



# Waste Not News

## Waste-Wise News for Nez Perce

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## Proper Disposal of Medications

Most households tend to have outdated or unwanted prescription and non-prescription medications. But when it comes to disposing of these medications, there are some misconceptions on the best way to dispose of them. You may have heard that placing these items in your trash or flushing them down the toilet is an appropriate disposal method. However, there are two primary reasons why this is not a suitable disposal option.



evidence of major neurological or physiological changes. Short and long term human health effects of pharmaceuticals in our drinking water are currently unknown.

Ultimately, incineration is the best method for destruction of unwanted pharmaceuticals. Many cities, counties and states are struggling to prevent and remove

pharmaceuticals in both wastewater and solid waste.

The first of these reasons is drug abuse. According to the Center for Disease Control's (CDC) National Youth Risk Behavior Survey (2009), over one in five high school students in the U.S. admits to having taken a prescription drug without a doctor's prescription. Prescribed and non-prescribed medications are the second most commonly abused drugs by teenagers. The majority of these drugs are obtained from the home. Howell Wechsler, EdD, MPH, director of CDC's Division of Adolescent and School Health cautioned, "people may falsely believe that prescription drugs are safer than illegal drugs, yet their misuse can cause serious adverse health effects, including addiction and death."

The second issue with improper drug disposal is environmental. "Residential, commercial and agricultural pharmaceuticals follow two primary pathways to the environment:

### 1. Excretion:

Human and livestock excretion of drugs and metabolites following consumption (which ultimately follows sewage, septic or surface runoff pathways to wastewater or to biosolids).

### 2. Direct Disposal:

Disposal of unused pharmaceuticals to the septic tank, sewer or landfill.<sup>1</sup>

Currently, most conventional wastewater treatment facilities cannot effectively eliminate pharmaceutical compounds. When pharmaceuticals are deposited in landfills, the resulting leachate can have trace amounts of pharmaceuticals as well, postponing the pollution of surface and ground water. Researchers have found fish laden with estrogen and antidepressants, and many show

Currently there is no collection program for pharmaceuticals in the Nez Perce County area. Below is the best way to dispose of unwanted medications in lieu of a collection program.

**Pills:** If no specific instructions are given for disposal, take the medicine out of its original container and mix it with an undesirable substance such as used coffee grounds or kitty litter in a sealable bag, empty can or other container to prevent the medication from leaking or breaking out of a garbage bag. Although this does not reduce all risks to the environment, the medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

**Liquid Waste:** Solidify by adding kitty litter and dispose of in your trash.

**Sharps:** Please place sharps (needles) in a strong, covered, leakproof container that is red and/or labeled with the biohazard symbol. These containers are readily available from pharmacies and drug stores. When your container is full, please contact Latah Sanitation at (208) 746-5949 and inform them that you will be placing your sharps container out with your trash that week.

**Medical Waste (other):** If you generate any other medical waste which could pose a health risk to collection workers, please make arrangements for medical waste collection by calling Latah Sanitation at (208) 746-5949 .

Sources:

<sup>1</sup><http://www.ecy.wa.gov/programs/hwtr/pharmaceuticals/pages/pie.html>

<http://www.cdc.gov/media/pressrel/2010/r100603.htm>

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## Reducing: Easier Than You Think!

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Did you know that the United States generates more garbage than any other country in the world? The truth is, if our consumption habits remain where they are now, the natural resources on this planet will continue to be depleted at a very unsustainable rate. Natural resources are not infinite, even the renewable ones, if we keep consuming them at current levels.

Obviously we need to use natural resources to survive. But is there a way that we can use less of these resources while at the same time maintain a reasonable standard of living? Recycling whatever we can will help as well as purchasing durable items, not to mention reusing items instead of throwing them away. But to really make a dent, we must reduce the amount of natural resources we as a nation consume.

The following information is a good start on reducing your overall use of the earth's natural resources. Also, none of these ideas will reduce your standard of living, they just require looking at our consumption habits from a different perspective.

### **Replace Disposables:**

Wherever possible, replace disposable products with reusable ones such as, razors, food storage containers, batteries, ink cartridges (buy refilled ink cartridges), coffee filters, furnace or air conditioner filters, etc. Start using reusable shopping bags. Did you know that every minute, 1 million shopping bags are used around the globe? Most of these end up as pollution or trash. Each high quality reusable shopping bag you use has the potential to eliminate the use of thousands of shopping



bags. Also, replace paper napkins with cloth napkins; replace paper towels with a special set of cloth towels/napkins (or cut up old t-shirts for towels) - store the used ones in a small container in your kitchen, then wash and reuse.

### **Gift Giving:**

Think durable such as birdhouses, wind chimes, flower bulbs, trees for the yard or garden or even building a compost bin. Purchase items from thrift stores, used book stores or gifts sold at fair-trade shops. For those of you who are handy or crafty try baking cookies or breads, make hand-made soaps, candles, or birdseed balls, knit a sweater or build an end table, make an herb pillow filled with lavender. You could even create a family cookbook. Maybe you could provide a helpful deed like tuning up a friend's car, fix a broken fence or mending an article of clothing. When it comes to wrapping a gift you could save wrapping paper, boxes and ribbons for future gift giving. Also, consider wrapping presents in comic strips from the newspaper, leftover fabric, old maps or children's drawings. Place gifts in baskets, tin containers, or reusable bags. Place tools for a gardener in an apron, planter or bucket. Use hair ribbons or colorful shoelaces in place of bows and ribbons.



### **Reduce Purchases:**

In general, think before you buy any product, do you really need it? When you are thinking about buying something, try the 30-Day Rule -- wait 30 days after the first time you decide you want a product to really make your decision. This will help eliminate impulse buying.

For more tips on how to reduce waste, perform a web search using the term "waste reduction".

**Do you live on Stage Coach Road or Hempstead Loop residents? Please mark your calendar that starting the week of November 1, 2010, Latah Sanitation will be reverting back to your winter-time collection site. These winter sites will be in use through March 1, 2011. Hempstead Loop residents may have to use winter collection sites longer pending weather conditions.**

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# One Stop Drop Stations, *check em' out!*

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Have you ever wondered how to get rid of bulky items that cannot be placed out with your trash? Well Nez Perce County and Latah Sanitation offer two convenient stations open on Saturdays for these large bulky items. The **One Stop**



**Drop** stations are open from 8 a.m. to 4 p.m. on Saturdays.

The **Sweetwater station** is located at the grain elevators on HWY 95 at Sweetwater and is open the **1st and 3rd Saturdays of the month**. The **Myrtle station** is found at the intersection of HWY 12 and Gifford Reubens Rd. and is open the **2nd and 4th Saturdays of the month**. If there is a fifth Saturday in a month, there will be no collection services at either station.

Examples of bulky items that are accepted at no charge include: Appliances (old refrigerators, stoves, washers and dryers, etc.), Furniture (old couches, tables, bed frames and mattresses, etc.), Tires (up to ten rimless tires per household when either station is open), Household Batteries, Vehicle Batteries, Household Construction Debris, and other large items that can't be taken by your weekly garbage technician.

Another great opportunity available at the **One Stop Drop** stations is **Recycling services**. When frequenting these locations you may bring down: aluminum cans, cardboard/paper grocery sacks (please flatten boxes), glass bottles and jars, newspapers/magazines/phonebooks, tin cans, #1 clear plastic bottles and #2 cloudy plastic milk jugs.

Other recycling services available in Lewiston include:

## **Lewiston City Transfer Station**

560 Downriver Road, next to EKO  
746-3671 ext. 252

## **Lewis Clark Recyclers, Inc.**

335 3rd St., across from Luna House Museum  
746-1187

## **Pacific Steel & Recycling**

604 12th St. North, at the Port of Lewiston  
888-455-3598

Please call for hours of operation and materials accepted.

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## Household Hazardous Waste Disposal

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### **Lewiston Transfer Station:**

**Location:** 560 Down River Rd.

**Phone:** 746-3671, ext. 252

**Open:** Monday - Sunday,  
8 a.m. to 4:30 p.m.

**Accepts:** Motor Oil, Antifreeze, Oil- Based Paint and Batteries. Please call ahead for an appointment for barrels of HHW.

### **Asotin County Landfill:**

**Location:** 2901 6th Ave.,  
Clarkston

**Phone:** (509) 758-9230

**Open:** Every Wednesday and the 1st & 3rd Saturday of each month, 8 a.m. - 2 p.m.

**Accepts:** Most Hazardous Wastes

**Note:** The above information is for households only. Commercial generators need to contact the Asotin County Hazardous Waste Coordinator at (509) 758-1965 for details on wastes accepted, pricing and appointments.



**It's  
Your  
County...**

**You  
Decide**



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## Questions, Comments, Suggestions?

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### **Billing Information:**

Nez Perce County  
799-3090

### **Missed Collections:**

Latah Sanitation, Inc.  
746-5949

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# Holiday Collection Schedule

Latah Sanitation, Inc. observes the following holidays throughout the Year:  
**New Years Day   Memorial Day   Independence Day   Labor Day   Thanksgiving   Christmas**  
If, during the holiday week, your regular garbage day falls on or after the holiday, your garbage will be collected one day late that week. If your regular garbage day falls before the holiday, your trash will be collected as usual. **Garbage routes are subject to change.** Before the holiday, please check the *Lewiston Morning Tribune* or call Latah Sanitation, Inc. at 746-5949 if you have any questions.

## Garbage Collection Reminders

**Collection Time:** Please be sure to have your garbage out by 5:00 a.m. on your collection day.

**Three Can or Bag Limit:** Please remember, you are only allowed to set out three bags or cans of garbage per week, even if you didn't put your garbage out the week before.

**Size and Weight Restrictions:** Please remember that oversize and overweight garbage cans can cause serious injury to our collection workers. Garbage cans must be no larger than 39 gallons in capacity and cannot weigh more than 60 pounds when full. When setting out garbage bags, make sure they weigh no more than 35 pounds to eliminate potential litter problems from breaking bags.

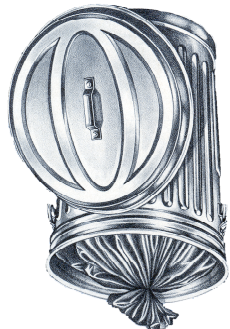


**Bag Your Trash:** Even if you use garbage cans, please place your trash in tied plastic bags to prevent litter.

**Can Your Trash:** If you place your trash out in a bag, please consider using a garbage can too. Dogs and wildlife can easily tear bags, creating litter problems. Garbage cans help reduce this problem.

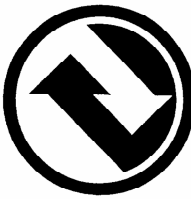
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