required to pick up your recyclable paper products every other week. Please contact Tri-Town Health if they are not.

Need a curb-side recycling bin? Call the DPW-637-5525.

Mixed Containers Recycling



- Glass Bottles and Jars (green, brown, and clear)
- All Plastic Bottles, Jugs, Jars, and Tubs
- All Plastic Microwave Trays/ Containers
- Tin/Steel/Aluminum Cans
- Aluminum Foil and Trays
- Juice and Milk Cartons
- Drink Boxes

* Rinse out containers
* Remove and throw away the caps, lids, and straws.
* Keep these materials together and separate from paper.
* Put containers loose in bin.
* Do not put them in paper or plastic bags.

These items cannot be recycled:

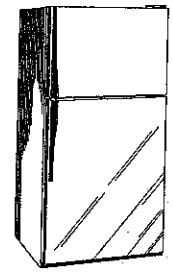
- Plastic Bags
- Plastic Film/Wrap
- Window, Plate, or Auto Glass
- Drinking or Eye Glasses
- Crushed or Broken Glass
- Clay or Plastic Pots
- Anything Larger than 2 gallons
- Ceramics/Pottery
- Light Bulbs
- Motor Oil Bottles
- Aerosol or Paint Cans
- Styrofoam (Polystyrene)
- Lids and Caps

Remember to ***Re-Use*** when possible!

Your private hauler is required to pick up your recyclable containers every other week. Please contact Tri-Town Health if they are not.

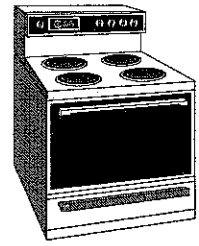
Appliances

Appliances that contain CFCs (refrigerators, freezers, air conditioners, and dehumidifiers):



- Chlorofluorocarbons (CFCs) damage the ozone layer when they are released into the environment. Special care must be taken in removing them from appliances.
- **Sayers Auto Wrecking** (443-1635) in Lanesborough accepts appliances that contain CFCs.
- **Sears** (644-9691) in Great Barrington will remove CFCs ($35 fee), or will accept an old appliance for a fee with purchase of a new appliance.
- **Aburco Carriers** (822-2249) will remove and dispose of appliances for a fee ($40 - $60 for residential appliances).

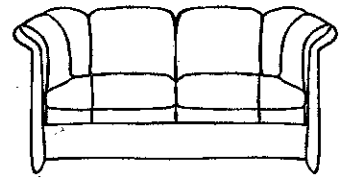
Appliances that do not contain CFCs (Microwaves, Washing Machines, Stoves, Dryers, etc.):



- These appliances can be recycled as scrap metal.
- **Perlman & Sons** (54 South Merriam St., Pittsfield, 442-7127) accepts appliances without CFCs.
- **George Apkin & Sons Inc** (80 State St., North Adams, 664-4936) accepts white goods and light steel.

Bulky Waste

Furniture and other large items (sofas, recliner chairs, tables, box springs, mattresses, and dressers):

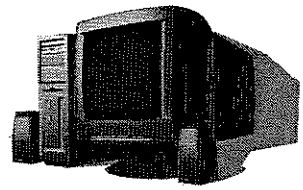


- Call a waste hauler **(Daley and Sons, Allied Waste)** for information on disposing of bulky waste. If it still has life in it, try freecycle.org or craigslist.com and give it away.

Electronics

Televisions, Computers, Computer Monitors, and Printers:

• The average Cathode Ray Tube (CRT) contains between five and eight pounds of lead encased in the glass screen. CRTs (which are part of televisions and computer monitors) are banned from landfills and incinerators to prevent the release of hazardous chemicals like lead into the environment. The heavy metals in computers and televisions have been linked to certain cancers, as well as nervous system, reproductive, and developmental problems.



• Computers also contain metals that can be recycled.

• **All-Ways Moving and Storage, Inc**.accepts electronic waste at 20 Keeler Street in Pittsfield. There is a recycling fee. All-Ways does offer a pick-up service (for an additional fee). Call 499-1577 for hours and fees.

• **Goodwill Industries of the Berkshires** accepts televisions, computers, and computer monitors for recycling at 158 Tyler Street in Pittsfield. They charge $15 - $30 per television or monitor, depending on size, and $15 per computer. Call 442-0061 for hours and fees.

• Televisions and computers may be accepted at some regional comprehensive HHW collections (see page 12).

Cell phones:

• Cell phones contain lead, arsenic, cadmium, and other toxins which can be released into the air and water if cell phones are thrown in the trash. These substances can be harmful to human health and the environment.

• The **Wireless Zone, Radio Shack**, and the **Center for Ecological Technology** in Pittsfield accept cell phones for recycling at no charge.

• **Cell phones are accepted for recycling at the Town Hall of Lenox and Tri Town Health Department in Lee.**

Items which contain mercury

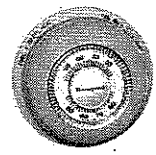
Mercury is a neurotoxin that is found in some common household items. When items that contain mercury are thrown in the trash, the mercury enters our air and water. It accumulates up the food chain, and fish which contain mercury can be harmful, especially to children and pregnant women. One way to keep mercury out of the environment is to properly dispose of items that contain mercury.

Fluorescent Bulbs:

- Store bulbs in a box or fiber drum so they don't break.
- Bring to a regional comprehensive HHW collection (see page 12).

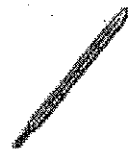
Thermostats:

- Dial thermostats (not digital thermostats) often contain mercury.
- Accepted for recycling at **Berkshire County Plumbing Supply** (Stockbridge Road, Great Barrington, 528-0056) and the **Center for Ecological Technology** in Pittsfield.
- Bring to a regional comprehensive HHW collection (see page 12).



Thermometers:

- Bring to a regional comprehensive HHW collection (see page 12).
- **Accepted at Tri Town Health in Lee.**

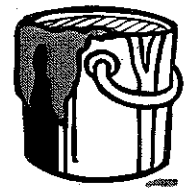


Batteries:

- Rechargeable batteries and button batteries contain mercury, as well as other heavy metals.
- **Radio Shack** in Great Barrington and Pittsfield accepts rechargeable batteries for recycling.
- Bring to a regional comprehensive HHW collection (see page 12).

Paints, Stain, and Thinners

Oil Based Paint



• Oil based paint is a hazardous material. Choose latex paint instead of oil based paint whenever possible. If you do purchase oil based paint, choose the smallest possible container in order to avoid leftovers. Offer leftover paint to friends and relatives or list on freecycle.org.
• Bring oil based paint to a regional paint and oil collection (see page 12).

Latex Paint

• Latex paint is not a hazardous material.
• Give leftover paint to friends or relatives or freecycle.org.
• Leave the lid off and let the paint dry to a completely solid state before putting it in the trash. Mix in kitty litter and/or sand and it will help speed the process.

Household Cleaners

• Many household cleaners contain flammable or toxic ingredients, and other ingredients that are harmful to the environment, such as phosphates and chlorine.
• "Signal words" on product labels tell you how toxic a product is. Products labeled "Danger" or "Poison" are the most toxic. Those labeled "Warning" or "Caution" are of medium toxicity. Products that don't have any signal words on the label are not considered hazardous by the federal government. They may still contain hazardous chemical ingredients, but the amounts are too small to be considered of concern.
• Less toxic and environmentally friendly household cleaners are available. Choose products **without** the signal words "Danger", "Poison", "Warning" or "Caution." Look for products that do not contain phosphates or chlorine. Products labeled "Safe for Septic" are also less toxic.
• You can make your own non-toxic cleaning products from baking soda and vinegar. Call CET at 1-800-238-1221 for more information on non-toxic cleaning product recipes.
• Bring any products that are flammable or toxic to a regional comprehensive HHW collection (see page 12). Check the label of the product for the words "flammable", "poison", or "danger."

Pesticides/Herbicides

• Pesticides include weed killers, insect killers, insect repellant, flea and tick repellants and collars, and rodent killers. Pesticides have been linked to cancers and development problems. Pesticides can also harm song-birds, bees, butterflies, and other beneficial insects.
• For more information on having less toxic lawns and gardens, contact CET at 1-800-238-1221.
• Pesticides are hazardous waste and should never be thrown out in the trash or flushed down the toilet.
• Bring to a regional comprehensive HHW collection (see page 12).

Unwanted Medications and Prescription Drugs

Do not flush down toilet or put down the drain! Email or call CET for more specific information about proper disposal of unwanted medications.

Sharps Disposal

Email or call CET for more specific information about proper disposal.

Safer Alternatives for Toxic Products

The following is a list of safer substitutes for some household toxics. Generally these products can be purchased in any grocery store.

ANT CONTROL:
• Sprinkle cream of tartar in front of the ant's path. (Ants will not cross over it).
• Caulk and seal openings in walls.
• Clean up spills.
• Store food in airtight containers.

BUG SPRAY:
• Place screens on windows and doors. Cover baby carriages and playpens with mosquito netting.
• Brewer's yeast tablets taken daily give the skin a scent that mosquitoes seem to avoid.

Safer Alternatives (continued)

CHEMICAL FERTILIZERS:
• Use compost.
COPPER CLEANER:
• Pour vinegar and salt over copper and rub.
DEODORIZERS & AIR FRESHENERS:
• Open windows or use exhaust fans.
• A small dish of white vinegar can get rid of kitchen odors.
• An open box of baking soda placed in the refrigerator reduces odors.
• Fresh cut flowers or dried flower petals and spices can add scent to a room; boiling potpourri or cinnamon and cloves in water will also produce a nice scent.
DETERGENTS (LAUNDRY & DISHWASHING):
• Replace detergents with soaps that are relatively "non-toxic" and "biodegradable." To wash out residues from detergents, pre-wash in washing soda*.
DRAIN OPENERS:
• To prevent clogs, put 1/2 cup baking soda and 1/2 cup white vinegar down the drain. Wait 15 minutes, then pour boiling water down the drain.
• Use plumber's helper (plunger) or a plumber's snake.
FLEA & TICK PRODUCTS:
• Put brewer's yeast or garlic in your pet's food.
• Sprinkle fennel, rue, rosemary, or eucalyptus seeds and leaves around the area where animal sleeps.
FLOOR CLEANERS:
• Use soap and water.
• Use washing soda and water.
• Use white vinegar and water.
FURNITURE POLISH:
• Mix 1 teaspoon of lemon juice in 1 pint of mineral or vegetable oil.
ALL PURPOSE CLEANSERS:
• Mix 1/4 cup white vinegar in 1 quart water, add lemon juice for scent. Put mixture in a spray bottle. Label the bottle.
• Mix three tablespoons washing soda in one quart of warm water.
• Use baking soda with a small amount of water.

**Washing soda – crystalline sodium carbonate*

Safer Alternatives (continued)

GLASS AND WINDOW CLEANERS:
• Use cornstarch and water.
• Mix one-half cup of white vinegar and one quart warm water; wipe with newspaper.
• Use lemon juice and dry with a soft cloth.

MOTH BALLS:
• Use cedar chips, lavender flowers, rosemary, mint, or white peppercorns.

OVEN CLEANERS:
• Mix three tablespoons of washing soda with one quart of warm water.
• Place liners in oven to catch drips during baking.
• Sprinkle salt on spills while the spill is warm and then scrub.
• Clean spills using steel wool and baking soda.

OUTDOOR PESTICIDES:
• Plant varieties that are pest and disease resistant.
• Physically remove some pests, like Japanese beetles, cabbage moth worms, and tent caterpillars.
• Promote plant health by testing for pH and nutrient levels in soil. Water, prune, use compost and mulch properly.

RAT POISON:
• Put a screen over drains.
• Use mechanical snap traps for mice and rats.

RUG DEODORIZER:
• Deodorize dry carpets by sprinkling liberally with baking soda. Wait at least 15 minutes and vacuum. Repeat if necessary.

SCOURING POWDER:
• Dip a damp cloth in baking soda and rub.
• Use steel wool.

SILVER POLISH:
• Boil 2 to 3 inches of water in a shallow pan with 1 teaspoon of salt, 1 teaspoon of baking soda, and a sheet of aluminum foil. Totally submerge silver and boil for 2 to 3 more minutes. Wipe away tarnish. Repeat if necessary. (Do not use this method on antique silver).
• Use nonabrasive toothpaste.

SNAIL & SLUG BAIT:
• Place a shallow pan with beer in the infested area. Slugs are attracted to the smell, and drown in the beer. To be effective, the beer must be changed every day or two.
• Overturn clay pots; snails take shelter in them during sunny days and thus can be collected and removed.

Household Hazardous Waste Collection Days

There are two different types of household hazardous waste collection days sponsored by the Southern Berkshire Regional Household Hazardous Waste Collection Program.

Paint and Oil Collections

Acceptable materials: Used motor oil, oil based paint, oil based stain, and oil based paint related products (such as paint remover and stripper). Latex paint and empty paint cans are not accepted. Dried latex paint can be thrown in the trash. Give away usable latex paint (freecycle.org)
Locations: Rotate between two towns: Great Barrington and Lenox.
Dates and Times: Visit cetonline.org for the current schedule. Or, call CET at 1-800-238-1221 ext. 25. These collections occur seven times throughout the spring, summer, and fall.

Comprehensive Collections

Acceptable materials include: Oil Based Paints, Stains, Varnishes, Wood Preservatives, Paint Strippers/Thinners, Solvent Adhesives, Lighter Fluid, Fuels/ Gasoline/Kerosene, Antifreeze, Degreasers, Driveway Sealer, Brake Fluid/ Carburetor Cleaner, Transmission Fluid, Car Wax, Polishes, Roofing Tar, Pool Chemicals, Poisons, Insecticides, Fungicides, Fertilizers, Weed Killers, Moth Balls, Flea Control Products, Rubber Cement, Airplane Glue, Fiberglass Resins, Photo Chemicals, Chemistry Sets, Floor & Metal Polish, Oven Cleaner, Drain and Toilet Cleaner, Spot Remover, Rug & Upholstery Cleaner, Hobby/Artist Supplies, Mercury Thermometers, Thermostats, Button Batteries, Re-chargeable Batteries, Fluorescent Bulbs. Televisions and computers may be accepted for a fee.
Locations: Rotate between three towns: Great Barrington, Stockbridge, and Lee.
Dates and Times: Call CET at 1-800-238-1221. These collections occur two times throughout the summer and fall.

Additional items may be accepted at future collections. Call CET at 1-800-238-1221 or visit http://www.cetonline.org/Events/events.htm#collections for an updated list of acceptable materials and a current schedule of collections.

Composting:

Non-animal kitchen waste and yard waste make great fertilizer when composted. Bins are available for a fee at the Lenox DPW Garage. For large quantities of yard waste the town operates a composting yard at the WWTP on Crystal Street. Contact Town Hall or see the town website for hours of operation.

"Idle Free" Campaign

Let's make Lenox "Idle-Free"
to protect our health and environment.

Please do not idle your engine when your vehicle is parked or stopped, even for short periods of time.

How You Can Reduce Harmful Engine Idling

1. Reduce vehicle "warm-up" idling to 30 seconds, even in cold weather.

2. Turn off your engine when you're parked or stopped for more than 10 seconds.

3. Avoid using a remote vehicle starter, which encourages unnecessary idling.

4. Spread the word to family and friends.

Idling your engine for longer than five minutes is against the law in Massachusetts. Unnecessary idling wastes fuel, adds to global warming, and spews unhealthy toxic gases into the air we breathe. Idling for more than 10 seconds uses more fuel than restarting your car. Engine idling is very hard on engines. The best way to warm up a vehicle is to drive it slowly after no more than 30 seconds of idling.

For more information about this booklet, or about regional household hazardous waste collection days for your community:

1.) Contact Lenox Town Hall 637-5500
2.) Call CET at 1-800-238-1221
3.) Visit CET's website at: http://www.cetonline.org/

Licensed Waste Haulers Serving Lenox:

Allied Waste Services	800-564-0165
Daley & Sons Trucking Inc	413-243-3656

For questions or concerns about your waste hauler, contact Lenox Board of Health, 243-5540.

Lenox Board of Health:
Jean Marie Milne
Andrew Breslin
Barbara Kellogg

Tri-Town Health:
Peter Kolodziej 413-243-5540

Lenox Environmental Committee:
Greg Federspiel 413-637-5500

CET
Center for Ecological Technology

The Center for Ecological Technology (CET)SM, a non-profit community based environmental organization, demonstrates and promotes practical, affordable solutions to the environmental challenges encountered in our daily activities, especially in the areas of waste, energy and resource conservation. CET is an equal opportunity provider.