



# “One Man’s Trash...”

Your guide to reducing, reusing and recycling

Southeastern Indiana Recycling District

Serving: Franklin, Jefferson, Jennings, Ohio, Ripley, Scott & Switzerland Counties



800-997-4793

www.seird.org

Spring 2018  
Quarterly Newsletter

## Stay safe, but think before you shred!



Credit: tomprout | E+ | Getty Images

With spring cleaning and tax season, you might be thinking about organizing and decluttering your personal financial documents. After deciding what to toss and what to keep, it may be tricky to find a balance between environmentally friendly paper recycling and keeping your personal information secure.

As a rule of thumb, experts recommend shredding anything that has information about you that is not publicly available. Do not throw away or recycle paper that shows any part of your Social Security number, credit card number, or utility or bank account information or history. These personal details are especially valuable to identity thieves. Place all non-sensitive papers straight into your recycling bin.

There are several ways to safely dispose of personal documents. The most environmentally friendly way is to remove and shred only the portions of the documents containing sensitive information. Simply place the remaining, non-sensitive parts of the documents into the recycling. Another option is to white-out or run a permanent marker over the personal data before recycling.

Only shred documents or portions of documents with private information. Shredding shortens paper fibers. Recycling larger pieces of paper keeps the fibers longer, stronger, and ready to be made into new paper products. Because of its small size, shredded paper is a wonderful “brown” material, adding carbon to home compost piles. Except for colored and glossy paper, which may contain toxic heavy metals, most printed paper is safe to use as mulch or in compost. District residents may recycle shredded paper in their curbside bins or at our recycle centers, but please don’t recycle loose shreds. Place shredded paper in a paper bag with the top rolled down or in a clear plastic bag tied shut.

### Recycle This Paper:

- Junk mail and envelopes
- Office paper and Post-it Notes
- Folders
- Paperback books
- Greeting cards (plain cardstock only – no ribbons, buttons, etc.)
- Magazines and catalogs
- Newspapers
- Brown paper bags
- Toilet paper and paper towel tubes
- Cardboard boxes
- Gift, cereal, and shoe boxes (remove tissue and plastic liners)

### Shred This Paper:

- Pay stubs
- Bank statements
- ATM records and voided checks
- Medical or prescription records
- Tax forms
- Legal and insurance documents
- Anything with your Social Security number
- Anything with your credit card account numbers
- Copies of birth certificate, passport, or driver’s license
- Anything with your signature

### Trash This Paper:

- Pizza boxes
- Fast food boxes, wrappers, and bags
- Food-soiled paper
- Tissues and paper towels



## Mobile household hazardous waste collections held in April

In April, the Southeastern Indiana Recycling District will hold the first of two mobile household hazardous waste (HHW) collections at six of the county recycle centers. There is no mobile collection in Jefferson County since the SEIRD facility in Madison accepts HHW year-round. Please mark your calendar for the mobile collection nearest your home:

### April 7

Franklin County Recycle Center, Brookville – 8 to 10 a.m.

Batesville Area Recycle Center (Ripley County) – 11 a.m. to 1 p.m.

### April 14

Jennings County Recycle Center, North Vernon – 8 to 10 a.m.

Scott County Recycle Center, Scottsburg – 11 a.m. to 1 p.m.

### April 21

Switzerland County Recycle Center, East Enterprise – 8 to 10 a.m.

Ohio County Recycle Center, Rising Sun – 11 a.m. to 1 p.m.

If you miss the April mobile collection

and need to dispose of HHW, remember that everyone who lives in our seven-county District can drop off HHW at the SEIRD facility located at 6556 North Shun Pike Road, Building #534, inside the Jefferson Proving Ground. Drop-off hours are 7 a.m. to 3 p.m., Monday through Friday, and 8 a.m. to noon on the second and fourth Saturdays of each month. Our second round of HHW mobile collections will be held in August.

HHW includes pesticides, fertilizers, herbicides, household cleaning supplies, drain cleaners, oil-based paints and stains, paint thinner and turpentine, old gasoline and kerosene, pool chemicals, and items containing mercury. For more information on accepted HHW products, visit [www.seird.org/what.html](http://www.seird.org/what.html).

All items brought in for disposal must have the original content label attached. NO latex paints (including latex-enamel paints) are accepted. Latex paint is not considered hazardous waste. Allow the paint to dry out by leaving the lid off of the can or by adding kitty litter or sand to harden it. Then dispose of the dried-out paint can, with the lid off, in your regular trash.

## Meet us on social media

The Southeastern Indiana Recycling District is on social media — and we know you are, too! On Facebook, you’ll find us by searching for “Southeastern Indiana Recycling District.” Be sure to like us once you get there. On Twitter, our username is @SEIRD\_. Look us up and follow us.

## Hoosiers celebrate Earth Day at free outdoor festival



Drive up and join the fun at this year’s Earth Day Indiana Festival! The event takes place on Saturday, April 21, from 11 a.m. to 4 p.m., in downtown Indy at historic Military Park at White River State Park. This FREE event hosts over 125 local environmental organizations and vendors. This is the 28th year for the Earth Day Indiana Festival and the second year of the Recycle 5K Run and 1-Mile Walk. The family-friendly walk/run begins at noon. Registration is required. Visit [www.earthdayindiana.org](http://www.earthdayindiana.org) for details.

There will also be many Earth Day celebrations closer to home. Many schools, clubs, churches, and civic organizations plan local events, such as work days, litter cleanups, and tree plantings. Find out what is going on in your community and get involved!

# What happens to paper?

Have you ever wondered what happens to the newspaper or junk mail you toss into the recycling bin? Despite our digital age lifestyles, pound for pound, paper is the most recycled product in the United States. As a matter of fact, over 67% of paper and paperboard containers and packaging were recycled in 2016. Creating new paper from recycled paper uses less energy and less water than making it from raw materials, and it frees up landfill space for non-recyclable items.

Mixed paper includes newspaper, magazines, junk mail, office paper, paper bags, and more. For recycling purposes, items made of paperboard, like cereal and pasta boxes, are also considered mixed paper.

Mixed paper recycling begins with you! It is first collected at the curb or at drop-off locations along with your other recyclables. It is then transported to a nearby Materials Recovery Facility (MRF) where machines and workers separate recyclables and remove any non-recyclable contaminants. The mix of newspaper, junk mail, paperboard, and other paper then gets separated into grades and compressed into large bales. These bales are then shipped to paper mills for processing.

At the paper mill, large machines called pulpers take the paper and shred it into tiny pieces and add water and chemicals.

The mixture is then heated to break down the paper into fibers. This slurry is then passed over a screen to further remove contaminants, like staples or envelope windows. Next, this “fiber soup” of 99% water is spun in a cone-shaped cylinder, and soap-like chemicals are added to remove ink. Oftentimes, virgin wood fibers are



mixed in to make the paper stronger. This mix is then sprayed onto a long, vibrating conveyor belt made of screen, where water is removed. A series of heated metal rollers press and dry the fibers to create large rolls of paper.

This paper is then used to make more office paper, magazines, and other paper products. Through a slightly different



process, paper can be recycled to make toilet paper, tissues, paper towels, napkins, greeting cards, egg cartons, boxes, and more. Items made from recycled paper cost

about the same as those made from raw materials. So in addition to doing your part for the environment by recycling, please consider “closing the recycling loop” by buying recycled products, too.

Some businesses have both recycling operations and paper mills. For example, Pratt Industries has both and takes the recovered materials collected for recycling and processes them in its own recycling operations. They separate mixed paper from old corrugated containers, which are then used as raw materials for their paper mills to create 100% recycled-content paper and packaging.

Remember that successful paper recycling always begins with you. Place only clean, dry paper into the recycling



bin. Wet paper products or those with food or grease on them should be placed into the trash. Used fast food paper cups and containers should always be thrown in the trash. According to Paul England, Vice President at Pratt, “Strangely enough, used paper cups and plates are not recyclable. Used, contaminated, food service packaging gets rejected in the process and ultimately ends up in the landfill.”

To learn more about paper recycling, visit [www.paperrecycles.org](http://www.paperrecycles.org).

# Grasscycle those clippings



## grass·cy·cling

*noun* — leaving chopped grass clippings on a mowed lawn to add nitrogen and moisture to the soil

Spring has sprung, and it’s the time of year when the mower is pulled from its winter resting place in the garage or shed, tuned up, and put back to work. Now is the perfect time to think about grasscycling your lawn clippings.

It’s easy to grasscycle. All you need is the mower you have at home. It can be a gas, electric, or reel mower. Simply remove the bagging attachment and, if needed, insert a safety device over the grass chute. If there isn’t a bag attached to your mower, you’re already set to grasscycle. Mow as usual, letting the grass fall back onto your lawn.

When you mow regularly, the clippings are small and break down quickly. The clippings serve as a mulch and help reduce evaporation from the soil. Grasscycling can also provide up to a quarter of the nitrogen

needed by your lawn, which can save money on lawn treatments. The clippings have not only organic matter, but also water so they add moisture to your soil. In addition, you will avoid the cost of buying bags and eliminate the hassle and time spent bagging the clippings and taking them to the curb. You can feel good about not taking up landfill space with useful, biodegradable organic material, too.

Here’s the best part — grasscycling saves you time! When you aren’t stopping to remove, empty, and reattach the grass catcher, you will spend 40% less time mowing. That leaves you more time for outdoor activities that are more fun for you, whether that is gardening, walking, reading a book on the porch, or shooting hoops with the kids.

## QUOTES REQUESTED



NO WINTER LASTS FOREVER;  
NO SPRING SKIPS ITS TURN.

HAL BORLAND, 1900-1978

# A widely available antidote to modern life

What if there was something you could do that would improve your life, make you feel better, make you more productive, and even help you live longer? What if it was available in many forms and in many places, frequently costing you little or nothing to access? And what if that something was simply nature? An extremely likable Florence Williams travels the globe talking to people who are providing scientific evidence of this miracle cure. Specific guidelines and fascinating background are presented in her 2017 book, *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*, (W.W. Norton & Company, 280 pages).

In Japan, it's known as forest bathing. South Korea takes it a bit further and provides you with a forest healing instructor. The Finns have power trails and the Scots enjoy their rambles. People the world over recognize the benefits of a walk in the woods and scientists have documented its effects. Exposure to nature lowers cortisol, blood pressure, and heart rate. It also reduces the symptoms of dementia and depression while increasing immunity. Since no one can patent or copyright nature, there are no advertising campaigns promoting these findings.



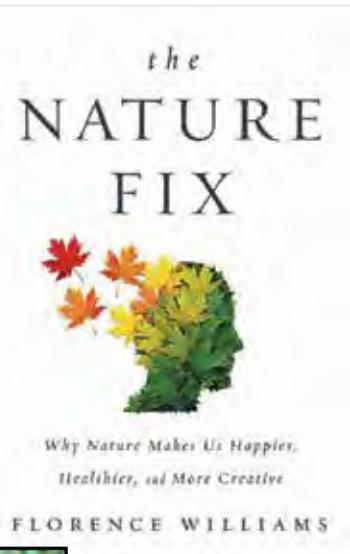
Florence Williams

While humans have adapted to modern life and the urban environment, they evolved in natural settings. Our bodies and brains are naturally adapted to the sights, sounds, and smells of nature. The smell of earth after a good rain or the smell of certain trees like the Hinoki Cypress will increase the cells in your body that fight viral disease. While urban background noise increases hypertension, heart attacks, and strokes, nature can provide a remedy. Proximity to major airports negatively affects the reading comprehension and memory of elementary students while increasing the incidence of hyperactivity. You may think you can tune it out, but the noise catches up with you. Daily rests and substituting wind, water, and birdsong for sound pollution can mitigate the negative effects.

Of course, humans are visual creatures. Much of the information we need to survive enters our brain through our eyes. Williams reviews studies that indicate a simple view of greenery from the window can "support increased worker productivity, less job stress, higher academic grades and test scores, and less aggression in inner city residents." Boring deeper into the cause and effect, she introduces the reader to the mathematical concept of fractals, geometric shapes that can be split into parts, each of which is an approximate copy of the whole. Nature produces these patterns in features like the branching of a tree, ocean waves, and cloud formations. An American physicist and a life-long lover of Jackson Pollack paintings, Richard Taylor, teamed up with a Swedish environmental scientist, Caroline Hagerhall, to test people's reaction to

landscapes. They determined the preferred ratio of large coarse patterns to fine detailed patterns. This ratio also reflects the way the human eye scans a scene.

"Your visual system is in some way hardwired to understand fractals," said Taylor. "The stress-reduction is triggered by a physiological resonance that occurs when the fractal structure of our eye matches that of the fractal image being viewed."



The book supports the concept of a pyramid of nature exposure. The bottom, daily layer consists of the views, plants, animals, natural lighting, and water features available to us as we go about our daily lives. Some of this exposure is set by where we live and work and how we commute. One step up are "weekly outings to parks and waterways, places where the sounds and hassles of the city recede, places that we should aim to imbibe at least an hour or so a week." The third level would be all day or weekend excursions to forests or another natural area each month. Some people maintain a small cabin in the woods or a lake house to meet this need. Finally, every year or two, she recommends a multi-day experience of the wilderness.

Like the fractals represented in the natural landscapes, the book is a pleasing blend of big picture narrative and finely teased details. Williams' sense of humor and personality show through the pages as she relates her experiences meeting with various researchers, subjecting herself to experiments, and participating in outdoor therapies herself.



## 7 tips for spring cleaning

Spring brings longer days, warm breezes, and bright flowers. Leave winter's stuffy air and nasty cleaning chemicals behind, and follow these tips to make this year's spring cleaning friendly toward the environment:

- 1 Use all-natural cleaners when possible. Most of your home can be cleaned with water, soap, vinegar, and baking soda. Recipes for homemade cleaning supplies abound on the internet; search online to find the ones that work best for you. If you are buying cleaners, look for products that are labeled biodegradable, eco-friendly, or non-toxic.
- 2 Change your laundry practices. Use cold water for most of your laundry. Up to 85% of the energy used in washing clothes comes from heating the water. Because small and large loads of laundry use about the same energy, wash only full loads. Dry your laundry outside or indoors on a clothesline. If you're looking for a new machine, look for an efficient washer that uses less water and energy.
- 3 Use old rags and cloths whenever possible instead of paper towels. Toss them into your next load of laundry or simply rinse them out by hand.

4 Open the windows and turn on the fans when you start cleaning. This keeps the air moving and any chemicals from settling into your home and onto you. Add some potted plants to keep the air fresh without chemical fresheners.

5 Take this time to rid your home of things you don't need. Any clothes shoved into the back of your closet or books collecting dust on the shelves can be boxed up and donated. Donate or recycle old magazines and other items cluttering up your home.

6 Pay extra attention to cleaning appliances. One refrigerator uses 9% of a home's total energy cost. Dusting off the refrigerator coils and giving the oven a nice, deep cleaning make the machines more energy efficient, which saves you money.

7 Clean out your recycling and trash bins and organize tools that help you stay eco-friendly. Sort bulk food containers and wash soiled reusable shopping bags. Most bags can be washed on the gentle cycle or by hand in warm soapy water and air dried. With everything clean and in its place, you'll be ready to enjoy spring and summer activities!



Spring cleaning?  
Look for the **Safer Choice** label for options.



#EPAsaferchoice

# SEIRD Recycle and Reuse Centers

## Batesville Area Recycle Center

616 John Street, Batesville  
 Phone: 812-801-9099  
 Hours: Mon., Wed., Fri., 1–6 p.m.;  
 Sat., 8 a.m.–noon

## Franklin County Recycle and Reuse Center

9076 Landfill Road, Metamora (located off of U.S. Highway 52, west of Brookville)  
 Phone: 765-647-6710  
 Recycle Center Hours: Mon.–Sat., 8:30 a.m.–3 p.m.  
 Reuse Center Hours: Tues. and Thurs., 9 a.m.–3 p.m.; Sat., 9 a.m.–noon

## Jefferson County Recycle Center

6556 N. Shun Pike Road, Building #534, Madison (inside Jefferson Proving Ground)  
 Phone: 812-574-4080  
 Hours: Mon.–Fri., 7 a.m.–3 p.m.\*; 2nd and 4th Sat., 8 a.m.–noon  
 \*The center stays open until 7 p.m. on the 1st and 3rd Tuesdays of each month.

## Jefferson County Reuse Center

6511 N. Meridian Road (inside Jefferson Proving Ground), Madison  
 Phone: 812-801-7012  
 Hours: Tues. and Thurs., noon–5 p.m.; Sat., 8 a.m.–noon

## Jennings County Recycle and Reuse Center

4800 State Road 3, North Vernon (behind county garage)  
 Phone: 812-352-0800  
 Recycle Center Hours: Mon., Wed., Thurs., Fri., 8 a.m.–6 p.m.; Sat., 8 a.m.–4 p.m.  
 Reuse Center Hours: Wed. and Fri., 1–6 p.m.; Sat., 11 a.m.–3 p.m.

## Ohio County Recycle and Reuse Center

1432 Barbour Way, Rising Sun  
 Phone: 812-801-9037  
 Hours: Mon., Wed., Fri., 1–6 p.m.; Sat., 8 a.m.–noon

## Ripley County Recycle and Reuse Center

2710 N. Hasmer Hill Road, Osgood  
 Phone: 812-801-9077  
 Recycle Center Hours: Mon., 8 a.m.–3 p.m.; Tues. and Thurs., noon–6 p.m.; Fri., 8 a.m.–3 p.m.; Sat., 8 a.m.–noon (closed Wed. and Sun.)  
 Reuse Center Hours: Tues. and Thurs., noon–6 p.m.; Sat., 8 a.m.–noon

## Scott County Recycle and Reuse Center

4689 Double or Nothing Road, Scottsburg  
 Phone: 812-752-8474  
 Recycle Center Hours: Mon.–Fri., 9 a.m.–3:45 p.m.; Sat., 8 a.m.–12:45 p.m.  
 Reuse Center Hours: Tues. and Thurs., 9 a.m.–3 p.m.; Sat., 8 a.m.–noon

## Switzerland County Recycle and Building Materials Reuse Center and Reuse Store

19 McCreary Ridge Road, East Enterprise  
 Phone: 812-599-3751  
 Recycle and Building Materials Reuse Center Hours: Mon. and Wed., noon–6 p.m.; Sat., 8 a.m.–noon  
 Reuse Store Hours: Mon. and Wed., noon–5 p.m.; Sat., 8 a.m.–noon



For more information:  
[www.seird.org](http://www.seird.org)

## Taking care of our planet

Gaylord Nelson, a U.S. Senator from Wisconsin, promoted the first Earth Day on April 22, 1970, as a national “teach-in” for the environment. “Literally millions of Americans of all ages and from all walks of life participated in Earth Day celebrations from coast to coast,” Nelson noted in a 1980 article in the *EPA Journal* about the 10th anniversary of Earth Day. That first Earth Day not only raised awareness, but also led to actions that improved the quality of our air, water, and land, protecting people and property, as well as fish and wildlife.



April 22, 2018 marks the 48th anniversary of the Earth Day, and we all continue to think about the environment and how our actions impact it. This is also a great time to celebrate the natural world and show our thanks for the many ways it supports us, giving us the ability to live and thrive. This Earth Day, get outside and enjoy nature and the abundance of life it sustains. You could go for a hike, a walk, a run, or a bike ride. Look around and pay attention to the changes that spring brings to the natural world. Breathe the fresh air.

Nelson said, “So long as the human species inhabits the Earth, proper management of its resources will be the most fundamental issue we face. Our very survival will depend upon whether or not we are able to preserve, protect, and defend our environment.” What resources do you consume? What are you doing to take care of your little corner of our planet? How are you helping to ensure clean air, land, and water for future generations?

Earth Day is a reminder that we are only visitors here. We choose what kind of world we pass along to our children and grandchildren. Here are some helpful tips:

### Recycle

Most of us are now used to recycling paper, boxes, plastic bottles and jugs, glass bottles and jars, and metal cans that we use in our daily lives. Did you know that many more things can be recycled at various drop-off locations? For example, you can recycle printer cartridges, batteries, fluorescent tubes and bulbs, computers, tablets, televisions, appliances, cell phones, and more! For details about what and where you can recycle, visit our website, [www.seird.org](http://www.seird.org).

Another great way to recycle is to add food waste, such as fruit and vegetable scraps, and yard waste, such as leaves and plants, to a backyard compost bin or pile. Using compost in your garden helps build richer soil and leads to healthier plants. To learn more about backyard composting, call our office at 812-574-4080 or visit [www.in.gov/idem/recycle/2374.htm](http://www.in.gov/idem/recycle/2374.htm).

### Reuse

Many things in your home have more than one use. In fact, you already reuse many things — towels, sheets, dishes, pots and pans, and clothes. So reusing isn’t about

creating a new habit, but, rather, about expanding an existing one. What else might you start to reuse? Shopping bags are an obvious choice, as is a lunch bag with washable containers. Taking advantage of the books, CDs, DVDs, and other resources at your local library is another great way to reuse.

You can also get creative, making something new from something old. An old T-shirt can be turned into a new shopping bag. Empty cereal boxes can be covered to become magazine holders, and salt boxes can be turned into matching pen and pencil cups. Search online for “recycled crafts,” and you’ll find all sorts of clever ideas.

If you have working, usable items that you no longer need, sell them at a garage sale, through online classified ads, or to a consignment store. Don’t want to bother with selling items? Give them away through an online program like Freecycle or Nextdoor or donate them to Goodwill, the Salvation Army, a Habitat for Humanity ReStore, or a District reuse center. These locations are also great places to find used clothes, furniture, housewares, and more.

### Reduce Waste

Reducing waste takes a little bit of planning. For example, cooking more meals at home from fresh ingredients can reduce packaging waste, as can growing your own food in a garden. You can reduce the number of carry-out containers you bring home by taking your own reusable



Credit: Spauln | iStock | Getty Images Plus



Credit: Zolotaosen | iStock | Getty Images Plus

containers to restaurants to hold leftovers. These habits can also save you money and create a healthier lifestyle.

Paper has two sides. Are you using them both? In your printer, select two-sided printing or use the back side of paper for printed drafts and handwritten notes. Do you think before you print and remember to choose only the pages you need? When you use less paper, you also use less ink — and that can lead to big savings.

Get creative and think of more ways you can reduce waste in your everyday life!

To learn more about Earth Day and what you can do, check out [www.epa.gov/earthday](http://www.epa.gov/earthday).

*We want your suggestions, questions and comments!*

### Southeastern Indiana Recycling District

Jefferson Proving Ground  
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 Southeastern Indiana Recycling District

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The Southeastern Indiana Recycling District (SEIRD) offers residents recycling, reuse, and household hazardous waste disposal options in Franklin, Jefferson, Jennings, Ohio, Ripley, Scott, and Switzerland counties. Please visit our website at [www.seird.org](http://www.seird.org) to learn more about our services. As we are a public recycling district, we do not pay for scrap metal or any other items.