



Living Green

Protecting our community's health and the environment by providing solid waste and sewer collection services



Costa Mesa Sanitary District
(949) 645-8400
www.cmsdca.gov

Spring 2015
Quarterly Newsletter

Organics recycling program begins this summer

The Costa Mesa Sanitary District's new organics recycling program begins soon. Delivery of the new organics carts will start on Monday, June 22 and continue through Friday, August 14. Refer to the map on the inside pages to learn when you can expect to receive your new cart.

Once your organics cart has been delivered, you can start using it! Place these items into your organics cart:

- Yard debris: grass clippings, leaves, weeds, tree and shrub trimmings, prunings, and flowers
- Kitchen scraps: fruit, vegetables, bread, pasta, fish, meat, poultry, bones, dairy, and FOG (fats, oil, and grease)
- Kitchen pail liners: newspaper or compostable bags

Everything else will go into your recycling/waste carts, including any kind of plastic containers or bags, Styrofoam, diapers, and wipes.

Initially, each household will receive one 64-gallon organics cart. This will be provided in addition to your two recycling/

waste carts. You can request a second organics cart at no additional cost. If you need a third organics cart or a third recycling/waste cart, there will be a fee of \$8 per cart per month.



Your current service day will not change. All of your carts should be placed at curbside no later than 6:30 a.m. with the handles and wheels facing toward your home. Please place carts side by side approximately 1 foot apart and at least 3 feet from any obstruction, such as parked cars, trees, and mailboxes.



After collection, the recyclables/waste will be taken to CR&R's Material Recovery Facility (MRF) in Stanton, CA. The recyclables are separated from trash using a combination of manual and mechanical sorting. At this same facility, contaminants will be

removed from the organics before they are loaded into semi-trailers for transport to CR&R's Anaerobic Digestion Facility (AD) in Perris, CA. The AD facility will convert all organics (yard and food waste) into fertilizer and renewable natural gas to fuel CR&R's collection vehicle fleet.

These combined processes ensure that the maximum amount of recyclables are recovered from the waste stream and that all organic waste is kept out of the landfill.

Learn more about CMSD's organics recycling program at www.cmsdca.gov/organics.

Still wondering how organics recycling will work in your kitchen and yard?

We know many residents have questions about the new program. To help you understand how to prepare kitchen scraps and yard debris, as well as how to use the kitchen pail, we have a short how-to video. In less than five minutes, you'll get step-by-step instructions, see what does and doesn't go into the organics cart, and learn where to purchase compostable food scrap bags. You'll also begin to understand why CMSD is part of this innovative program and how it helps our community and our state achieve waste diversion goals. To watch the video, go to www.cmsdca.gov/organics.



Costa Mesa Community Run

Join Costa Mesa Sanitary District and show your support for the community and our schools.

The eighth annual Costa Mesa Community Run is set for April 25, 2015. This event raises community awareness, as well as money for every public school in Costa Mesa. The race takes place in scenic Fairview Park, offering a cross country style run through restored wetlands and finishing at Jim Scott Stadium at Estancia High School. There is a distance for every runner and outdoor lover: 10K, 5K, and a family fun walk/trot/run for all ages.

Register with the code "CMSD10" to receive a 10% discount. Visit <http://cmrun.org> to register or for more information.



Celebrating 45+ years serving OCC and the surrounding community!

The Orange Coast College (OCC) Recycling Center, located on Adams Ave. between Harbor Blvd. and Fairview Rd., will redeem empty "California Redemption Value" (CRV) containers, paying 5 cents each for containers under 24 oz. and 10 cents each for containers 24 oz. or larger. The OCC Recycling Center only redeems CRV containers. Most beverages packaged in aluminum, glass, plastic, and bi-metal containers are eligible for CRV, with the exception of milk, wine, and distilled spirits. All caps must be removed from CRV plastic bottles before you drop them off at the OCC Recycling Center.



The recycling center also accepts donations of these recyclables:

- Aluminum cat food cans and tin/steel food, soup, and other cans
- Plastic bottles with codes #1, 2, or 4

inside the chasing arrows on the bottom of the bottle

- Glass food and beverage containers
- Scrap metal and old appliances
- All kinds of paper, such as office paper, computer paper, newspaper, magazines, catalogs, phone books, books, junk mail, cardboard, gift boxes, paper shopping bags, etc.
- Reusable clothing

The OCC Recycling Center is a state-certified electronic waste collection facility. As such, the center accepts televisions, computer monitors, computers, printers, fax machines, projectors, and similar items. These items are accepted every day during normal business hours on a donation basis.

In partnership with CMSD, the OCC Recycling Center also accepts cooking oil, household batteries, and fluorescent light tubes and bulbs, including compact fluorescent light bulbs.

The recycling center does NOT accept: furniture, auto or marine batteries, used motor oil, paint, chemicals, or hazardous waste. For more information on household hazardous waste disposal sites, please call the Orange County Hazardous Materials Program, 17121 Nichols Street, Huntington Beach, at (714) 834-6752 or visit www.oilandfills.com.

All proceeds from the OCC Recycling Center directly support student services on campus.

Buy-back hours for CRV redemption are Monday through Saturday, from 9 a.m. to 5 p.m. Recycling donations are accepted daily, including Sunday. The OCC Recycling Center is located at 2701 Fairview Road, Costa Mesa 92626. If you have questions, call (714) 432-5131 or email Recycling@occ.cccd.edu.

For more information about recycling, call 1-800-RECYCLE or go to www.orangecoastcollege.edu/about_occ/facilities/recycling_center and click on "Links."

PRESORTED
STANDARD
U.S. POSTAGE
PAID
GREENFIELD, IN
PERMIT NO. 220

Costa Mesa Sanitary District
628 W. 19th Street
Costa Mesa, CA 92627-2716

THE MAKING OF A ZERO WASTE PIONEER

Bea Johnson, author of *Zero Waste Home: The Ultimate Guide to Simplifying Your Life*, is a pioneer. She may not be the first person to attempt making her own cosmetics and cleaning supplies or to buy all of her foods fresh or in bulk. She may not be the first person to advocate making do with a smaller house, fewer possessions, or consuming less media. There have certainly been others who have written books on recycling and composting. What makes Johnson a pioneer is that she does all of these things with the remarkable goal that her household (herself, a husband, and two sons) will produce no more waste in one year than can fit in a large canning jar. The very boldness of the idea hints at the compelling nature of this story.

Pursuit of the “zero waste” goal did not happen overnight. The Johnsons were moving from a far inland suburb of San Francisco, Pleasant Hill, to a more urban community, Mill Valley. Mill Valley enjoys a walkable downtown, in close proximity to the coast and to the city, but the price of housing is about twice what it is in Pleasant Hill. After selling their old home, the Johnsons lived in rental housing to get acclimated to their new community and give themselves time to search for a new place. During this time, most of their belongings were placed in storage and they found the experience freeing. In the end, rather than replace their 3,000-square-foot suburban house with a similar-sized home, they opted for a two-bedroom bungalow adjacent to the downtown neighborhood they found so appealing. It had no yard to take care of and half the square footage. Shrinking their possessions down to what would fit in their new home and without as much yard work, they spent more time biking, hiking, and exploring as a family. And that was just the beginning.

As Bea and her husband, Scott, read about the environment and the impact of their typical, modern lifestyle, they formulated a plan that led the family toward their singular achievement. While Scott quit his job to start a sustainability consulting company, Bea transformed their household into an example of how little waste a family can produce and still enjoy a rich, fulfilling life. Like any pioneer, she tried many things along the way. Some of the things she tried she gave up, as those practices became “socially restrictive and time-consuming, and thus unsustainable.” For this reason, she decided to no longer make her own butter or cheese. Throughout, the author avoids scolding or preaching, except perhaps in the short chapter, “Getting Involved.” Mostly, she documents her experiences as she pursued her goal. The result is 292 pages of practical “how-to” instructions laced together with an interesting family story.

Johnson’s philosophy of zero waste is broader than just placing recyclables in the proper container and trashing whatever other waste her family produces. Her strategy has five Rs, as opposed to the three Rs you may know. Johnson prefaces “reduce, reuse, recycle” with a flat-out “refuse” phase. Items she refuses include single-use plastics, freebies, promotional items, individually-wrapped snacks, and other small gifts. She admits that “refusing is the most difficult to achieve socially, especially for households with children. Nobody wants to go against the grain or be rude when something is offered with no ill will.” However, she offers strategies to politely refuse these things and points out: “If we all refuse hotel freebies, then they will no longer be offered; if we all refuse receipts, then they will no longer need to be printed.”

Reduce is the second R in her lexicon. She distills reducing into three steps: evaluate past consumption; reduce future consumption; and decrease your exposure to media and time spent leisure shopping, since these can lead to more consumption.

Reuse is the author’s third R. This includes selling or donating usable items you no longer need, as well as shopping secondhand first, before investing in newly manufactured goods. She also discusses “collaborative consumption,” which is basically sharing. This applies to things which you do not use all the time, such as tools, lawn equipment, recreational vehicles, cars, and even homes and office space.

Her fourth R is “recycle,” a category she maintains for “what we cannot refuse, reduce, or reuse.” She advises knowing and understanding what your community can and cannot recycle. She couples this with the recommendation to select products with high post-consumer recycled content and choose those that are accepted in your local recycling programs.

After refuse, reduce, reuse, and recycle, the fifth R Johnson espouses is “rot,” or composting. She provides a concise, two-page chart which is an excellent starting point for anyone wishing to know the pros and cons of various types of composting.

The author claims there are many direct personal benefits to her lifestyle, in addition to minimizing her family’s impact on the earth’s environment. The first benefit is financial. Her husband estimates their household expenses went down 40% over the five years it took her to fully evolve her strategies. In addition, she cites the health benefits of reducing toxics and allergens in her home and eating healthier foods. Lastly, she notes the satisfying benefits of additional time. “Anyone can benefit from a life freed from the burden of stuff and wasteful practices, and instead focused on experiences,” she writes. “Time also opens opportunities to get involved and participate in collective consumption, through which sharing, interacting,

and reinforcing community bonds are possible.”

The bulk of the book consists of well-thought-out strategies, simplified systems, and recipes that address many areas of the home: kitchen and groceries, bathroom and toiletries, bedroom and wardrobe, housekeeping and maintenance, workspace and junk mail, etc. This is where others can really benefit from the trial-and-error experiences of the author and her family. For instance, she has pushed the limits of grocery shopping by using her own containers. In addition to bulk items where reusable containers are common, she uses her own containers for cheese, meat, and seafood purchased at the counter. “BYOC (bringing your own container) is uncommon and may raise eyebrows, but only if you show hesitation. I find it easier not to ask for permission to shop with reusables,” she advises. She suggests simply making a request and handing over the container without making eye contact. “I act as if jars were common practice (as if I had shopped this way my whole life),” she says. Meal planning, shopping once a week, and getting to know the staff of your local grocery and market are all good tips.

The bathroom and toiletries section has detailed recipes to replace the myriad products that crowd your bathroom vanity and medicine cabinet. Likewise, the recipes and strategies included in the housekeeping chapter are helpful. This is serious pioneer stuff that will get you curious enough to try some of it, even if you have no intention of adopting a complete do-it-yourself, zero waste lifestyle.

The kids and school, holidays and gifts, and out and about chapters address areas with huge opportunities and challenges to the zero waste lifestyle outlined in the book. Again, like every chapter, you may find that only a few of the strategies are for you. On the other hand, you may see something you never considered that piques your interest. Use what works and consider the rest as part of Johnson’s family story.

By her own admission, the author “grew up in the Provence region of France, in a cookie-cutter home on a cul-de-sac.” But, she says, “Through my young eyes, my home was a modern version of *Little House on the Prairie*, a TV series I watched religiously in reruns as a kid.” She grew up to be a true pioneer with respect to her pursuit of a zero waste lifestyle. Reading this book is like watching *Little House on the Prairie*, if the Ingalls family took the time to show you, in detail, how you too could survive on the 19th century prairie.



**The Johnson family's
waste for the year
2014.**

Photo courtesy of Bea Johnson, ZeroWasteHome.com



QUOTES REQUOTED

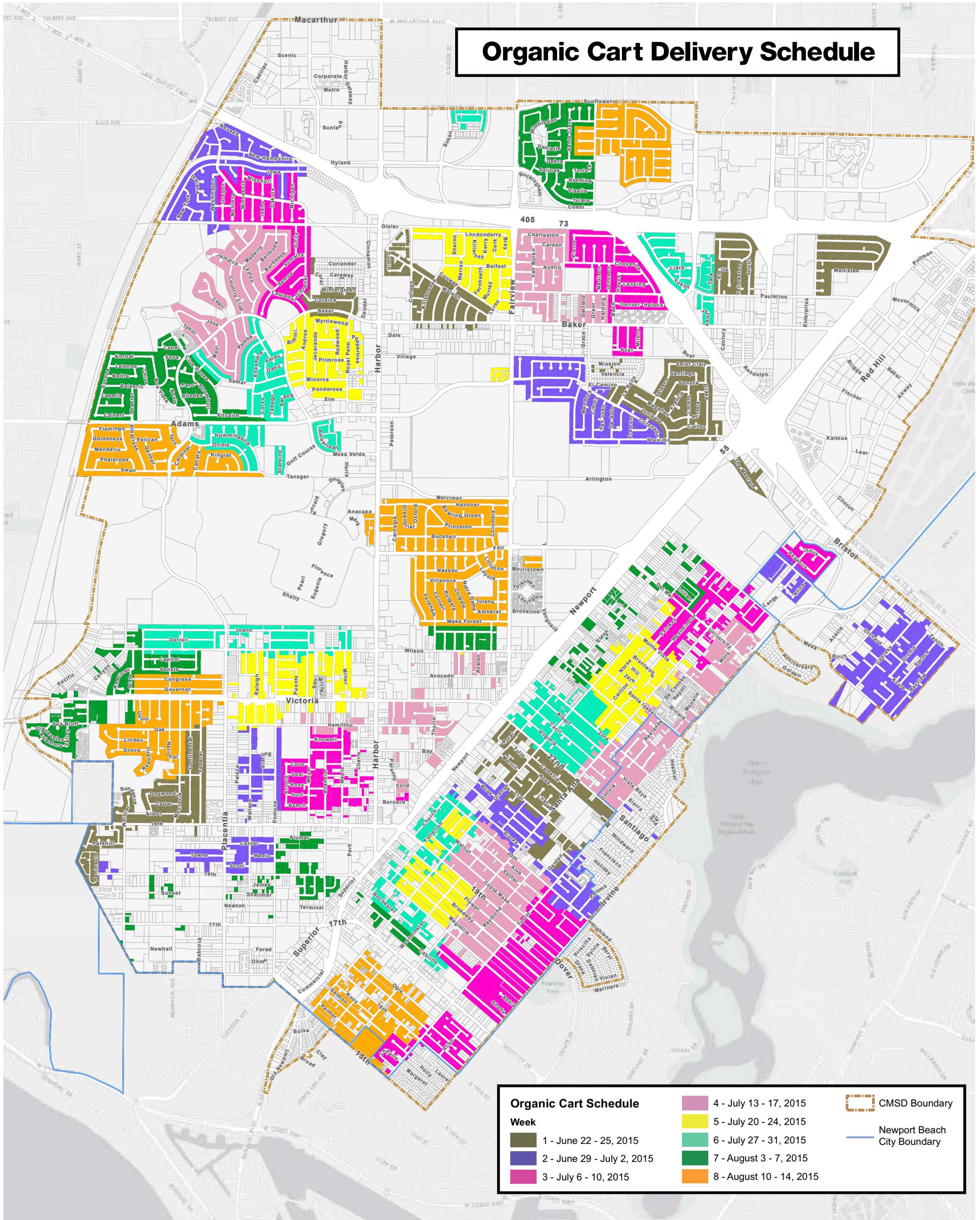


Some old-fashioned things like fresh air and sunshine are hard to beat.

*Laura Ingalls Wilder, 1867-1957
American writer, best known for the Little House on the
Prairie books*

© Siri Stratford | Digital Vision | Thinkstock

Organic Cart Delivery Schedule



Organic Cart Schedule		Week	
	4 - July 13 - 17, 2015		5 - July 20 - 24, 2015
	2 - June 29 - July 2, 2015		6 - July 27 - 31, 2015
	3 - July 6 - 10, 2015		8 - August 10 - 14, 2015
	1 - June 22 - 25, 2015		

CMSD Boundary
 Newport Beach City Boundary

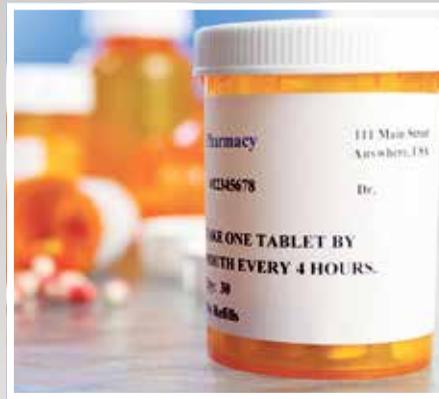
Safety nets for pump station wells

At the Costa Mesa Sanitary District, safety among the maintenance workers is a priority. The District has just finished installing safety nets for pump station wet wells. The District maintains 20 pump stations. The wet wells collect the wastewater from low-lying areas and then move the wastewater up through the station to a higher elevation of the collection system where the wastewater can again flow by gravity. The wells can range from depths of 10 to 30 feet and become a hazard to District workers if they are opened for maintenance. In addition



to using harnesses and self-retractable line units, the netting is an additional safety precaution for District maintenance workers.

Clear our your medicine cabinet



© iStock.com | fstop123

Residents can now safely dispose of their unneeded, “non-controlled,” prescription and over-the-counter medications at two Costa Mesa locations. (Controlled prescription medications must be disposed with your law enforcement department; see below. Ask your pharmacist whether your prescriptions are controlled or non-controlled prior to disposal.) Medications go into a specially designed drop-box inside the pharmacy. No medications can be dropped off after hours, so be sure to check the store hours. These are the participating local pharmacies:

- Steven’s Pharmacy, 1525 Mesa Verde Dr. East, Costa Mesa, (714) 540-8911
- Ramsay Rexall Drugs, 2246 Newport Blvd., Costa Mesa, (949) 646-7744

All medications, including controlled substances, will be accepted at various Orange County locations on the National Prescription Drug Take-Back Days, which are held regularly. For details and locations, check with your local police department or the Orange County Sheriff’s Department.

Employee Spotlight



This quarter, we would like to spotlight Brandon Joseph, Maintenance Worker I. He started working for the District on August 19, 2013, after seven years with the El Toro Water District. Brandon is certified with the California Water Environment Association with a Grade 1 in Collections. He is responsible for routine sewer cleaning and maintaining the hot spots throughout the city. He also occasionally assists with pump station maintenance. Brandon’s commitment to his profession helps prevent sewer overflows from occurring. We would like to recognize Brandon in the Employee Spotlight for this quarter and to thank him for his hard work, positive attitude, and dedication to the community. Congratulations, Brandon!

Doing some spring cleaning?



© iStock.com | greg801

If you have bulky trash that won’t fit into your curbside carts, we can help. CMSD customers can request convenient curbside collection of large or bulky items at their home. Residents are eligible for three (3) complimentary pickups per year. There is a limit of 10 items per call or collections can be combined for a total of 30 items per calendar year.

To schedule, please call CR&R Customer Service at (949) 646-4617, Monday through Friday between 8 a.m. and 5 p.m. Residents must provide a detailed list of items to be collected. Please note, drivers will not collect any items not specified in advance.

Residents who use dumpsters at their property are not eligible for this program.

Before you dispose of usable items, consider donating them to local charities. You can receive a receipt for tax purposes, assist those less fortunate, and practice “Reuse and Recycle.”

Safe disposal for your sharps

Do you use sharps, such as syringes and lancets, at home to care for your own or a family member’s medical needs? If so, take advantage of the free, home-generated sharps disposal program available to Costa Mesa Sanitary District residents. You can safely dispose of used sharps in the collection drop-box at these local pharmacies:

- Steven’s Pharmacy, 1525 Mesa Verde Dr. East, Costa Mesa, (714) 540-8911
- Ramsay Rexall Drugs, 2246 Newport Blvd., Costa Mesa, (949) 646-7744
- White Front Pharmacy, 801 Baker St., Suite B, Costa Mesa, (714) 540-2882

You no longer have to use a special sharps container. Instead, you can now place needles, lancets, and other sharps in any type of rigid, sealed container. Please follow these guidelines when you select a container:

- Containers must be smaller than 5 gallons.
- Containers must be sturdy and unbreakable, such as plastic water bottles, soda bottles, laundry detergent jugs, bleach jugs, or coffee containers.
- Containers must have a secure lid so that they cannot leak.

Specially designed sharps containers, like the one shown here, are available to CMSD residents free of charge at District Headquarters on a first-come, first-served basis, as well as at the pharmacies listed above.

The District Headquarters provides empty sharps containers *only*. No sharps or pharmaceuticals are accepted for disposal at this location!



CMSD Board of Directors

Michael ScheaferPresident
 Arthur Perry Vice President
 Robert OotenSecretary
 Arlene Schafer Assistant Secretary
 James Ferryman.....Director

We want your suggestions, questions and comments!

Costa Mesa Sanitary District
 628 W. 19th Street
 Costa Mesa, CA 92627-2716
 (949) 645-8400
 www.cmsdca.gov

 www.facebook.com/cmsdca

Funded by CMSD
 Copyright© 2015

Costa Mesa Sanitary District and
 Eco Partners, Inc. All rights reserved.
 PRINTED ON RECYCLED PAPER,
 USING SOY INKS