

The Arrowsic Arrow

Vol 16, No 2 Taking Care April/May 2001



Dear Reader

Mrs. Peterson's daffodils are up and smiling at the world: must be spring! It's the annual Taking Care Arrow--Lots to do and celebrate as we greet the returning birds, peepers, perennials and summer visitors...and, hey, some of us have seen a couple of moose walking around lately!

CALENDAR (*details to follow)

- April 22 UN Children's Day
- April 22 Earth Day
- April 22-28 National TV Turnoff Week
- April 27, 1759 Mary Wollstonecraft's Birthday
- April 28 8AM Fire Barn Cleanup*
- April 28 7PM Reading at Town Hall*
- May 1, 1830 Mother Jones' Birthday
- May 4, 1970 Kent State Protest
- May 5 Roadside Cleanup, Arrowsic 10AM*
- May 12 Holt Forest Tour 9-noon*
- May 13 Mother's Day (begun in 1872 by Julia Ward Howe as anti-war holiday)
- May 21, 1819 bicycles introduced to the US
- May 22, 1930 Harvey Milk's Birthday
- May 27, 1907 Rachel Carson's Birthday

Arrowsic Town Hall (443-4609) hours are Wed 3-5:30pm and Fri 8:30-11. Our Selectboard: Greg Guckenburg; 442-8020; Larry Wilson: 443-6970; and Michele Gaillard: 442-7443. Liz Rollins is Tax Collector and Phine Ewing is Town Clerk.

Fire Barn Cleanup on Saturday, April 28

Join your neighbors in the annual spring cleaning of the fire barn on Rt 127. Find out more about the Arrowsic Fire Department, learn what resources are available to town residents. Enjoy refreshments and good company. For more information, contact Greg Guckenburg at 442-8020

Annual Roadside Pickup: May 5th

Volunteers Needed! If you've never participated in Arrowsic's Roadside cleanup, you've missed an essential aspect of life in our fair island town. Seriously, we have a lot of fun and collect some very unusual items (how they got to our woods is always a mystery). Gather at the Town Hall, May 5 at 10:00. Trash bags and refreshments will be provided. Rain date is May 6. Sponsored by the Arrowsic Conservation Commission, Phine Ewing, Chair

Tour of Holt Research Forest

by Jack Witham

On Saturday, May 12, 9AM to Noon, Jack Witham will be hosting a walking tour of Holt Research Forest for town residents. The tour will be a not-too rigorous walk to the Back River (around 1 mile) with Jack discussing the research and findings of the nearly 20 year old forest/wildlife study.

The Holt Research Forest is the site of a long term forest ecosystem study being conducted by the University of Maine. Meet at log house on Old Stage Road (2.4 miles from north end, 1.1 miles from south end), roadside parking please. For more information, call 443-9438. Also see the website: www.umaine.edu/holtforest.



"Every aspect of our lives is, in a sense, a vote for the kind of world we want to live in."
—Frances Moore Lappe

ARROWSIC WRITERS READ
AT THE ARROWSIC TOWN HALL
ON SAT. APRIL 28th
AT 7PM.

SIGN UP SHEET FOR READERS AT
ARROWSIC TOWN HALL OR CALL
NANCY BROWN STUMP 442-7529.
COME READ YOUR POETRY, STORY OR
ESSAY. TIME LIMIT: 5MIN / READER

Flea Market & Swap Meet

The Recycling/Solid Waste Committee is planning an Arrowsic Flea Market & Swap Meet for this July at the Town Hall. This will be a great opportunity to exchange unwanted items for something better, make some cash or buy a treasure. Tables will be available and residents may offer anything they choose for sale or trade. For early table reservations or more information contact Mike at 442-7443 or Jeff at 443-6174.

Recycle your old computer

by Robin Reed, taken from *Coop America Quarterly*

Over 315 million computers in the US today will be obsolete by 2004, according to Silicone Valley Toxics Coalition.

To help combat this ever-growing pile of electronic trash, IBM has started a program that allows people to ship their old computers, IBMs and nonIBMs, to a Pennsylvania organization called Envirocycle. IBM and Envirocycle will then donate usable computers through Gifts in Kind International, and they will dismantle and recycle computers that are no longer usable. Customers pay a total of \$29.99 per computer including shipping fees, and IBM sends them receipts for tax benefits for donations.

Contact IBM Recycling Service, 888SHOP-IBM. Quick reference part number 06P7513

E911: From the Road Commission

Jim Stump, Chair 442-7527

The E911 system was initiated in Sagadahoc County on April 11. The Town has provided all necessary information to Verizon, the company maintaining the E911 database which matches physical addresses with telephone numbers. The emergency call answering center now has this information available in the event of an emergency call.

We are, however, still awaiting approval from the US Postal Service of the new addresses. As of April 12, the State E911 Office records indicate that the Arrowsic Address Conversion Package is with the Postal Service Office in Portland and has yet to be reviewed. The State E911 Office has reiterated that the new addresses should not be released until confirmation from the Postal System has been provided.

When approval is received, the Town will send out a Town-wide mailing informing residents of their new address. In addition, residents will be able to find out their new address from the town clerk.

The Road Commission has been waiting for Postal Service approval to proceed with the posting of new road signs. The Commission has decided to proceed with that effort, regardless of the status of the Postal Service approval, when the weather permits. We are hoping that no further road name changes will be requested by the Postal Service.

The State E911 Office has some basic recommendations for residents in regard to providing address identification at your residence. We will provide this information as part of the Town-wide mailing.

While the E911 development has been (and still is) a long process, this new emergency communication system will undoubtedly provide a vastly improved emergency response system.

Keeper's News

by Mike Kreindler, 442-7443

The Second Annual Fog Bell Fish Chowder Supper, held at the Arrowsic Town Hall in March was a great success. In addition to helping the Range Light Keepers, we have heard it described as being among the more pleasurable community events to attend. The door prize drawing for wood engraving prints was won by Marjorie MacDonald and George Stafford. The raffle of an original oil painting of the Range Light by noted Maine artist Charles Goodhue is another in our ongoing efforts to raise funds and community awareness. Tickets are available at the Town Hall or by calling 442-7443. We appreciate your continued support. Thank you.

From the Preface to *Supernature*

by Lyall Watson ©1973

There is life on earth—one life, which embraces every animal and plant on the planet. Time has divided it up into several million parts, but each is an integral part of the whole. A rose is a rose, but it is also a robin and a rabbit. We are all of one flesh, drawn from the same crucible. There are ninety-two chemical elements that occur in nature, but the same small selection of sixteen forms the basis of all living matter. One of the sixteen, carbon, plays a central role because of its ability to form complex chains and rings that can be built into an immense number of compounds. And yet, from the thousands of possible combinations, just twenty amino acids are singled out as the units of construction for all proteins. Most significant of all, these proteins are produced in the right place at the right time by an ordered sequence of events governed by a code carried in just four molecules, called nucleotide bases. This is true whether the protein is destined to become a bacterium or a Bactrian camel. The instructions for all life are written in the same simple language.

The activities of life are governed by the second law of thermodynamics. This says that the natural state of matter is chaos and that all things tend to run down and become random and disordered. Living systems consist of highly organized matter; they create order out of disorder, but it is a constant battle against the process of disruption. Order is maintained by bringing in energy from outside to keep the system going. So biochemical systems exchange matter with their surroundings all the time, they are open, thermodynamic processes, as opposed to the closed, thermostatic structure of ordinary chemical reactions. This is the secret of life. It means that there is a continuous communication not only between living things and their environment, but among all things living in that environment. An intricate web of interaction connects all life into one vast, self-maintaining system. Each part is related to every other part and we are all part of the whole.

Multinational Monitor's 10 Worst Corporations for the year 2000

from the *New Internationalist* issue 333

Aventis (France) for contaminating Taco Bell brand taco shells sold in grocery stores by Kraft, as well as many other foods, with genetically modified Star Link corn

British American Tobacco (Britain) for engineering a worldwide smuggling scheme to cut the price of cigarettes and increase consumption with extensive efforts in Latin America and Asia

BP/AMOCO (US/Britain) for illegal disposal of hazardous waste on Alaska's North Slope

DoubleClick (US) for implanting electronic "cookies" (surveillance files) on the hard drives of users' computers without their knowledge and gaining the capacity to combine this data with identifiable personal consumer information.

Ford/Firestone (US) for at least 130 deaths around the world linked to tread separation by Firestone tires on Ford cars, and not recalling products after learning of the hazard.

Glaxo/Wellcome for blocking worldwide distribution of cheap generic versions of HIV/AIDS and other drugs

Lockheed Martin (US) for conducting large-scale tests of perchlorate—a toxic contaminant from rocket fuel, frequently found in water supplies in Southern California—to avoid stricter standards and save millions of dollars in cleanup costs.

Philips Petroleum (US) for third fatal accident in 11 years at plastics plant in Pasadena Texas

Smithfield Foods (US) for consolidation of the hog market to the detriment of family farms and spreading factory farms

Titan International (US) for unlawfully denying protected labor rights to workers at two tire and wheel factories where workers have been on strike for two years

A Letter from Arrowsic Selectmen to the Sagadahoc Fire Chief's Association:

Gentlemen,

As you are probably aware, most members of the Arrowsic Volunteer Fire Department (AVFD) resigned after a November 15, 2000 Town Meeting in which the Town turned down a request to buy a new 1st class fire pumper and a new fire station.

The enclosed letter from the Sagadahoc Chiefs Association expresses concern as to Arrowsic's ability to manage incidents in Arrowsic and participate and contribute to fire suppression in other member communities.

Since the November Town Meeting the Town of Arrowsic has taken steps to ensure its safety and to contribute to the safety of its neighbors.

We continue to maintain a 1992 250 gallon Quick Attack Mini-pumper and a brush truck. We have a fire station that protects those vehicles and our equipment. We will be going to the next Town Meeting with a proposal to buy a tanker for the AVFD. We will also be signing a contract with Bath for aid in structure fires by the Bath Fire Department.

The AVFD has been revitalized with five of the original Department as members. With this core of experienced people and several new volunteers, we are confident in the future of the AVFD and its ability to respond to emergencies.

A new Woods and Brush Fire Brigade (27 residents attended the first training class) and a Home Fire Safety Committee headed by Charlotte Brown are also initiatives which will improve safety and hopefully attract others to volunteer.

As a small Town of 500 residents, we have always had limited resources for regional activities. But we have always recognized a responsibility to participate commensurate with our ability both with financial aid and with manpower.

I hope this answers any questions raised by the Sagadahoc Chiefs. Further questions can be directed to the Selectmen, Ike Heffron, Fire Protection Officer, or Dale Carleton, Fire Department Liaison Officer.

Sincerely,
Arrowsic Selectmen
Greg Guckenburg, Larry Wilson, Michele Gaillard

A Report on the recent fire training session

by Larry Wilson

Twenty-seven residents attended the Woods and Brush Fire Training Session at the Arrowsic Town Hall on Saturday, February 24th. Steve Hinds, Assistant Fire Chief of the Bath Fire Department, ran the meeting.

Those who attended received an excellent introduction and overview of the subject. For most of us it was our first fire fighting educational experience. We learned the basics of how fires start, why and how they burn and tools used in fighting them.

We learned about Indian tanks, rakes, a very cool smothering tool (the flapper), axes with strange sounding names and shovels. We also learned that if

we have a fire on the island and the wall of flame is 4 feet or

higher over a sustained period of time, volunteers abandon the fight and the Maine State Forestry Department takes over.

Three of our previous Fire Department volunteers, Ike Heffron, Donna Blanchette and Sue Lizotte, having agreed to be part of our new Fire Protection and Prevention Team, assisted in the training by showing examples of the equipment that Arrowsic has for fighting woods and brush fires. As a town, we have enough of this type of equipment to support 45 volunteer fire fighters. This includes, gloves, shovels, axes, picks, Nomex clothing, Indian water tanks, etc. According to the Bath Fire Department, Arrowsic has one of the best-equipped brush and woods fire fighting units in the area. Credit for this is due to Chief Brian Scott who has worked hard to build our fire fighting resources.

The second phase of this training will take place this spring with an opportunity for hands on training at the Bath Training Site. More details about this session will be announced soon. The selectmen, encouraged by the large turnout and enthusiastic response to the training session, met Saturday March 3rd with key individuals to begin the process of putting together an Arrowsic Fire Organization built around three committees. The committees are Fire Prevention, Liaison/Record Keeping and Fire Protection. Charlotte Brown has volunteered and will be our Fire Prevention Officer, Dale Carlton, has volunteered for the Liaison Officer's position and Ike Heffron has accepted the job of Fire Prevention Officer.

One of our objectives is to fill each committee with the appropriate volunteers and create a list of duties for each area. We will keep you informed of developments as they occur.

If you are interested in joining this group of supportive Arrowsic residents, it's not too late! Call Greg at 442-8020, Michele at 442-7443 or Larry at 443-6970. You can also send e-mail to Greg at gguck@gwi.net, Michele at gailiard@gwi.net or Larry at lwilson@gwi.net



Life is a child playing around your feet, a tool you hold firmly in your grip, a bench you sit down upon in the evening, in your garden.

JEAN ANOUILH

Helpful Hints: Plants (Most) Deer Don't Like

sent to us by Cecile Mapes of Moravia New York

Annuals: Ageratum, Snapdragon, Wax Begonia, Cleome, Dahlia, Foxglove, Heliotrope, Forget-me-not, Blue Salvia, Marigold

Vines: Bittersweet, Clematis, Honeysuckle, Wisteria

Herbaceous Perennials: Yarrow, Chives, Anemones, Columbine, Astilbe, Painted Daisy, Lavender, Ostrich Fern, Primrose, Sage, Lamb's Ears

Groundcovers: Bishop's Weed, Ajuga (Bugle Weeds), Sweet Woodruff, Lily-of-the-Valley, Periwinkle

The World Needs More Flowers

Several years ago I brought from the Eastern tip of Long Island N.Y. several cuttings of a plant called Montauk Daisy " or " Artie Daisy " To Caroles and my pleasure these plants matured within two years to bushes measuring approximately 3 ft by 3 ft and late in the Fall are just covered with " Daisy " like blooms measuring almost 3 inches in diameter. These are the very last blooms of the season and continuing blooming until the second or third frost. They thrive in salt air and windy conditions and Arrowsic seems to be an ideal environment.

If you would like some started cuttings (two per request) at no charge. I will be happy to supply them to any resident of Arrowsic. To order call me @ 443-2559 fax 386 - 1668 or e-mail : bunter@clinic.net . I would suggest you order early so I can plan to get the cuttings off to a "blooming " good start. If you phone and don't catch me leave a message w/ a phone # so I can confirm your name and address -Bill Bunter , Sirois Road

Worm Cultivation:

Easy Garbage Recycling Disposal

by Judy Jones

I've been a worm farmer for over ten years, and the best thing is, I have no garbage to show for it! All it takes is a bin (mine is an ample green storage box cheaply bought at Roger's Hardware, and modified easily by me), a supply of red manure worms, and old newspapers, to get you in business.. It is amazingly easy with a minimum of fuss to maintain this self-perpetuating garbage disposal system.

All you do is punch a few holes in your bin, put it on a drip lid just in case, then fill the bin with dampened torn up newspapers, loosely. Add the special worms (I got my starters from Cape Cod, but they have had many, many offspring, and I can give you starters), and then start burying your kitchen scraps in the newspaper. There is no odor, or at most the faint smell of spring earth after a rain. The worms eat all vegetable scraps, and even coffee grounds, old pasta and bread scraps - they adore orange , grapefruit or lemon peels. I don't feed them meat leftovers, but some people do.

Our bin rests under the set tub in the laundry room--red worms need to be kept above 40 degrees in the winter, and work even faster if it is warmer. It is just great not to have garbage to put in the trash, and even nicer not to have to go outdoors to a mulch pit in the winter!

Come spring, my bin is full of high grade compost--I dig out my little workers, spread the product of their industry on my best plants, fill the bin again with damp, ripped newspaper, and let them go to work again. One can leave them for weeks on vacation and they never complain either! Feel free to call me if you'd like to start worm composting. I'll be glad to help you, including giving you your first colony of red worms. Judy Jones 442-7612

Mercury Contamination in Maine Fish

sent to us by Kathleen McGee

Maine Toxics Action Coalition 666-3598

While many of the fish listed are due to Maine conditions (warm water fish caught inland—bass, trout, pickerel, landlocked salmon), others (shark, tuna, swordfish) usually found in the grocery store and caught in cold water should be restricted for anyone in the US in the sensitive population (children, pregnant and lactating women and anyone concerned about Mercury intake). These are very high in mercury no matter where they are caught.

For the most part, the farther west one goes, the less mercury impact due to the prevailing winds. Levels of mercury in fish such as bass, trout, etc are considerably lower in Vermont and NH. It is safe to say that the older and larger (and more carnivorous) of the fish are the most dangerous because toxins bioaccumulate.

DO NOT EAT:

Pickerel, Bass (all varieties), perch (all varieties), trout (all varieties), Eel, Cusk, Jack smelt, Shark, Swordfish, Tuna Steaks, Tomalley, Landlocked salmon

GOOD TO EAT:

Wild Atlantic Salmon, Haddock, Hake, Herring, Flounder, Pollock

VERY GOOD TO EAT:

Clams from clean flats, Scallops, Shrimp, Lobster (no tomalley)

EXCELLENT:

Smelt, Sardines

NOTE: TIGER PRAWNS: unless stated at the counter of purchase as "wild/ocean caught" they are farm raised, typically in very sensitive areas of the tropics. Mangrove forests are destroyed for short term farming (1-4 years) that devastates the local environment, leaving the area barren and prohibiting further agriculture and/or reforestation efforts.

Toothbrushes from Yogurt Cups

taken from Coop America Quarterly

Replacing your toothbrush twice a year accounts for an estimated 50 million pounds of waste annually in the US. Recycline, Inc and Stonyfield Farm have teamed up to introduce a new toothbrush made of 100% recycled plastic. Half the plastic used to make the Preserve brush comes from discarded yogurt cups from Stonyfield.

The new partnership is the latest initiative in Stonyfield's commitment to recycle or reuse over 70% of its waste. They save over \$70,000. annually and keep thousands of tons of material from the landfill.

If you can't find one locally Recycline offers a subscription program where you receive a new brush every two to five months by mail, or you can buy in bulk. When you're finished with your old brush, you return it in it's postage paid envelope and they grind it up to turn into plastic lumber for park benches and porch decks. Contact: Recycline 888-354-7296 or www.recycline.com

ResponsibleShopper.org: check it out

A web site that allows anyone to investigate over 400 companies (and growing) for environmental responsibility, workplace conditions, and disclosure policies. You can also learn more about a particular industry or issue, and find out different brands and companies a corporation owns. From there, the website lets you send letters to companies about issues that concern you. visit www.ResponsibleShopper.org.

The Arrowsic Osprey

by William Bunter

Last Friday afternoon about 5 P M Bob Ater and I were on our way to the Annual Coastal Conservation dinner when, just south of Bath we spotted our first Osprey of the season. We wondered about Arrowsic's Osprey: would she pick one of the new perches on which to build her nest? Past experience tells us that it sometimes takes two or three years under the best of conditions before an Osprey will select a human made perch. But from Sirois Road and through my 32 power spotting scope it looks as if Mrs. Osprey is setting up home in the offshore nest. I see evidence of sticks etc. hanging over the edge and she is perched inside. That sighting inspired me to share some interesting "Osprey Tidbits" with you via the Arrow.

Most importantly, the Osprey is a Raptor. Raptor is a blanket term for Hawks, Falcons, Owls, & Eagles. This group of birds is also known as "Birds Of Prey" meaning they kill for a living! Raptors have very specific anatomy parts that differentiate them from the rest of the bird kingdom. All Raptors possess feet and beaks that aid in their hunting. All have long curved talons that allow them to firmly grasp their prey assisting in a quick kill. The pads of their feet are often covered with a spiny like surface providing additional help in a tight hold on their prey. If we examine the beak of a Raptor we will quickly notice that it is sharply hooked and sometimes serrated which allows in tearing meat.

We should note here that Osprey eat only fish and choose a home near large bodies of fresh or salt water where he can be assured of a plentiful food supply without having to travel too far. Its range is no where as large as the Eagle who must soar over ten square miles to find enough to sustain itself and its chicks.

There is only one species of Ospreys whereas there are sixty-four species of Falcons. Osprey are found on every continent of the world save Antarctica. We have to assume that environmental differences did not trigger a second or third species as it has in most other birds and animals. Something to think about!

We are all aware that many species of birds vary dramatically in plumage from male to female. This is clear to us when we observe a mated pair of Mallard Ducks. Osprey differ only in that the female has an ever so slight "necklace" of lighter colored feathers distinguishing her from her mate. One common feature to all birds, but especially Raptors is their skeleton design. Long bones with extremely thin walls reinforced by inner crisscrossing of support struts allow the Osprey to fly high and swift with relative little muscle mass. Carole & I are enthralled to watch our Osprey soar high above the waters of our Sasanoa River home, select its victim, fold its wings and plunge into the water to catch its dinner. We love to watch it next gain altitude, shake itself dry and adjust its catch in its talons so it is head first and therefore more aerodynamic to ease the flight back to its nest. A

phenomenal skill when you think about it. How many eons ago did it learn about aerodynamics?

The Osprey's courtship does not rely on extreme plumage color as they generally mate for life, unlike our Mallard friends. The male Osprey partakes in a graceful soaring routine bringing gifts of fish to his lady friend (no flowers here guys) prior to mating which results in a clutch of eggs (April 2 - May 3) numbering from two to four which hatch in about 32 to 43 days. The newborn will stay in the family nest from 44 to 59 days. At that point they "fledge" or learn to fly and leave their parents for a life of their own. The circle of life closes once again!

Let me suggest that if you want to learn more you acquire *RAPTORS Birds Of Prey* by Scott Weidensaul. He has also written a book about the mystery of migration called *On the Wind* which is my next buy.

Thank you for your time, Bill Bunter

From the Tax Collector

Liz Rollins

The following registrations are due in these months:

APRIL →
○○○○○○○○○○
MARCH ↓

ARSENAULT, PAULA J	AMES, HAROLD JR
BARTON, DEIRDRE D	BARTER, MARLENE
BERTSCHY, MELANE	BRAWN, PAMELA
BROWN, LOUISE C	BROOKS, DAVID M
BROWN STUMP, NANCY E	BRYANT, DONALD
CAMPBELL, ELIZABETH	CARLTON, ANN
CAMPBELL, SHERMAN W	CUNNINGHAM, PAUL K
DEMERS, THOMAS W	ELWELL, ROBERT
DOWNES, FREDERICK A	GILES, SAMUEL D
DUNN, FLOYD L	GOODWIN, PETER W
GALUZA, JAMES J	GOODWIN, PETER W
HOLBROOK, KIMBERLY	GUCKENBURG, GRETCHEN J
HUENE, ANDREAS V	HARCOURT, PATRICIA L
JORGENSEN, MARK	HEARD, ROGER B
KANE, MICHAEL M	HEARD, ROGER B
KING, CRAIG A	JORGENSEN, MARK
LEPREEE, GRETCHEN E	JORGENSEN LANDSCAPING
LOVEITT, WILBUR F	KINGSBURY, BEVERLY A
MACMAHAN, JOSEPH C	KINGSBURY, RICHARD C
MAINE OUTDOOR PRODUCTS	LEVESQUE, CLARENCE R
MARTIN, AMY J	MITCHELL, ROBERT D
ORR, DEREK	PINKHAM, MICHAEL
PELLETIER, ROLANDE	ROGERS, RUSSELL A
PINKHAM, MICHAEL	ROLLINS, ELIZABETH
REED, WAYNE	ROLLINS, ELIZABETH J
SAFFORD, GEORGE	ROOT, DONALD M
SHAW, JOY C	SHULTZ, ROBERT E
SHOVER, EVELYN R	STAFFORD, GEORGE
SHULTZ, ROBERT E	STINSON, CARL N
THOMAS, ROBERT B	STOEBE, JEFFREY A
VON BORRIES, PHILIPPE	STURGEON, AL
WARD, DUSTY M	STURGEON, ALFRED
WARNER, JOHN W III	TRAVIS, JOHN L III
WOOD, JOHN B	WANG, ZHUO LIN
	WASILEWSKI, ERICA
	WEISS, DAVID R
	WESTCOTT, DANIELLE
	WILLOUGHBY, STEPHEN
	WISEMAN, ELIZABETH M
	WRIGHT, SUZANNE M
	WRIGHT, THOMAS R

The Arrow is a private publication by and for the townsfolk of Arrowsic. It is made possible with generous donations of time, energy, and money...lots of help from our friends. We will publish anything submitted to us as long as it is signed and with a phone number. Send to Arrow, Town Hall, Arrowsic 04530; call Patty Olds @443-4764; or email ideas/letters to paolds@javanet.com

From the Maine State Planning Office, Waste Management and Recycling Program.

sent to us by Francie Tolan

About 1-2% of the municipal solid waste generated in the U.S. meets the E.P.A. definition of hazardous waste. The average American generates about 15 pounds of household hazardous waste per year. Most household hazardous waste goes to local disposal facilities, enters septic systems and ends up in sewage treatment plants, or is dumped into storm drains or onto the ground. These disposal methods pose environmental and public health problems.

Home storage of wastes poses safety and health hazards for the homeowner. Many common household products have hazardous properties. Products that exist in high concentrations, such as aerosols and polishes are highly volatile. They can contaminate indoor air and linger for days after use. The health effects of these substances range from headache, dizziness and nausea, to cancer.

Safer alternatives for Household Hazardous Products:

Aerosols- use non-aerosol products

- deodorants--roll-ons, cream, sticks
- hair sprays--lotions, gels, pump sprays
- shaving cream--creams and soaps
- cooking sprays--cooking oils, pump sprays

Air Freshener- leave open box of baking soda in room

- set out dish of vinegar
- add cloves, cinnamon to boiling water, simmer

All-Purpose Cleaner- mix 1 qt warm water, 1 tsp liquid soap, boric acid, lemon juice and/or vinegar.

Make stronger according to the job to be done.

Ant Control- pour a line of cream of tartar at place where ants enter house

- sprinkle red chili, paprika or dried peppermint where ants enter

Carpet Cleaner- use soap-based, non-aerosols

- clean stains immediately with club soda, vacuum
- rub dry baking soda into grease
- combine equal parts vinegar and water to remove winter salt residue

Chlorine Bleach- use safer and less destructive dry bleach or borax to whiten

Disinfectant- 1 cup borax in 1 gallon water

Drain Opener- plunger or mechanical snake

- handful of baking soda and 1 cup vinegar, followed by boiling water to prevent clogging, flush drain weekly with boiling water.
- use enzymatic biological drain cleaner

Fabric Softener- rinse cotton and wool blankets with 2 c white vinegar added to washer

Furniture Polish- wipe with mixture of 1 tsp lemon oil in 1 pint mineral or vegetable oil

- 3 parts olive oil, 1 part vinegar
- 1 part lemon juice, 2 parts vegetable oil

Floor Cleaner- mop with 1 c white vinegar with 2 gallons water

- polish with club soda

Glue/Decal Remover- soak in white vinegar

Hair Colors- plant-derived rinses

Insecticides- select pest resistant plants

- plant garlic cloves at 1 foot intervals in garden
- use traps or spray soaps
- blend 6 cloves crushed garlic, 1 minced onion, 1 T dried hot pepper, 1 tsp pure soap in 1 gallon hot water; let sit 1-2 days; strain; spray on plants

Laundry Spot Remover- make paste of washing soda and water

- club soda, lemon juice and hot water
- borax and cold water
- white vinegar

Metal Polish- brass -- Worcestershire sauce

- copper -- vinegar and salt; or lemon and salt
- silver -- soak in 1 qt warm water with 1 tsp baking soda, 1 tsp salt and piece of aluminum foil; or rub with ammonia and soft cloth
- stainless steel -- wash w/1 qt warm water and 3 baking soda; rinse w/hot water
- chrome -- apple cider vinegar or baking soda and soft cloth

- pewter -- rub with fine steel wool

- sprinkle cornstarch and olive oil, wash in soapy water and dry; or polish with cabbage leaves

Mildew or Soap Scum- 1/2 c baking soda, 1 c vinegar and warm water

Mothballs- cedar chips, lavender flowers, rosemary, mint, white peppercorns

Oven Cleaner- sprinkle salt and baking soda on spill while still warm

- scour with steel wool and baking soda
- for baked on grease, wipe with ammonia, let sit overnight; then scrub with baking soda

Stain Remover- clean stains immediately with club soda

- wine or coffee stains -- put stained material in glass, enamel, or stainless steel pot; cover with mixture of milk and water; bring to boil and simmer 2-4 minutes until stain has disappeared
- coffee and tea -- equal parts moist salt and vinegar; or baking soda solution of 3 T baking soda and 1 qt water

Starch- 1 T cornstarch, 1 pint cold water

- non-aerosol sprays

Window Cleaner- use 1 c vinegar in 1 gallon warm water

- use newspaper to dry glass

For more information, please contact:

State Planning Office,
Waste Management and Recycling Program
State House Station 38, Augusta, ME 04333-0038
(207) 287-8050 or 1-800-662-4545
www.recyclemaine.com