



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 2016
Quarterly Newsletter

Food scraps for fuel

A study of organics recycling behaviors

Long before the California legislature passed its newest waste reduction regulations, the District had been planning and promoting zero waste practices. However, the District's decision to provide an Organics Recycling Program was more imminent once Assembly Bill (AB) 1594 passed. AB 1594 mandates that green waste used as Alternative Daily Cover in place of soil at landfills is no longer eligible for diversion credits. By utilizing anaerobic digestion technology, the waste generated through the Organics Recycling

Program will be converted into renewable natural gas, which will be used to fuel trucks, and fertilizer that can be used by residents, businesses, farmers, and local parks. The Organics Recycling Program will allow the District to reach its goal of 75% waste diversion from landfills by 2020.

By partnering with Sally Geislar, a doctoral candidate at the University of California Irvine (UCI) and the Director of UCI's Food Works Lab, the District has demonstrated a commitment to innovation and to a deeper understanding of source separation and waste prevention behaviors. The Organics Behavioral Study being led by Geislar, entitled "Food Scraps for Fuel: Understanding and Increasing Household Participation in the Costa Mesa Curbside Organics Program," has engaged more than 1,000 residents.

With this incredible buy-in from the community and the District, the study used a two-part experimental design to understand how residents are responding to the new curbside program, and to test new tools for improving resident participation. In the pilot study, participants became more pro-environmental in their attitudes after beginning to separate food scraps in the home. Many participants reported that they began shopping for food with less packaging, as well as making changes like purchasing cage-free eggs. The large sample size in the study helped evaluate what kinds



of waste prevention behaviors are typical and significant.

The study also seeks to test tools from Social Psychology, such as norm communication and feedback, to improve source separation of organics in the home. This approach has been successfully implemented in large-scale efforts to reduce energy consumption by O-Power, for example. President Obama and the White House have recognized the value of these approaches to engage residents and help government policies more efficiently reduce their environmental impact.

By partnering with the Lab in an earlier study to apply these tools to food waste, the District has contributed to greater understanding of the direct and spillover benefits of Organics Recycling Programs in achieving landfill diversion through source separation and waste prevention. The District is committed to reducing waste from landfills through the highest and best use principles and practices, as well as exploring innovative approaches to preventing waste generation.

Taking a good look at the District's wastewater system

The District is closed circuit televising (CCTV) its entire wastewater system over the course of two years, a project that began in February of this year. The project will allow District staff to evaluate the condition of its wastewater pipes, ensure service reliability, assist in meeting the system's life cycle projections, and identify any necessary improvements.

Professional Pipe Services (Pro Pipe) is conducting the CCTV project, which was last completed over the course of three years, from 2006 to 2009. Pro Pipe operates a CCTV vehicle that will follow the District's cleaning crews to televise and identify any deficiencies in the system as cleaning takes place.

The National Association of Sewer Service Companies, which creates the industry standards for assessing underground infrastructure, classifies de-

ficiencies as Grade 4 or Grade 5 pipe sections. Grade 5 pipe sections are said to face imminent failure and Grade 4 pipe sections contain a significant defect. During the District's last system-wide CCTV, 255 Grade 5 pipe sections were detected and successfully rehabilitated.



Manhole rehab project continues



As of January 2016, the District has entered the second phase of its Manhole Surface Repair Program to complete the rehabilitation of manholes that are classified as Grade 5, or damaged. The project includes the installation of new manhole rings and covers, as well as the replacement of the concrete rings at grade level. In addition, the District is now using composite manhole sets, as opposed to cast iron manhole sets, because they are more cost-effective, safer for staff to handle, and lighter in weight. Once improvements are made, the composite manholes are sealed by District staff in order to decrease unpleasant sewer odors and prevent inflow by rain water or runoff.

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

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

Take advantage of free bulky item pickups

It's time for spring cleaning! Did you know that CMSD customers can request free curbside collection of large or bulky items all year-round? Residents are eligible for three (3) complimentary pickups per calendar year. There is a limit of 10 items per pickup; however, collections can be combined for a total of 30 items.

To schedule a bulky item pickup, please call CR&R Customer Service at (949) 646-4617, Monday through Friday between 8 a.m. and 5 p.m., and provide a detailed list of the items you would like to have collected. Please note that CR&R drivers will not collect any items not listed at the time of scheduling.

The District encourages residents to consider donating lightly used items to local



charities rather than disposing of them. It's a great opportunity to help the less fortunate, and many charities provide receipts for tax purposes.

Look at the label

Household hazardous waste, commonly referred to as HHW, is not accepted at the curb. Not sure what HHW is? Take a look at product labels. If you see words such as "Caution," "Warning," "Danger," or "Poison," and if you are holding a product you don't need, you are looking at HHW. You may see these words on products including automotive fluids, lawn and garden chemicals, paint and related products, cleaners and solvents, pool chemicals, fluorescent tubes and bulbs, batteries, medical sharps, and unwanted or expired medications.



In Orange County, there are four Household Hazardous Waste Collection Centers (HHWCCs). All Orange County residents can use these facilities at no

charge. The HHWCCs are located in Anaheim, Huntington Beach, Irvine, and San Juan Capistrano. Hours are 9 a.m. to 3 p.m., Tuesday through Saturday (closed on major holidays and rainy days). Please keep materials in their original, labeled containers. Do not mix chemicals together. There is a limit of 15 gallons or 125 pounds of material per vehicle per visit. This is a drive-thru service, so please remain in your vehicle at the HHWCC. After you are finished, you can stop by the Materials Exchange Program area, where you can pick up partially used containers of household, yard, and car-care products for FREE!

For details, visit www.oilandfills.com/hazardous or call (714) 834-6752.

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 during regular business hours:

- 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 do not have to use a special sharps container. Instead, you can 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!



What about e-waste?

E-waste, which includes computers, TVs, cell phones, and other electronic gadgets, should never be placed in your trash/recycling cart. E-waste can be recycled through these programs:

- Request a bulky item pickup for your e-waste. See "Take Advantage of Free Bulky Item Pickups" for details.
- Drop off e-waste at the Orange County Household Hazardous Waste Collection Centers. See "Look at the Label" for locations and hours.
- Take e-waste to the OCC Recycling Center or a Goodwill Donation Center.
- Contact Orange E-Waste for free pickup. Learn more about this service at www.orangeewaste.org or call (888) 623-6695.
- Return used cell phones to retailers, such as AT&T, Best Buy, Sprint, or Verizon stores.



Time to clean out that medicine cabinet

Residents can 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. (Ask your pharmacist whether your prescriptions are controlled or non-controlled prior to disposal.)

At participating pharmacies, medications go into a specially designed drop-box inside the store. No medications can be dropped off after hours, so be sure to check the store hours at these participating locations:

- 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 drop sites during National Prescription Drug Take-Back Days, which are held twice a year in April and October. For details and locations, check with your local police department or the Orange County Sheriff's Department or contact the Drug Enforcement Administration at (800) 882-9539.

Plastic bitten by fish in the North Atlantic ocean was found during the 5 Gyres SEACChange Expedition.

Fast Facts on Microplastics

- Each year, 8 million tons of plastics enter our oceans; that is equivalent to dumping a truckload of plastics into the ocean every minute.
- Plastics in the ocean do not biodegrade, but rather break into smaller and smaller pieces. When combined with microplastics, such as microbeads in personal care products, released directly into waterways, the majority of plastics in the ocean are less than 5 millimeters in size (less than 1/4 inch).
- Microplastics and the chemicals that attach to them in the water can contaminate the food chain, including seafood products eaten by people.
- In late 2015, the federal Microbead-Free Waters Act became law. This law requires that companies stop using tiny beads of plastic in personal care products, where they were used as abrasives, by July 2017. (A similar law was passed in California in October 2015 that would have established the same ban effective January 1, 2020.) Microbeads are commonly used in facial cleansers, toothpaste, and cosmetics.
- Fleece and synthetic clothing shed microplastics into the water with each washing. In fact, a fleece jacket sheds about 2,000 pieces of plastic per washing. Wastewater treatment plants do not have the ability to screen these tiny pieces, meaning they end up in both the discharged water and the sludge that is composted. Learn more in this short video: <https://youtu.be/RMkkYAf18Xk>.



What can you do to reduce microplastics pollution?

- Avoid products with microbeads before the product ban goes into effect. Look for the words "polyethylene" or "polystyrene" on the ingredient label.
- Wash fleece and other synthetic fabrics less often. This also saves water and energy.
- Don't litter, and pick up the litter you see. Take part in beach and other litter cleanups.
- Close the lids on your trash/recycling and organics carts when you place them at the curb.
- Carry and use reusable shopping bags. Say "no thanks" to single-use plastic bags.

Sources: "The New Plastics Economy: Rethinking the Future of Plastics" (2016), Project MainStream, a collaboration of the World Economic Forum, the Ellen MacArthur Foundation, and McKinsey & Company; "Scientific Evidence Supports a Ban on Microbeads" (2015), Society for Conservation Biology; "From Fleece Jackets to Your Food: The Scary Journey of Microplastics" (2015), National Geographic and Adventurers and Scientists for Conservation

QUOTES REQUOTED

The greatest threat to our planet is the belief that someone else will save it.

Robert Swan, 1956-
Polar explorer

Lemaire Channel, Antarctica

7 Tips for Spring Cleaning



Spring brings longer days, dry weather, and bright flowers. What a great time for an eco-friendly cleanup. Leave nasty chemicals and stuffy air behind—follow these tips to make this year's spring cleaning friendly towards the environment:

- 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 less toxic options in the store.
- Change your laundry practices. Use cold water for most of your laundry. This saves the 75% of your washer's energy that's used toward heating water. Only wash 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.
- Use old rags and cloths whenever possible instead of paper towels to wipe down surfaces. Toss them in the wash

afterwards to use again or simply rinse them by hand for small cleanups.

- 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 plants to keep the air fresh without chemical fresheners.
- 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.
- Pay extra attention to cleaning appliances. Dusting off the refrigerator coils and giving the oven a nice, deep clean make the machines more energy efficient.
- Clean out your trash/recycling and organics carts and organize tools that help you stay eco-friendly, like reusable shopping bags and bulk food containers.

With everything clean and in its place, you'll be ready to enjoy spring and summer activities!

Washed Up: Vena, 2011 (Courtesy of Alejandro Durán)



When trash speaks

Sometimes art shocks us. Sometimes it tells stories. Sometimes it educates us. And often, it does all three. That is especially true of four artists working to transform trash into fine art while exposing the devastating effects that our trash can have on our environment. See the work of these artists online at:

- Chris Jordan: www.ChrisJordan.com
- Alejandro Durán: www.AlejandroDuran.com
- Fabrice Monteiro: <http://FabriceMonteiro.viewbook.com/>
- Vik Muniz: <http://VikMuniz.net/>

Costa Mesa Community Run

Come and join the Costa Mesa Sanitary District in supporting the community and our schools!

The 9th Annual Costa Mesa Community Run will take place on Saturday, April 23, 2016. The event boasts of a beautiful cross country style course that starts and finishes in Jim Scott Stadium at Estancia High School and runs through scenic Fairview Park. Participants of all ages and experience levels can enjoy walking, strolling, or running with the 5K, 10K, or Fun Run options. Proceeds from the event benefit Costa Mesa Public Schools.

Be sure to register with the code "CMSD" to receive a 10% discount. For more information, or to register, visit www.costamesacommunityrun.com.



Employee Spotlight



This spring, the District would like to put the employee spotlight on David Griffin, Maintenance Assistant. Hired on June 8, 2015, David is a fairly recent addition to the District's staff, but he has already made a strong positive impact. He is responsible for the upkeep and maintenance of the District's Headquarters and District Yard facilities, including preventative maintenance, repairs, and landscape maintenance.

David has received the "Safety Person of the Month" award several times in the months that he has been with the District, and he received the "Safety Person of the Year" award for 2015. Overall, David can be counted on to handle unexpected problems with a positive attitude and a great willingness to help.

Congratulations David, and keep up the great work!



Organics Recycling Reminders

Last summer, the District launched separate collection for yard and food waste through the Organics Recycling Program. Residents received organics recycling carts to dispose of yard and kitchen waste, which is collected and transported to CR&R's Anaerobic Digestion Facility in Perris, CA. At this facility, green waste and food scraps are converted into renewable natural gas and compost. CMSD was the first agency in Southern California to enter into an agreement with CR&R to provide an organics recycling program to its residents.

These are the items that should be going into your organics recycling 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, such as newspaper or *compostable* bags

Keep out items such as plastic containers or bags, Styrofoam, diapers, and wipes, as well as other trash or recyclables, from the organics cart.

For more information about the District's organics recycling program, go to www.cmsdca.gov and click on "Organics Recycling."

Compostable Organics Bags

Compostable bags can help eliminate odor in your kitchen pail and curbside organics cart. When purchasing bags, be sure to look for the term "compostable" or the Biodegradable Products Institute (BPI) compostable logo. You will find compostable bags at these locations:

- Home Depot: 2300 Harbor Blvd., Costa Mesa
- Mother's Market: 1890 Newport Blvd., Costa Mesa
- Sprouts: 225 E. 17th Street, Costa Mesa, and 3030 Harbor Blvd., Costa Mesa
- Target: 3030 Harbor Blvd., Costa Mesa
- Ralphs: 6300 Irvine Blvd., Newport Beach, and 380 E. 17th Street, Costa Mesa
- Amazon: www.amazon.com
- Jet: www.jet.com
- Office Depot: www.officedepot.com



District services at the tap of a finger

The CMSD was the first Independent Special District to provide a customized mobile app to residents. The app, which features easy-to-use widgets, provides residents with convenient access to District information on their smartphones. Using the app, residents can find information on District programs and events. In addition, residents can report issues directly to the District through the GoCMSD app and then track the status of those issues. Issues can be reported anonymously if preferred.

The free app is available for download at the iTunes App Store or the Google Play Store. Simply search for "Costa Mesa Sanitary District."



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

<https://twitter.com/CostaMesaSD>

www.youtube.com/user/CostaMesaSanitary

Funded by CMSD
Copyright© 2016

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