

A Newsletter of



City of Manhattan Beach  
Solid Waste Hotline  
310-802-5300 • www.citymb.info  
Waste Management  
310-830-7100 • www.wm.com  
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## Zero waste?

Most of the time, when we think about our everyday lives, we don't think about our trash as being wasteful. Why is that? If we were to buy food at the store and throw it away as soon as we got home, we would consider that wasteful. But we do that with packaging every day. We have become accustomed to disposing of, or wasting, materials that could be reused or recycled. We have also gotten used to single-use and disposable items that have a limited life before an inevitable trip to the trash.

However, what if we made our goal "zero waste"? It sounds unrealistic, but think about it. In nature, there is no waste because every unneeded product becomes food for something else. Gardeners recognize this fact when they make and use compost to improve the soil for new plants. Instead of products being a disposal burden, they become an opportunity. When we begin to look at our "waste" materials as "food" for either a composting or a closed-loop industrial system, our outlook, and our waste generation, begin to change.



You can move closer to zero waste. Here are some of the ways to do so:

- Bring your own bag when you shop. The City of Manhattan Beach has distributed more than 4,000 reusable shopping bags this year with our "Go Green" logo. These bags were made locally from organic cotton.
- Carry your own coffee mug or refillable water bottle. If you usually buy one cup of coffee each day or pick up one bottle of water, you could reduce your waste by 365 paper cups or 365 recyclable bottles in a year!
- Rent or share equipment or supplies that you'll only need for a short period of time.

## The City's New Environmental Task Force

The City of Manhattan Beach considers public information and participation the cornerstone of its environmental programs. We believe our integrated environmental public outreach program is second to none, thanks to the dedication of our customer-oriented staff and the leadership and coordination of our new Environmental Programs Manager, who was hired in August 2008, in the office of the City Manager.

This year, the City Council formed an Environmental Task Force to tackle green issues for the City and to make recommendations on key environmental issues to the City Council. The Task Force includes: two City Council representatives; Mayor Portia Cohen; Mayor Pro Tempore Mitch Ward; School Board representative, Amy Howorth; two student representatives, Adam Gerard and Jack Kirkpatrick; and 16 residents.

The Environmental Task Force has been meeting to address environmental issues that the City Council has determined are particularly important to our community. These high-priority environmental issues were identified in the Management Team's "Working Toward a Greater, Greener Manhattan Beach" report. The Task Force, which is structured into four subcommittees, is currently examining:

- Development of a Climate Action Plan

- Water Conservation and Storm Water Management Issues
  - Waste Reduction and Recycling
  - Sustainable ("Green") Design
- The new Environmental Programs Manager in the City Manager's Office and the staffs of the Community Development and Public Works departments are supporting the Task Force's work.

For more information, visit the City's website: [www.citymb.info](http://www.citymb.info).

## Local events keep City staff hopping!

Throughout the year, the Public Works Department staff takes part in local events and celebrations. Chances are, we've met you at one of these events. Thanks for stopping by our booth and recycling!

During the fall of 2008, the Public Works Department had a booth at the two-day Hometown Fair. About 20,000 Manhattan Beach residents took part in the Fair, and we saw at least 2,000 of those at our booth! There was an interactive spin-the-wheel quiz game that both kids and adults enjoyed. Players answered environmental questions about topics such as recycling and storm water pollution prevention. Participants won recycled-content prizes for correct, environmentally-conscious answers. Residents could also pick up brochures about storm water pollution prevention, recycling, pet waste management, and motor oil recycling, as well as postage-paid cell phone and inkjet recycling bags.

On March 21, the Household Hazardous Waste and E-Waste Round Up came to Manhattan Beach. The Round Up, which was held at Northrop-Grumman, was sponsored by the County of Los Angeles. Residents of Manhattan Beach and surrounding areas took advantage of this drop-off event for household hazardous waste, universal waste, old electronics, unneeded and outdated medications, and medical sharps in approved containers. At this Round Up, residents dropped off 815 gallons of oil, 55 oil filters, 3,100 gallons of paint, and 2,798 gallons of miscellaneous household



hazardous waste. Round Ups are held weekly around the County. For information, pick up a flyer from the City's public counter, the library, or the police department.

In April, the City of Manhattan Beach co-sponsored an Earth Day festival that brought in more than 10,000 visitors from the South Bay. A number of organizations had tents and offered earth-friendly shopping and information. The Public Works Department was out in force at our environmental booth, which was again one of the most popular at the event. Most of the time, 15 to 20 people were waiting in line to spin our environmental prize wheel. The City booth welcomed more than 1,000 visitors during the day-long event. Other highlights of the Earth Day event included:

- At the Public Works booth, City staff accepted household batteries for recycling, collecting a whopping 25 gallons of batteries between 10 a.m. and 4 p.m.
- The City's office paper shredding contractor, American Shredding, sponsored a Document Destruction. Residents delivered over 30 boxes of confidential papers for shredding and recycling.
- The Environmental Task Force also had an environmental booth where kids could "fish" for recyclables in the recycling fishing game. Residents could drop off used inkjet cartridges for recycling at this booth.



## Battery recycling for residents



In January of 2009, the City began a residential battery recycling program at three public facilities: City Hall, Police/Fire, and Public Works. During regular business hours, residents can drop off household batteries for recycling in the tall, transparent cylindrical containers in the lobbies of each facility. By the end of March, the program had already brought in 450 pounds of batteries! At the Earth Day event in April, staff collected over 25 gallons of household batteries.

Many common household appliances and electronics contain batteries, including cell phones, cordless phones, iPods or MP3 players, remote controls, hand-held games, laptop computers, portable DVD players, video recorders, electric razors, power tools, and more. Household batteries cannot be disposed with household trash and should not be placed into curbside recycling bins. Because of the chemicals they contain, batteries must be separated and recycled at special facilities.

The City's program is designed to provide residents with convenient, year-round drop-off for batteries. City staff delivers the collected batteries to the L.A. County Household Hazardous Waste Round Ups. The batteries are recycled through the County's program.

Look for the Public Works booth at the Hometown Fair on October 3 and 4. We'll be accepting batteries, so pocket your batteries on your way out the door and drop them with us for recycling.

To learn more about the battery recycling program, visit [www.citymb.info](http://www.citymb.info).

# HELPFUL HINTS for the HOLIDAY SEASON

As the holiday season approaches, you are probably already planning trips and parties. Beginning in November and continuing through Super Bowl Sunday, many people travel, visit relatives, eat big meals, prepare special foods, and give more than a few gifts. Because of this, the holiday season is often also waste season. It doesn't have to be. Here are some tips to help you have a less wasteful—and more relaxing—winter season.

■ **Party Planning** – Know how many people are coming to each event you're hosting and plan the food accordingly. If you have more leftovers than your family can finish, send food home with your guests. Avoid disposable decorations, dishes, cups, and napkins. Instead, reuse old family decorations, your own dishes, glasses, and cups, and reusable cloth napkins. If you don't have cloth napkins, maybe this would be a good time to invest in some. They are inexpensive and can be reused year after year. If you take a gift to your hosts, make sure it is consumable, such as food and drinks, or reusable, like a serving tray.

■ **Travel** – Road trips often include disposable food packaging and recyclable drink containers that end up in roadside trash cans. If you're traveling by car, pack snacks (and even lunch) in your own washable, reusable containers. You can put them into a cooler with drinks from home. When you get to your destination, wash your containers. They'll be ready to repack for the trip home. Look for roadside recycling containers, which are available at some rest stops. If you don't find them, put your aluminum, glass, and plastic beverage cans and bottles into a bag or box and recycle them when you get home. If you are flying, look for recycling bins for paper and drink containers in the airport.

■ **Gift Giving** – Make a list of everyone to whom you'll give a gift this holiday season. After making the list, decide how much you want to spend on gifts. Now, decide what you would like to give. One budget-conscious and waste-reducing way to give gifts is to shop for gently-used books and other items at secondhand and antique stores. Give

reusable gifts, such as washable placemats and cloth napkins, or consumable gifts, such as gift cards to a restaurant or movie. Gift cards for



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downloadable music are also a great, waste-free idea. Another option is to give of yourself, such as offering to run errands, babysit, take a walk in the woods, or meet for a picnic in the park. You also might consider giving to a good cause in honor of someone on the list; you can make a card describing the group that has received money or goods in their name. Framed photos make a wonderful gift—you might even be able to make a frame or find a unique used frame. If you choose to buy new gifts, look for items such as jewelry or handmade stationery made from recyclables.

■ **Gift Wrapping** – Reuse wrapping paper, gift bags, ribbon, and tags from past years. If you don't have any on hand, make your own wrapping paper by decorating the blank side of brown paper grocery bags; reusing colored sections of newspaper, old maps, or children's artwork; or using fabric, shelf paper, or wallpaper scraps. In other words, begin with items that you already have on hand! Or, "wrap" the gift in a basket or canvas bag that will be reusable later. If you buy wrapping paper, look for paper with recycled-content.

■ **Holiday Greetings** – Think about the holiday greetings that your family most enjoys—they are probably the cards or letters that include a personal touch, whether that is newsy notes or fun photos. Consider creating your own letter with family updates and holiday greetings. Of course, print it on recycled-content paper and mail it in recycled-content envelopes. Or, email paperless greetings instead.

This is a great time of year to discuss what really matters most to you, your family members, and friends. During this season of giving, learn what your family and friends really need. You might find that they could use more of your time and attention. Time and attention don't cost money and create significantly less waste than giving them a lot of stuff.

## Read more about it!

42 Ways to Trim Your Holiday Wasteline  
[www.use-less-stuff.com/ULSDAY/42ways.html](http://www.use-less-stuff.com/ULSDAY/42ways.html)

Reducing Holiday Waste  
[www.epa.gov/osw/wycd/funfacts/winter.htm](http://www.epa.gov/osw/wycd/funfacts/winter.htm)

Simplify the Holidays  
[www.newdream.org/holiday/](http://www.newdream.org/holiday/)

Tips for a Cleaner, "Greener" Holiday  
[www.informinc.org/greener\\_holiday.php](http://www.informinc.org/greener_holiday.php)



## A ship-tastic idea!

Are you ordering a gift online for someone who lives faraway? Don't have it shipped to your house, unpack it, wrap it, and re-ship it. Save time, packaging, shipping costs, and fuel by having it delivered directly to your far-off friend or family member. If you really want the gift wrapped, many online retailers offer gift wrapping services, too.



## Make Something Day

This isn't an enforced craft event for the non-crafty! Instead, it is an opportunity for each person to make something they enjoy. By hosting a "Make Something Day" with friends and relatives, you bring people together to enjoy each other's company and use their hands and hearts to create something special. For some, it will be a great meal. For others, it might involve sewing, knitting, or beading. One person may write a poem or a song. Others could paint, draw, or scrapbook. A few may decide to create holiday cards or gifts. Express your talent and share it.

### Hosting a Make Something Day is easy:

1. Set the date and location.
2. Ask each person to come up with a creative idea and gather the needed supplies.
3. Set up tables so that crafters with common materials can work together. For instance, those with fabric will want to be at a separate table from the folks working on collages with glue!
4. Celebrate the creations over a meal. If one of your creative friends has cooked, enjoy. If not, have a pitch-in meal or order pizza.

## QUOTES REQUOTED



When we try to pick out anything by itself, we find it hitched to everything else in the Universe

John Muir, 1838-1914  
American naturalist and writer

# fast facts

### Going Waste-Free

According to WasteFreeLunches.org, packing a waste-free lunch for your child costs about \$2.65 per day, while packing a lunch full of single-serve and disposable items costs \$4.02. Waste-free lunches can save your family \$1.37 per child per day. That's a savings of over \$240 for the school year. The same applies for lunches that adults take to work, but the savings is even greater—as much as \$340 per year. Pack waste-free to save!



### Overshooting

According to The Global Footprint Network, we reached "Earth Overshoot Day" in mid to late September. This marks "the day when humanity begins using more ecological resources and services in a given year than Earth can regenerate in that year." From that day on, we are consuming resources that we are, in essence, borrowing from the future. "Put another way, in less than 10 months, humanity will have used ecological services it takes 12 months for the Earth to regenerate."



### Creating Community

According to Bill McKibben in *Deep Economy: The Wealth of Communities and the Durable Future*, "consumers have ten times as many conversations at farmers' markets as they do at supermarkets.... When you go to the farmers' market, in other words, you're not just acquiring tomatoes; you're making friends."



## Ecological Intelligence

Daniel Goleman explores the relatively new field of Industrial Ecology in his newest book, *Ecological Intelligence* (Broadway Business, 2009). The study of Industrial Ecology focuses on Life Cycle Assessments (LCAs), which guide businesses and consumers in judging the relative impacts of their actions. LCAs explore the environmental impact of each stage of extraction, transportation, and manufacture. LCAs are increasingly used by businesses to make supply-chain, manufacturing, and distribution decisions.

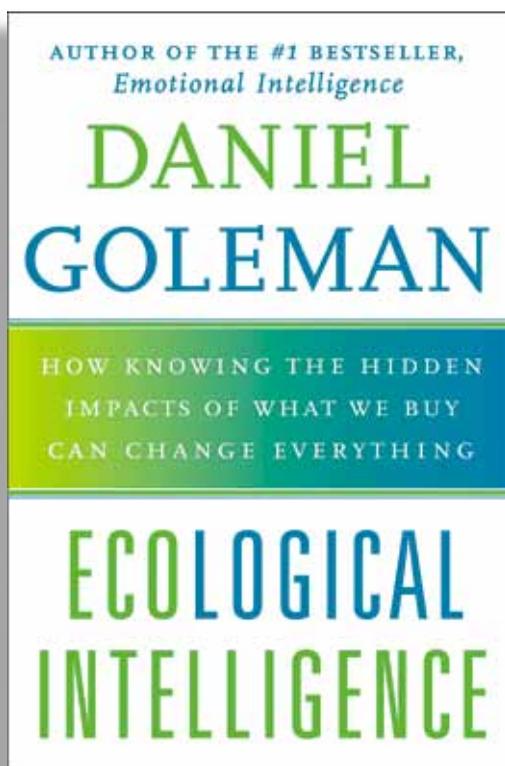
Goleman advocates for what he terms "radical transparency," which would involve making a large quantity of LCA information available to the average consumer. Much as food products are labeled with nutritional information, a radically transparent consumer product might be labeled with environmental impact information, such as pollution created, energy consumed, human and animal health effects, and non-renewable resource consumption.

Goleman writes, "If we get better, more complete information about the true effects of an item at the moment we are deciding whether to buy it, we could make wiser decisions. Such full disclosure can make each of us an agent for small, gradual changes that, when multiplied by millions, will ripple through the industrial enterprise, from manufacturing and design, through supply chains and transport, to the distant ends of consumption."

A single glass bottle, from cradle to grave, involves as many as 1,959 separate steps, each with its own environmental impacts. No consumer, no matter how well informed, can be expected to know and evaluate all of this information. Fortunately, there are many organizations devoted to helping consumers make wiser and greener decisions.

To learn more about the ecological impacts of various consumer products, visit these websites: Center for a New American Dream, [www.newdream.org/marketplace/](http://www.newdream.org/marketplace/); Consumer Reports' Greener Choices, [www.greenerchoices.org](http://www.greenerchoices.org/); and Good Guide, [www.goodguide.com](http://www.goodguide.com). At your local library, look for books such as *Stuff: The Secret Lives of Everyday Things* by John C. Ryan and Alan Thein Durning.

Several organizations certify certain products as being sustainable or environmentally friendly, including: Forest Stewardship Council (paper and wood products), [www.fscus.org](http://www.fscus.org); Green Seal (cleaning and construction products and services), [www.greenseal.org](http://www.greenseal.org); and USDA Organic (certified organic food products), [www.ams.usda.gov/nop](http://www.ams.usda.gov/nop). Another certification coming soon will be Good Housekeeping's Green Seal of Approval.



## Re-style

When the going gets tough, the tough get creative! Whether you are decorating your house or outfitting yourself, hard times don't have to mean that style goes out the window. Learn to rework what you have.

Decorating your house? Look to Mark and Sally Bailey for ideas. Sally's book, *Recycled Home*, explores their adventures in reusing their own stuff and the discards of others. Visit the local library to look for this and other books full of home decorating ideas that focus on reuse. While you are there, take a look at the magazine section. Periodicals such as *Ready Made*, *Country Living*, and *This Old House*, among others, are full of ideas for taking the used to create the useful and the ornamental.

Don't forget the clothes! Old jeans, T-shirts, and more, which are found in the back of nearly every closet, can be turned into all sorts of creative clothing and accessories. Turn an old backpack into a new fanny pack. Repurpose an old T-shirt into a shopping bag or a scarf. Create capris, shorts, or a skirt with an old pair of jeans. Or, turn the jeans into pot holders, bags, or a rag rug. For ideas, visit [www.threadbanger.com](http://www.threadbanger.com), [www.generation-t.com](http://www.generation-t.com), or [www.eHow.com](http://www.eHow.com) (search for recycled clothes).



# WHAT'S UP?

Last December, Waste Management partnered with Hillside Pharmacy in Manhattan Beach to begin the Sharps By Mail program. Sharps, such as lancets and syringes used for in-home medical care, cannot be mixed with household trash. The Sharps by Mail program allows a convenient option for proper disposal of sharps. Residents can pick up a Sharps by Mail kit, which includes a red disposal container and a postage-paid box to ship the full container to a hazardous waste facility. The first kit is free, and the second and third are \$5 each. To learn more about this program, stop by Hillside Pharmacy, call Waste Management at 830-7100, or visit the City's website, [www.citymb.info](http://www.citymb.info).

Residents can drop off unwanted or expired medication in the pharmaceutical drop-off box located in the Civic Center parking lot at 1400 Highland Avenue. All medicines are accepted. For more information, visit [www.citymb.info](http://www.citymb.info).



Household hazardous waste, including unneeded and expired medications, is accepted year-round at the nearest S.A.F.E. Collection Center, which is located at the Hyperion Treatment Plant, 7660 West Imperial Highway, Playa del Rey. For more information, call 800-98-TOXIC or visit [www.citymb.info](http://www.citymb.info).



Waste Management will collect holiday trees at the curb between December 26 and January 15. The trees will be recycled, so be sure they are bare. Please remove all lights, decorations, garland, and tinsel, as well as the stand, before placing your tree at the curb.



Do you have confidential documents that you need to safely dispose? AAA Certified Destruction at 1926-D Del Amo Boulevard in Torrance offers a residential special at \$15 to Manhattan Beach residents. For details, call 310-212-5266.



If your organization needs a speaker and would like to learn more about recycling and proper waste management, contact Vickie Wippel, Community Relations Manager for Waste Management, at 310-522-6554 or [vwippel@wm.com](mailto:vwippel@wm.com) to schedule a presentation.

## Mark your calendar!



You are invited to attend a free composting class on Saturday, October 10 at Manhattan Beach Botanical Garden, which is located in Polliwog Park on Peck Avenue, just north of Manhattan Beach Boulevard. This is a one-hour class and is for all composters, from beginners through experts. At the class, Manhattan Beach residents will have the opportunity to purchase compost and worm bins. For details, call Anna Luke at 802-5363.

If you can't make it to the class, stop by and pick up "Composting Is Not a Dirty Business" and other informational material at the Hometown Fair or the City's public counter. Or, call Anna Luke at 802-5300 and ask that this information be mailed to you. You will also find information at the City's website, [www.citymb.info](http://www.citymb.info).

## Recycle your used motor oil!

During the past year, many of us have picked up some old, money-saving habits. Maybe you planted a garden and canned food. Maybe you started to clip and use coupons. Maybe you gave up soft drinks and sports drinks for tap water. Maybe you started changing your vehicle's oil.

If you always were a do-it-yourselfer or have recently become one, it is easy to recycle your used motor oil and used oil filter safely. When you change your vehicle's oil, drain the used motor oil into a clean container, seal the container well with a lid, and deliver it, along with your drained oil filter in a sealed plastic bag, to one of the Certified Used Oil Collection Centers (see box). Be sure that your used motor oil is not mixed with other substances, such as antifreeze, solvents, gasoline, or water.

Why should you recycle used motor oil? Because it never wears out—it just gets dirty! Used oil can contain contaminants such as lead, magnesium, copper, zinc, chromium, arsenic, chlorides, cadmium, and chlorinated compounds. However, to be reused, oil just has to be cleaned. Oil poured down storm drains or onto the ground can work its way into our ground and surface waters and cause serious pollution. That



means you can help conserve a valuable natural resource and help protect the environment at the same time.

Remember that a single gallon of used oil can foul 1 million gallons of drinking water. So, don't throw good oil down the drain. Recycle now!

## Used Oil Collection Centers

The City has six Certified Used Oil Collection Centers where residents can recycle used oil and oil filters. These centers are open 7 days a week.

- EZ Lube LLC #6, 114 North Sepulveda Boulevard, Manhattan Beach, 714-585-6706
- Firestone Store #67H9, 1701 Sepulveda Boulevard, Manhattan Beach, 310-545-8575
- Jiffy Lube #2000, 1119 North Sepulveda Boulevard, Manhattan Beach, 310-802-0556
- Manhattan Beach Toyota, 1500 North Sepulveda Boulevard, Manhattan Beach, 310-546-4848
- Mercedes Benz of South Bay, 707 North Sepulveda Boulevard, Manhattan Beach, 310-257-2032
- Valvoline Instant Oil Change, 1405 Sepulveda Boulevard, Manhattan Beach, 310-546-4488



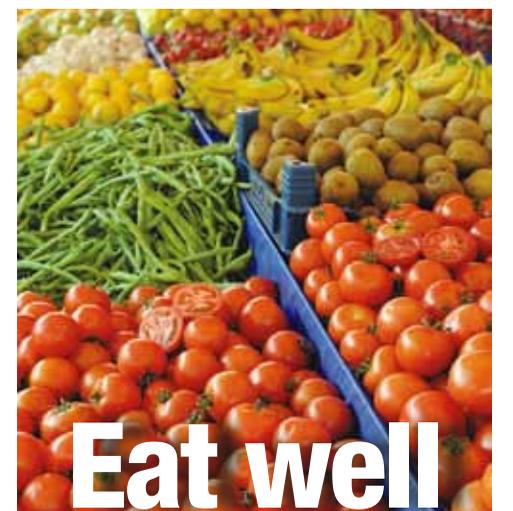
Residents can also drop off used oil and oil filters at the S.A.F.E. Collection Center, which is located at the Hyperion Treatment Plant, 7660 West Imperial Highway, Playa del Rey. For more information, call 800-98-TOXIC or visit [www.citymb.info](http://www.citymb.info).

## Old use, new use, reuse

There is a lot more to the second of the 3R's, reuse, than just finding new uses for old shoe boxes. Reuse includes selecting durable items and using them over and over again, as well as finding new and creative uses for something old.

Choosing used items when you need something new-to-you and making sure that someone uses your old stuff are important, too. Trade what you have and don't need for something that you can use. Sell working and usable items that you no longer want or need. Buy from resale stores, such as thrift stores, antique shops, and used bookstores. Give away gently used items. To locate stores, visit [www.resaleshopping.com](http://www.resaleshopping.com), and enter your ZIP code. Another great option is to join Manhattan Beach's Freecycle group; to learn more, visit [www.freecycle.org](http://www.freecycle.org).

- Here are local opportunities for reuse:
- Planet Aid Container, at Highland and Marine Avenues, accepts used clothing and shoes.
  - Salvation Army, at 2406 Artesia Boulevard in Redondo Beach, accepts clothing, furniture, and household goods.
  - Goodwill, at 2318 Artesia Boulevard in Redondo Beach, accepts clothing, furniture, and household goods.
  - Habitat for Humanity Store, at 17700 South Figueroa Street in Gardena, accepts household appliances and fixtures, as well as reusable construction materials. Call 310-323-4663 before delivering materials.



## Eat well

Every Tuesday from noon to 4 p.m., residents can visit the Manhattan Beach Farmers' Market. Vendors sell fresh, locally-grown fruits, vegetables, flowers, and plants. You'll also find yummy food vendors, a portable ATM truck, and a knife-sharpening booth. You can buy reusable shopping bags while you are there.

The Manhattan Beach Farmers' Market is located on 13th Street and Morningside Drive at the south end of the Civic Center. Kids are welcome, too! Visit [www.mbfarmersmarket.com](http://www.mbfarmersmarket.com) for more information.



Please recycle this publication after you have read it!

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