

Recycle Rockbridge

Edition 11

January 2009

2009 - A New Year

Set a Goal

Here we are again at the start of a new year. It is always a bit exciting thinking about what the upcoming year might produce. Traditionally it is the time we proclaim a New Year's Resolution and if you are anything like me by this time of the month you have broken it. My new yoga routine lasted about 11 days and the diet hasn't even gotten off the ground. I don't beat myself up about it anymore. I just tell myself that I will keep trying to do better. There is one thing that I started several years ago that I have been successful with. I try to think of one thing that I can do to reduce my environmental footprint. This can be anything from recycling to home repairs that will reduce energy use.

Last year I decided that I would stop using the plastic shopping bags. I know this sounds like such a small task. However, I am still working on it. I have reduced my bag usage tremendously but occasionally I do still find myself in a store without a reusable bag. I must say that when this happens I feel terrible walking out of the store with the plastic bag. In many instances I have asked the clerk please don't bag this, I will just carry it out. Sometimes they look at me kind of strange and every once and a while I will offer an explanation. The point is it is a lifestyle change that I am continually working on. This change will have an effect on the environment and it's something I feel good about. This year I intend to stop using household cleaners that contain harmful agents. This is something that I have toyed with during 2008 but I plan to take this much more seriously.

I will only replace my favorite cleaning items with earth friendly purchases. This will include considering looking at their packaging and choosing the one that has the least environmental impact. This will take some time and a lot of trial and error but in the end it will be something that I can be proud of.

I ask each of my readers to look at your lifestyle and the effect it has on the environment. Decide on something that you can do to reduce your footprint. Just pick one lifestyle change. Work on this change throughout the 2009 year and at the end of this year look back at the progress you have made. It may not be perfect and you may need to continue working on it but you will feel good about your progress and you will be excited about picking out your next lifestyle change.



Check out this website. It is a great way to look at your environmental footprint and find ways to improve.

www.lowimpactliving.com

Earth Day - 2009

Rockbridge County Recycling will be hosting an Earth Day Festival this year. The festival will be held at the College Square Recycling Center on April 25 and will run from 9 a.m. until 4 p.m.. We will have activities for the children, information booths, representatives demonstrating environmentally friendly products and craft vendors selling items made from recycled material or made in an environmentally friendly manner.

If you are interested in reserving a vendor space please contact the Regional Recycling Office at 150 South Main Street, Lexington or call 540-463-2437. There is no charge for vendor space. We will also have a designated area for those interest in having a yard sale space. There is no charge for the space provided but tables may be rented at \$10.00 per table while supplies last.

This will be a fun and informative event. It is an excellent time to show off your creative ideas, get some new ideas to take home with you and increase your environmental knowledge. We look forward to seeing you there.



College Square Recycling Center

The College Square Recycling Center recently rearranged the recycling containers. This move was made due to a sink hole directly behind the center. We moved some of the lighter containers over to the side where the sink hole has been increasing in size. We hope by removing some of the weight we might be able to slow down this expanding sink hole.

We are very sorry for the confusion. The attendant on duty will be happy to show you where everything is located.



FYI

I recently received a tidbit of information that I would like to pass on to everyone. This isn't necessarily recycling info however it is a cost saver and who can't use that.

Just leave it up to Google to come up with something useful like this!

Here's a speed dial number worth putting in your cell phone, or you home phone: 1-800-goog411. This is an awesome service from Google. Click on the following link to watch a short clip for a quick demo

<http://www.google.com/goog411>

Alert Rockbridge

Rockbridge county and the cities of Lexington and Buena Vista use Alert Rockbridge to immediately contact you during a major crisis or emergency. Alert Rockbridge delivers important emergency alerts, notifications and updates to you by email, cell phone or pager. For more information or to sign up go to www.alertrockbridge.com.