



MEDICAL WASTE NEEDS EXTRA-SPECIAL HANDLING



Any solid waste that is generated in the diagnosis, treatment, or immunization of human beings or animals, or in its research, or in the production or testing of biologicals is defined as "medical waste," according to the EPA's Medical Waste Tracking Act of 1988.¹ This would include

– bloodied bandages, culture dishes and cultures, inoculation swabs, discarded surgical gloves and instruments, used needles/medical sharps and lancets, and finally, organs.² More than 90% of this potentially infectious waste is incinerated.³ There are proper ways to dispose of our

home medical waste and waste from medical facilities.

Home Disposal

Needles, lancets, and syringes (sharps) as well as prescription medication disposal are concerns at home. *Syringes can be stored in commercial sharps disposal containers purchased from pharmacies or medical supply stores and then dropped at a clinic/hospital collection site.* The Minnesota Pollution Control Agency (MPCA) also allows the use of a plastic bottle/container with a screw-on top. (Drop the syringes needle first and fill the container over half full.) It is still legal in Minnesota to drop this plastic container into the garbage, however, it is preferable to take it to a clinic/hospital collection site.

Never drop a needle, lancet, or syringe into the household trash since it could harm a garbage hauler or processor.

Sharps needle destruction devices that cut or incinerate the needle are also available for home use. The cutter stores the needle in the container until it is disposed of at a collection site. The incinerator destroys the needle after its use, reducing it to a BB-size ball. The remaining melted metal and syringe can be thrown in the regular garbage.

Mail-back programs are also available for disposal of needles, lancets, and sharps. Usually there is a fee charged for this service. (See the listing to the right.)

Sometimes clinics and hospitals operate community disposal programs.⁴

Prescription medications and other pharmaceutical waste also need special handling before being thrown into the household garbage, according to the MPCA.⁵ First, they should remain in their prescription containers, but remove the patient's name. Second, they should be altered. For example, water can be added to the pill container and liquid medicines can be "doctored" with salt/spice (mustard)/flour or charcoal. Third, conceal them. Blister packs or pill containers can be wrapped in opaque tape, or put into plastic containers.

Hospital Disposal — St. Cloud

Hospitals are very conscious about the importance of correctly disposing of waste. There are five types of waste generated by the St. Cloud Hospital, according to Kris Peterson, Director of Supply Chain and Support Services – 1. Regular/paper; 2. Infectious; 3. Hazardous; 4. Chemotherapy; and 5. Radioactive waste. All have special containers, situated at patient care areas throughout the medical facility.

Infectious waste includes sharps, blood/bloodied items and any waste containing bodily fluids. This goes into a red waste container. Hazardous waste (chemicals and pharmaceutical waste) use a black container. Unused chemotherapy

fluid goes into a yellow box. Radioactive waste receptacles are distinctively marked.

Staff is instructed to use the appropriate receptacle for each type of waste. Peterson notes that safety is the primary reason for "proper segregation" of waste, but emphasizes that sorting adds to the cost of waste collection and ultimately, to the cost of healthcare.

1. Basic Information, Environmental Protection Agency, www.epa.gov/epaoswer/other/medical/basic.htm
2. Ibid. op.cit.
3. Ibid. op.cit.
4. Minnesota Pollution Control Agency, www.pca.state.mn.us/oeal/hhw/sharps.cfm
5. "Pharmaceutical Waste: Disposing of unwanted medications," April, 2008, www.pca.state.mn.us/publications/w-hhw4-54.pdf

Mail-In Your Sharps.

- www.safeneedledisposal.org
- www.sharpsdisposal.com
- www.biomedicalwastesolutions.com
- www.stericycle.com
- www.bddiabetes.com/us/yourinsulin/disposal_mail.asp

AMNESTY DAYS RIDS RESIDENTS OF RECYCLABLE ITEMS

Three Amnesty Days events sponsored by the Benton County Department of Development in May and June of this year helped residents discard their problematic waste in a responsible manner – by recycling. Here are the final totals for the City of Gillman, Sauk Rapids/Rice High School and Benton Beach pickups:

- Appliances 578 items
- Batteries 1160 lbs.
- Demolition debris 32.44 tons
- E-waste (TV's, computers, etc.) 19.31 tons
- Scrap Metal 11.76 tons
- Tires 38.31 tons
- Trash 49.15 tons

Total participants: 1,338.

Total dollars collected: \$1,657.

"Thank you to all the individuals who contributed to the event's success," says Mark McNamara, Program Lead, Benton County Department of Development.

2008 HOUSEHOLD HAZARDOUS WASTE COLLECTION SUCCESSFUL

The results are in from the annual Household Hazardous Waste Collection. Benton County held two separate events in August to help with disposal of hazardous household materials. The events were held at the City of Foley and the City of Rice. Thank you to all the individuals who contributed to the events success.

Residents brought in and properly disposed of the following:

- 605 gallons of Paint
- 68.7 gallons of Solvent
- 473 pounds of Aerosol

- 1183 pounds of Flammable Liquid
- 883 pounds of Pesticide
- 1410 Fluorescent Bulbs
- 27 pounds of Asbestos

Eighty-five households in Rice and 100 households in Foley participated in the successful collection.

The Household Hazardous Waste Collection is funded from the annual Solid Waste Service Fees that County property owners/renters pay to help provide State-mandated waste abatement activities.

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HENKEMEYER LANDFILL KEEPS FAMILY TALKING RUBBISH



Disposal of yard waste and demolition debris is a specialty of the Henkemeyer family. Gerome "Jerry" and Kathryn "Kit" Henkemeyer bought the Pikus Demolition Landfill (which originally opened in 1977) in 1987 after selling Park Refuse Service to BFI/Allied Waste Services. In 1995 the location was renamed the Henkemeyer Demolition Landfill. It is located just north of Sauk Rapids on Lark Drive.

Sons Chris and Steve Henkemeyer became full-time employees about 10 years ago. Chris prefers the office and marketing duties while Steve likes to get his hands dirty doing the maintenance/mechanical chores outdoors. Their parents keep a close eye on the business.

The business is successful, and the brothers have made plans for the future

for the company's continued viability as well as its environmental responsibility.

"We're looking to save capacity and be more earth-friendly," says Chris.

Currently the 33 acre site can accommodate yard waste and demolition debris to fill 23 acres, which should occur 14 years from now at the earliest. **Grass, leaves, garden waste, dirt, tree brush, shrubs as well as non-treated wood, insulation, shingles, sheet rock, tile, ceramics, metal, drywall, concrete, asphalt, bricks, and masonry are accepted from the public and businesses.**

The company does not accept stumps, household garbage, green treated wood, appliances, electronics, tires, hazardous materials, burned materials, contaminated soils or asbestos.



To reduce the amount of waste headed for the landfill, the company recycles. Brush and clean wood is ground onsite into biomass used for energy at the Fibrominn Biomass Power Plant in Benson. The company invested \$100,000 in a screener, which is similar to a sieve. It assists in the production of compost and black dirt. Grass, leaves, clippings, etc. are composted and mixed with dirt, screened and then sold to the public for gardens and lawns. Concrete and granite are crushed and available for purchase. Metal rebar is recycled to Midway Iron in St. Cloud, Phillips Iron & Metal in Thief River Falls and Intex Corporation in Rogers.

"We see a variety of customers out here at the landfill," says Chris. "Some sort their waste and some get upset with

sorting. But, recycling is the way we want to see (the business) go. People can do their part to preserve the landfill."

The brothers are hoping the Minnesota Department of Transportation (MnDOT) will approve the use of a blacktop/asphalt product made from recycled shingles, which would ultimately save on landfill space and save customers money.

Henkemeyer Demolition Landfill is "sold" on the LEED Green Building Rating System™ of the U.S. Green Building Council, which "encourages and accelerates global adoption of sustainable green building and development practices."¹

"Green building has finally started to catch on," says Chris.

"It's about time," observes Steve, who notes that for many people, waste is "out of sight, out of mind."

The brothers believe landfill operators and haulers need to help educate the public about environmentally-friendly waste disposal practices and enforce the regulations that currently exist.

"But, always with a smile," adds Chris.

From its beginning as a one dump truck operation to today's fleet of excavators, front-end loaders, truck loader, bulldozer and assorted dump trucks, Henkemeyer Demolition Landfill has continued to look for ways to increase its profitability, stay current with environmentally-responsible technology, sustain their landfill and lessen the environmental impact of yard and demolition waste products in Benton county.

"We are happy to serve our customers," says Steve, and "We hope to provide our professional services for years to come," adds Chris.

1. U.S. Green Building Council, www.usgbc.org

SCAVENGING COMPANY SCORES WITH GRANT AWARD



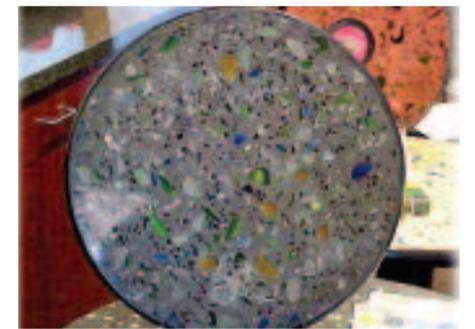
Smoke stacks accumulate fly ash which is then recycled and used in the production of concrete.

Glass bottles reclaimed from landfill refuse and fly ash scraped from the crusty innards of smokestacks – these leavings are precious to K. Johnson Construction, Inc., a Sauk Rapids commercial concrete and masonry company. Its three divisions – Minn Con Services, KES Forms, and Polished Concrete Images use "scavenged" materials such as old glass and ash to develop new construction materials that are attracting plenty of interest.

A \$36,000 SCORE grant awarded by Benton County provides some of the capital owner Kevin Johnson will use to buy equipment. A grinder, glass crusher and a water recycler (to reclaim water used to cool the grinder) are needed to develop the company's newest product.

A concrete-and-colored-glass aggregate that has a mosaic look is continuing to be developed. (The new product still has no name.*) It calls to mind granite because its mixed shards of color sparkle like crystals when the concrete concoction is polished. However, it is a unique product and a less-costly alternative to granite.

"It turned out better than we expected," admits Johnson of his inspired experiment, which the company forms into floors, table and countertops, and



Recycled glass creates a mosaic-look for this polished concrete tabletop. The product has yet to be named.

small giveaways such as clocks. Castoff glass for the process is collected from waste haulers, Heartland Glass (scraps) of St. Cloud and even Olive Garden Restaurant (wine bottles). "People are interested and asking."

K. Johnson Construction asked and applied for the SCORE grant in May and received it in June. The goal of the State of Minnesota grant (distributed by counties) is to "reduce the amount of solid waste generated, to recycle the maximum amount of solid waste technically feasible; and create and support markets for recycled products."¹ The Minnesota Legislature enacted SCORE legislation in 1989, authorizing grants (amounting to \$14 million annually) to counties for reduce-reuse-recycle activities.²

Continued on page 4

WILKIE SANDERSON TAKES WOODWORKING, SUSTAINABILITY AND SOCIAL RESPONSIBILITY SERIOUSLY



Dome skylight of the teepee-like structure at the Children's Theater Company, Minneapolis.

What do the Cold Spring Granite headquarters, the Vdara Condos – MGM City Center in Las Vegas, Monticello Clinic and the Children's Theater Company in Minneapolis have in common? Wilkie Sanderson, a commercial architectural woodworking company in Sauk Rapids, supplied their unique millwork in "green" wood products and other environmentally-friendly materials and processes.

"We care about our environment and want to be good stewards of the resources given to us," says President/CEO Marc Sanderson. "That's why we



participate in activities that help to conserve our forests, reduce our waste and ensure that future generations will be able to enjoy this great land."

Reduce, Reuse, Recycle

The 30-foot-tall, teepee-like expansion built for the Children's Theatre Company is a good example of how reused materials can be imaginatively applied. In this case, 150-year-old Northern white timbers were taken from the Big Joe Flour Mill in Wabasha, retooled and repositioned to create a magical work/performance/dance space with a kalidescope-inspired wood-framed skylight.

The company has adopted various practices to reduce its wood waste. It grinds scrap wood into particles that are hauled away for use in agricultural barns, and large sheets of excess wooden panels or scrap wood from various projects (including, wall paneling, desks and counters, cabinetry, trim and door frames)

are donated to high school shop classes operating within a 30-mile radius.

The company recycles its blueprints (paper waste) and has plans to make blueprints available electronically. Scrap metal is recycled to Midway Iron.

Wilkie Sanderson will also be participating in Xcel's Energy Audit, which makes recommendation for reductions in the facility's energy usage and for equipment improvements.

Less for the Landfill

There was a time when Wilkie Sanderson sent 300 to 350 tons of waste material per year into the landfill. Today the company has reduced its landfill tonnage to between 10 and 15 tons. "We are actively working toward having a ZERO landfill record," says Weikert of the reduction activity.

FSC Certification Activity

The company has committed itself to following a national building initiative outlined by the Forest Stewardship Council (FSC), which sets standards for timber projects, timber management, and timber processing, according to Dan Brill, Estimating Supervisor.

"Architects can specify FSC-certified timber for their projects," said Brill, noting that the company is vested in the preservation of the country's forest resources and proud of its use of FSC-certified veneers and hardwoods.

Leadership in Energy and Environmental Design (LEED)

The LEED Green Building Rating System™ "encourages and accelerates global adoption of sustainable green

building and development practices," according to the U.S. Green Building Council¹. It's a voluntary system used more often in government projects, says Brill, and it encourages government officials, architects, engineers, construction managers, interior designers, etc. to find the most environmentally-friendly ways to build. A LEED specification may designate the number of blueprints to be used, the amount of recycled content needed on a project, and even the travel distance from forest to project, noted Brill.

Alternatives to Harmful Inhalents

Formaldehyde is dangerous to humans when inhaled, causing respiratory problems and possibly cancer, according to the EPA². Traditionally it has been used in the manufacture of a resin found in particleboard. By using water-based glues on wood and laminates and by using particleboard that contains water-based fixatives, Wilkie Sanderson contributes to the improvement of indoor air quality.

Wilkie Sanderson, owned by Walter Wilkie and Marc Sanderson, employs 105 people in its Roseville and Sauk Rapids plants. The company is dedicated to continual improvement in the quality of its products, client services AND in its respect for the environment.

"I can't promise that we are going to be perfect, but I can guarantee that we will be better one year from now than we are today," says Marc Sanderson on the company's website.³

1. www.usgbc.org
2. www.epa.gov/smallbusiness
3. www.wilkiesanderson.com

MESSAGE IN A BOTTLE ORGANIZERS HOPE COMMUNITIES GET THE MESSAGE

Employment opportunities and the reduction of the amount of aluminum, glass and plastic going into local landfills are the primary goals of the local "Message in a Bottle" effort, which operates in Benton, Stearns and Sherburne counties.¹ Communities are encouraged to use the pop-bottle shaped collection containers that have been distributed among the tri-county supporting "partners."

WACOSA, a St. Cloud facility that serves persons with developmental disabilities, collaborates with the Recycling Association of Minnesota (RAM) and the Beverage Association on this project and is supported by the Tri-County Solid Waste Commission and the three counties. The Minnesota Pollution Control Agency (MPCA), Bernick's Pepsi and Viking Coke, and Holiday, SuperAmerica and Speedstop convenience stores are also project partners.

"We are very pleased with all of our partners in this cooperative effort," says Doug Lien, Tri-County Solid Waste Management Commission planner, who helps educate the community about the benefits of recycling and Message in a Bottle.

Partial funding for Message in a Bottle is provided through a \$36,111 SCORE



grant, awarded through Stearns County² with additional SCORE grant money from Benton and Sherburne counties for a total of \$48,000. WACOSA purchased a new sink for its recycling room, a 72" baler, 50

WWW.WACOSA.ORG



bottle-shaped containers, sorting bins, gloves and aprons, a floor scale for weighing the bales, wheelchair tables for sorting, etc. with the grant money, according to Beth Sueker, Operations Director at WACOSA.

"We are excited about this alliance and the employment opportunities it has generated for our consumers in the Waite Park Program," says Sueker. Approximately 40 clients work each day with this two-part recycling effort that concentrates on beverage container recycling as well as plastic recycling. Workers collect the refuse

once a week, and then sort, bale plastic and sell the recycled aluminum and plastic.

Currently 17 convenience stores have placed 79 bottle containers but WACOSA's goal is to add 10 additional stores and 47 more containers.

More than 1.3 million tons of currently unrecycled materials – glass, metals, paper, plastic, etc. could be recycled by Minnesotans, says the MPCA.³ So the message to consumers is that much more can be done to reduce landfill waste, including individual and business participation in the "Message in a Bottle" effort.

Community members should look for the giant "Stop Treating Us Like Garbage" pop bottles the next time they visit a convenience store. Businesses interested in beginning their own on-site recycling may contact Beth Sueker at 320.251.0087, ext. 207.

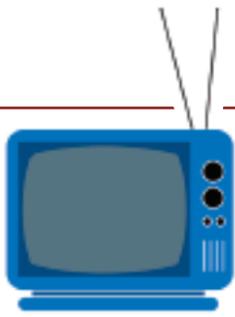
1. "Recycling Project provides jobs," WACOSA <http://www.wacosa.org/news.html>
2. WACOSA - \$36,111 "Message in a Bottle" Provide recycling containers at convenience stores, gas stations. <http://www.co.stearns.mn.us/6402.htm> Stearns County Board of Commissioner Meeting, April 15, 2008
3. "Recycle MORE Minnesota Launched Earth Day," (Recycle More Minnesota, newsletter, June 2008) <http://www.recyclomoreminnesota.org/files/June15News.pdf>

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DID YOU KNOW?

At midnight on February 17, 2009, all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting.

STOP! DON'T TOSS THE T.V.! You don't need a new television set to handle the networks' move to a digital format. If you're on cable television, you're fine doing nothing; your T.V. will work. If you have an antenna on your house, simply purchase a converter box. Go to www.dtv2009.gov/AboutProgram.aspx for details.



CLIP 'N' SAVE THIS BENTON RECYCLING DIRECTORY

Recycling Facility	Address/City/Town	Phone	Materials accepted
Batteries Plus.....	2710 2 nd St. S. St. Cloud.....	240.2332.....	batteries: auto, rechargeable, button
BFI.....	700 40 th Ave. Sauk Rapids.....	252.9608.....	curbside pick up as part of garbage service
Central Appliance.....	3107 Hwy 10 SE St. Cloud.....	252.3221.....	appliances, air conditioners, household batteries
CJ Lighting & Recycling ..	662 E. St. Germain St. Cloud.....	253.4484.....	commercial collection of fluorescent bulbs, ballasts, light bulbs
Czarnetzki Hardware.....	8 Benton Drive N. Sauk Rapids.....	251.5383.....	fluorescent bulbs
East Side Oil.....	625 Lincoln Ave. SE St. Cloud ..	252.9711.....	used oil & filters, antifreeze
Foley Hardware.....	160 4 th Ave. N. Foley.....	968.7262.....	fluorescent bulbs
Henkemeyer Demolition Landfill.....	5045 Lark Rd NW Sauk Rapids	252.6487.....	Grass, leaves, garden waste, dirt, tree brush, shrubs as well as non-treated wood, insulation, shingles, sheet rock, tile, ceramics, metal, drywall, concrete, asphalt, bricks, masonry
Midway Iron.....	648 Lincoln Ave. St. Cloud.....	252.4002.....	aluminum cans, various metals
Minden Transfer.....	3490 2 nd St. SE St. Cloud.....	252.0711.....	aluminum cans, glass plastic, paper, cardboard, tin
Phillips Recycling*.....	119 6 th Ave. NE St. Cloud.....	251.5980.....	brick, block, wood, concrete, dirt, plaster, plastic pipe, conduit, tin, iron, rock, glass, tile, shingles, insulation, sheet rock, fiberboard, siding
Pythons**.....	550 4-1/2 St. NE St. Cloud.....	253.2054.....	aluminum cans, glass, plastic, paper, cardboard, magazines, newsprint, phone books, tin, paper milk cartons, drink boxes
Rice Hardware Hank.....	2333 125 th St. NW Rice.....	393.3117.....	fluorescent bulbs
Superior Services.....	2355 12 th St. SE St. Cloud.....	251.8919.....	curbside pick-up as part of garbage service
Total Disposal.....	1741 SE 3 rd St. St. Cloud.....	255.0425.....	curbside pick-up as part of garbage service
Tri-County Hazardous Waste Facility.....	601 N. 20 th Ave. St. Cloud.....	800.450.6140.....	paint, solvents, pesticides, cleaning chemicals
Waste Management.....	650 NE Hwy 10 St. Cloud.....	253.6491.....	curbside pick-up as part of garbage service

* Unacceptable materials include: appliances, asbestos, batteries, brush, cardboard, carpet, fuel tanks, hay, leaves, paper, plastics, straw, tires, trees, whole containers
 ** Unacceptable materials include: burnt cans, clay, dirty-wet/icy cans or tin, caps, ceramic, dishes, food containers, glassware, hard plastic, hose, light bulbs, mirrors, pipes, plastic bags, porcelain, safety glass, scrap metal, toys, windshields, windows

Grant Award continued from page 2

Like many companies in the concrete industry, K. Johnson Construction is interested in reuse, which is one reason why the fly ash is used when making concrete – “not much, but every bit helps.” The fly ash is a byproduct of coal-fired electric generating plants and it helps make concrete more durable and pliable.³ K. Johnson's fly ash comes from North Dakota

“Polished concrete is changing the decorative concrete market forever,” says Johnson of the other growing division of his business, Polished Concrete Images. Polished concrete floors are also environmentally friendly because they do not use epoxy, paint, sealers, or wax in their construction or maintenance, items that contain chemicals harmful to the environment and waste stream.

The environmental impact of its operation is a consideration for K. Johnson Construction, Inc. Through SCORE⁴ and other activities, the company will continue to be earth friendly, “scavenging” when it can to reduce, reuse, and recycle materials into creative new products.



- *Send your submissions for a product name to Benton County Department of Development, Attn: Mark McNamara. The *Rubbish Review* will publish the name of the winner, should K. Johnson Construction choose a name from among the submissions.
1. Benton County Department of Development SCORE Application, <http://www.co.benton.mn.us/DOD/solidwaste/documents/2008ScoreGrantApplication.pdf>
 2. Recycling and Waste Reduction,” (Office of the Legislative Auditor, Evaluation Report summary: PEO2-01a, January 18, 2002) www.auditor.leg.state.mn.us/PED/pedrep/0201sum.pdf
 3. “Flyash Concrete,” (The Green Builder, A Sourcebook for Green and Sustainable Building, August 4, 2006) www.greenbuilder.com/sourcebook/Flyash.html#Define
 4. “The SCORE Report,” (Minnesota Pollution Control Agency, January 2008) <http://www.pca.state.mn.us/oeall/score.cfm>

DID YOU KNOW?

In 2006 the energy saved by Minnesotans recycling would be enough energy to heat 410,000+ households for a year? Duluth, Rochester, St. Cloud, Minneapolis and St. Paul combined!
 Source: Recycling Association of Minnesota, June 2008 newsletter

TAKE THE PLEDGE!

Did you know that November 15 is “America Recycles Day,” begun 10 years ago by the National Recycling Coalition (NRC)? Take the Recycling Pledge at www.americarecyclesday.org, and feel good about helping your environment. Visit www.nrc-recycle.org



Troy Bowman, Sales Executive with Integra Telecom, displays 610 pages of a telephone statement for a local government agency. Through the company's national “Go Green Campaign” which began in September, this statement was reduced to 30 pages. Pages of long-distance detail are accessed via the company's web site at www.integratelecom.com.

“I think it's a fantastic program,” says Bowman, who's been with the company for almost two years. “The whole idea of working for an environmentally conscious and responsible company while meeting customers' needs for their telecommunication is very gratifying.”

Bowman hopes customers will take advantage of the new “green” service. Individuals and businesses may also link to <http://www.besse.com/content/besse/cms/files/GPMinimPaper.pdf>, “How to Minimize Paper Use in Your Organization,” by Dan Ruben of WasteCap.



www.co.benton.mn.us



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For additional information about this publication, please contact Mark McNamara, Program Lead, Benton County Department of Development, 320.968.5074, mark.mcnamara@co.benton.mn.us

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