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4-H SCHOLARSHIPS
 More than \$5,000 in college scholarships are available to Lancaster County 4-H'ers!
 Applications are due Jan. 2
 —see page 8

4-H AWARDS
 Lancaster County 4-H awards a variety of honors to members, volunteers and supporters.
 Applications are due Jan. 2
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Make a Difference: Reduce, Reuse, Recycle

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Are you making a difference in the life of the landfill and curbing climate change? What you do each day effect both of these. Many local residents are making a difference by practicing the 3 R's: Reduce, Reuse, Recycle. Are you doing your part? If you already practice some of the R's, is there more you can do?

Reduce

Packaging is one of the largest items in the trash. Watch packaging when you are shopping. Buy in bulk if it is right for your family or situation.

When purchasing products for the home and home maintenance, think green. Choose nontoxic, natural and energy saving products, including: nontoxic paints and cleaners, eco-friendly facets, compact florescent light bulbs, recycled paper products and energy star appliances. White vinegar and baking soda are common household products which work well for cleaning bathrooms and removing hard water stains. Some green or recycled products may cost more. Choose the products which are best for your situation.

Think about the environment when working and caring for your yard. Pesticides are used by many people to control a variety of pest organisms. Thanks to the development of new pesticides, the use of neurotoxic pesticides has decreased dramatically over the years. There are also alternatives to chemical pesticides, such as biological pesticides which are preferred by many environmentalists and gardeners, or even no pesticide use at all.

To help keep pharmaceuticals out of the environment, dispose of unneeded or expired medications properly:

- Do NOT flush them down a toilet or drain. This includes septic systems as well as municipal wastewater systems.

- Alter the medications in some way (e.g. mix with cat litter, coffee grounds, baking soda).
- Remove all identifying information, close and secure the lid.
- Dispose of the medication in the trash, preferably the day of pick up.

Reuse

Almost all things around the home can be reused. Think of all the ways something can be used before sending it to the trash can. Reuse plastic grocery bags — they make great liners for trash cans. Many items can be given to charities, family or friends. Magazines can be shared or given to nursing homes or schools.

Recycle

There are 33 recycling drop-off site locations in Lancaster County (**see back page for details**). During the 2007–2008 year, 7,475 tons of material was collected through the drop-off sites. Many City of Lincoln residents choose the convenience of private curbside recycling. The recycling office estimates approximately 3,250 tons of material was collected through local curbside recycling efforts.

Have you looked at your trash lately? What should you be recycling? Remember: newspapers, cardboard boxes (including cereal boxes, etc.), cans (steel and aluminum), glass bottles and jars, plastic #1 and #2 containers can be recycled.

For more information about recycling, contact the City of Lincoln Recycling Hotline at 441-8215 or go to <http://lincoln.ne.gov> (keyword: Recycling).



America Recycle Day is Nov. 15

This is good time to pledge to make a commitment to participate or increase participation in recycling.
See back page for details.

Tips to Make A Difference:

- Turn thermostat down two degrees in the winter and up two degrees in the summer.
- Turn off lights and unplug electric appliances.
- Take your own bags to the grocery store. Use reusable ones or reuse paper or plastic bags.
- Install low-flow shower heads and take shorter showers.
- Change furnace filters.
- Change most used light bulbs to compact fluorescent bulbs.
- Maintain your vehicle: change air filters, properly inflate tires to improve gas mileage up to 10%.
- Run the dishwasher only when it is full. This will save water, electricity and soap.
- Be sure your house is adequately insulated.
- Caulk and weatherstrip all seams and cracks in your home.
- When replacing appliances, choose Energy Star-approved appliances. This will help reduce utility bill and save energy.
- Check your hot water heater and lower temperature to 120 degrees F.

When Planning a Trip:

- Use electronic, no paper tickets when booking transportation or events.
- Have your vehicle tuned up.
- Stop your newspaper or donate it to a school while you are gone.
- Stay at hotels that are environmentally friendly and reduce laundry by not changing sheets each day.
- Turn off lights when you leave the room.
- Take only the brochures you need from visitors centers.
- Recycle any papers or items rather than putting them in the trash.

Source: The U.S. Environmental Protection Agency

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CHANGE SERVICE REQUESTED

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