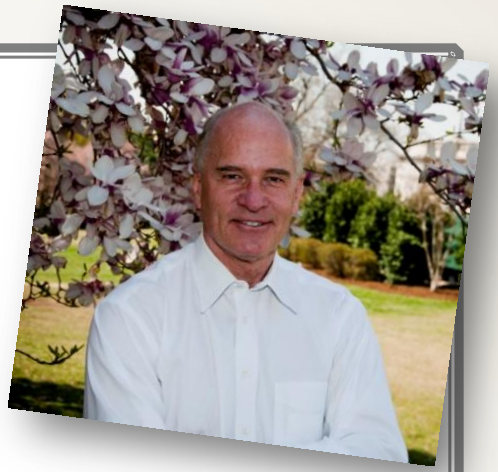
From the office of
Congressman Bill Keating

GREEN GUIDE

For the residents of Massachusetts' 10th Congressional District



Dear Friends,

Our district – from Quincy to Provincetown, Martha's Vineyard to Nantucket – is home to one of the most diverse, beautiful ecosystems in the country. The residents of Massachusetts' South Shore, Cape and Islands have a long record of celebrating our environment and taking the necessary steps to preserve it for future generations.

Threats to our local environment have a much more immediate impact than in other areas because they pose direct risks to our economy. A strong tourism industry depends on pristine coastlines and beautiful scenery.

My record, both in Congress and in prior service, reflects my deep commitment to this cause. Recently, I opposed legislation in Congress that would prevent the enforcement of the Clean Air Act and eliminate critical EPA regulations. In the state legislature, I authored safe water legislation, protecting our state's fragile lakes, streams, and wetlands from chemical pollution.

I believe that Congress should pass a robust energy bill that increases the use of clean, renewable sources of energy, such as solar and wind, in order to create hundreds of clean energy jobs throughout Massachusetts, reduce our reliance on fossil fuels, increase America's energy security and protect our coastlines from environmental disasters. We are the largest coastal district in the United States, and our community deserves strong protection and preservation initiatives.

But conservation efforts must also begin with us. In honor of Earth Day, I have put together this Green Guide so that anyone who wants to help save our environment now has the resources to do so. This guide is merely a starting point and the Additional Resources page in the back will point to where you can get further information on going green.

Together, we can ensure that our community 's environment is healthy and sustainable for generations to come.

Bill

Going Green *in your home*

Dish Washing

- Avoid using the "rinse hold" option on your dishwasher. It uses three to seven gallons of hot water with each use.
- Air dry dishes instead of using your dishwasher's drying cycle. If you don't have an automatic air-dry switch, turn off the dishwasher after its final rinse and prop the door open slightly to let air in.
- Scrape dishes instead of rinsing them to save water.

Laundry

- Use cold water in your washing machine. About 90% of the energy used for washing clothes in a conventional top-load washer is for heating the water.
- Consider hanging up laundry to dry.
- When you use the dryer, set it to the lowest appropriate temperature and avoid partial loads.

Energy Efficient Light Bulbs

- Compact fluorescent (CFL) bulbs use 50% to 75% less electricity than incandescent bulbs, and last eight to ten times longer. If you replace your five most used light bulbs with CFL bulbs, you could save $60 each year in energy costs.

If every American did this, the US would save $8 billion annually.

Cleaning Products

- Buy toilet paper, facial tissue, napkins and paper towels with high post-consumer content.
- Try cutting up old tee-shirts to use as cleaning rags. They are gentle on surfaces, and a cheaper alternative to paper towels.
- To learn more about green cleaning solutions, visit: **www.epa.gov/osw/wycd/catbook/alt.htm**

Water

- Install low-flow showerheads and sink aerators.
- Lower the thermostat on your hot water heater to 120°F — anything above that is dangerous. Also, every time you reduce your water temperature by 10°F, you can save about 3-5% in energy costs.
- Put the faucet lever on your kitchen sink in the cold position when using small amounts of water. Placing the lever in the hot position uses energy to heat the water even if it doesn't reach the faucet.
- Insulate your water pipes. You'll get hot water faster and avoid wasting water.
- Turn off the water when you brush your teeth.

Going Green *in your home*

Appliances

- When purchasing a new appliance, make sure you think about its lifetime energy cost in addition to the price. Spending extra money initially could save hundreds or thousands of dollars over the item's life.

Refrigerators

- Tight sealing gaskets keep cold air in and lower energy costs. To check the refrigerator door's gasket, close the door on a dollar bill. If you can pull it out easily, you may need to replace the gasket.
- Don't waste money and energy by keeping your refrigerator or freezer too cold. Recommended temperatures are 37° to 40°F for the refrigerator and 5°F for the freezer.
- Excess frost decreases energy efficiency. If you have a manual-defrost refrigerator, defrost when frost builds up to more than one quarter of an inch.

Heating and Cooling

- Cut your energy consumption by 3-5% for every degree you raise the thermostat setting in the summer.
- Close vents and doors of unused rooms to prevent unnecessary heating/cooling.
- Check the filter on your furnace or air conditioner each month, and clean or replace it if necessary. Dirty filters block air flow, which can increase your energy bill and shorten the equipment's life.
- Seal and weather-strip your windows and doors to ensure that heat or air conditioning doesn't escape and that unwanted hot or cold air is not let in.
- When the fireplace is not in use, keep the flue damper tightly closed so that warm air does not escape.
- Adjust the times you turn on the heating or air-conditioning with a programmable thermostat. The equipment won't operate as much when you are asleep or when the house, or a part of it, is unoccupied.
- Avoid placing lamps or TV sets near your air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run unnecessarily.

Consumer Less and Reuse

- Consider durability when purchasing clothing, furniture, appliances, and other home goods; their extended lifespan may offset the initial cost.
- Buy reusable products such as cloth napkins, dishcloths, rechargeable batteries, refillable containers, and washable utensils.
- Use cloth tote bags for grocery shopping instead of using new plastic or paper ones every trip.
- "Re-gift" ribbons, larger pieces of wrapping and tissue paper, and send them with reused postal materials.

Going Green *in your home*

FOOD

- Choose products with the least amount of packaging to reduce the amount of trash you generate. Try buying items in bulk or with minimal packaging, like loose produce. Buying in bulk will also save you money!
- Consider whether containers can be reused. Glass jars can be used as drinking glasses and egg cartons can be used as seed starters.

- Much of our energy consumption goes to transporting food thousands of miles from farm to table. Buying local food alleviates this.
- To find your local farmer's market, visit: **www.massfarmersmarkets.org/**
- Grow food from your window! Herbs such as basil, rosemary, oregano need only a window box or a small pot and can be purchased for pocket change. If you have more space, consider starting a vegetable garden. Growing your own food means fresher products and less trips to the grocery store.

Going Green *in your office*

Electronics

- Turn off AND unplug electronics when they are not in use. Leaving items plugged in wastes electricity —increasing your energy bill.
- Shut down and turn off all computers and monitors at the end of each work day.
- Make use of the sleep settings for computers and other electronics, so you do not waste energy during the day.
- Save energy by plugging all office equipment into a power strip.

Find the most energy efficient electronics here: **www.epeat.net**

Printing and Paper

- Print double-sided whenever possible, and consider setting duplex printing as the default on your computer.
- Purchase unbleached paper with a post-consumer waste content of at least 30%. Every ton of post-consumer waste recycled paper saves seventeen trees!
- Make a scrap paper bin next to your printer or copier so people can print on the back of one-sided documents.

Lunch

- Use reusable mugs and water bottles instead of disposable cups.
- Pack your lunch in a reusable tote or lunch box, and remember that clean tin foil can be recycled!

Lighting

- In commercial buildings lighting accounts for more than 40% of electrical energy use, a major cause of greenhouse gas production. Consider using motion sensors for lighting in low-traffic areas to cut energy use by 10%.

The EPA's Business Guide for Reducing Solid Waste is a helpful resource for small business owners.

Go to **www.epa.gov/osw/nonhaz/municipal/pubs/bus-guid/** *to get a copy and start greening your office.*

Going Green *in your community*

Recycling

Recycling is the process whereby waste or used materials are collected and converted into new products.

Why Recycle?

- It preserves our natural resources while cutting down on pollution and waste.
- It conserves energy.
- It saves Massachusetts taxpayers money by reducing the disposal cost of additional trash on a daily basis, extending the lives of our current landfills and offering a cost-effective alternative to dispose of our waste.
- It supports more than 19,000 Massachusetts jobs

Recyclable materials are the largest export from the Port of Boston!

According to the Massachusetts Department of Environmental Protection (MassDEP), almost every town and city in the state offers its residents with an opportunity to recycle – either by curbside recycling collection or at a town transfer/drop-off center. Many businesses also offer opportunities to recycle at the workplace.

Types of Recycling:

Many towns and cities requires residents to pre-sort their recyclables. What many seem to be an inconvenience actually serves an important purpose., contaminants (meaning either products that can't be recycled or the wrong recycling material for a certain collection) can damage machinery and/or cause imperfections in the new product. According to the MassDEP, one ceramic cup can ruin the entire load of glass collected from your neighborhood.

Certain towns and cities in Massachusetts offer *single-stream recycling* services. This method allows residents to put all their recyclables in one container without pre-sorting them.

There are pros and cons to each method and you should contact your town to determine whether you need to pre-sort your recyclables.

Going Green *in your community*

What can be recycled in Massachusetts?

You should check with your town or city, but the following is a general list of items that can be recycled in Massachusetts:

Paper

- White, colored and glossy paper
- Mail and envelopes
- Wrapping paper
- Smooth cardboard
- Paper bags
- Cardboard egg cartons and trays
- Newspapers, magazines, and catalogs
- Phone books, soft cover books
- Corrugated cardboard (flattened boxes)

Plastic/metal/glass

- Metal cans
- Aluminum foil wrap and trays
- Household metal, such as wire hangers and pans
- Bulk metal, such as metal furniture and appliances
- Glass bottles and jars
- Plastic bottles and jugs
- Beverage cartons and drink boxes

E-waste:

Old or broken electronics, also known as e-waste, cannot be disposed of in the same manner as more common recyclable materials, such as paper or plastic, and can be dangerous if disposed of improperly. Learn more about how to recycle different types and brands of electronics here: **www.epa.gov/osw/partnerships/plugin/**

COMPOSTING

Composting is the process whereby decaying organic matter is converted into a nutrient-rich product used to improve soil.

Many towns have opportunities for composting, and you can often get more information by visiting your town's website. To learn how to start composting in your community, visit: **www.epa.gov/osw/conserve/rrr/composting/** or **www.mass.gov/agr/programs/compost/index.htm.**

Community Spotlight

CELL PHONES FOR SOLDIERS

Norwell, MA

Cell Phones for Soldiers was founded in 2004, by Brittany and Robbie Bergquist. The Norwell, MA siblings, then 13 and 12 respectively, started the non-profit with $21. Only seven years later, Cell Phone for Soldiers has raised approximately $2 million and provided over 500,000 prepaid calling cards to our men and women in uniform overseas.

The non-profit's goal is simple: help ever service member call home for free.

Every old cell phone that Cell Phones for Soldiers receives is bought by ReCellular, the world's largest mobile device retailer. In exchange, the organization receives a pre-paid calling card. On average, one old cell phone translates into 60 minutes of international call time.

Recycle Your Old Cell Phone by Donating it to Cell Phones for Soldiers:

http://www.cellphonesforsoldiers.com/shippingLabel_generic.html

Recycling in Your Town

ABINGTON

Weekly curbside, single stream recycling pick-up. Collection is every week on the regular trash day and recycling is mandatory for residents of Abington. You can turn any trash can into a recycling can with the town's Single Stream Recycling Sticker, which is available at the Board of Health office. Place recycling and trash cans on the curb by 7AM on pickup day. For more information, call 781-982-2119.
Abington Compost Site. 171 Groveland Street, Abington, MA 02351. 781-982-2119.

AQUINNAH

Aquinnah Transfer Station. 65 South Rd., Aquinnah, MA 02535. 508-627-4501. Transfer station stickers, which are required, are available at the Aquinnah Town Hall or Transfer Station.

BARNSTABLE

www.town.barnstable.ma.us/SolidWaste/
Barnstable Transfer Station, Recycling Center and Compost Site. 45 Flint St., Marstons Mills, MA 02648. 508-420-2258. Transfer station stickers not needed for Barnstable residents.
Cape Resources Compost Site. 280 Old Falmouth Rd., Marstons Mills, MA 02648. 508-428-2613.

BOURNE

www.townofbourne.com/Departments/PUBLICWORKS/IntegratedSolidWasteManagment/RecyclingCollection/tabid/329/Default.aspx
Weekly curbside, single stream recycling pick-up. Residents should obtain a town Recycling Sticker.
Bourne Recycling Center and Compost Site. 201 MacArthur Blvd. Rte. 28, Buzzards Bay, MA 02532. 508-759-0651.

BREWSTER

www.town.brewster.ma.us/index.php?option=com_content&view=article&id=934:transfer-station-information&catid=26:department-of-public-works&Itemid=123
Brewster Transfer Station Recycling Drop-off and Compost Site. 201 Run Hill Rd., Brewster, MA 02631. 508-896-3212. Residents need transfer station stickers, which they can obtain at the Brewster Town Hall.

CARVER

Carver Marion Wareham Ash Landfill. 118 Federal St., Carver, MA 02330. 508-295-6741.

Recycling in Your Town

CHATHAM

www.town.chatham.ma.us/Public_Documents/ChathamMA_Transfer/transfer
www.chathamrecycles.org/
Chatham Transfer Station, Recycling Center and Compost Site. 97 Sam Ryder Rd., Chatham, MA 02633. 508-945-5156. Station is open to all residents.

CHILMARK

Chilmark Transfer Station. Tabor House Rd., Chilmark, MA 02535. 508-627-4501. Transfer station stickers, which are required, are available at the Chilmark Town Hall or Transfer Station. Chilmark residents can also use the West Tisbury, Aquinnah, and Edgartown Recycling Centers.

COHASSET

www.townofcohasset.org/dpw/index.html
Cohasset Recycling Transfer Facility and Compost Site. 81 Cedar St., Cohasset, MA 02025. 781-383-9627. Residents need to obtain a transfer station sticker and also must purchase town-compliant regular trash bags.

DENNIS

www.town.dennis.ma.us/Pages/DennisMA_DPW/recycling/index
Dennis Transfer Station. 120 Theophilus F. Smith Rd., South Dennis, MA 02660. 508-760-6232. Residents need to obtain a transfer station sticker.
Dennis Compost Site. 100 Theophilus F. Smith Rd., South Dennis, MA 02660. 508-760-6232.

DUXBURY

www.town.duxbury.ma.us/Public_Documents/DuxburyMA_Transfer/index
Duxbury Recycling Transfer Station and Compost Site. 145 Mayflower St., Duxbury, MA 02332. 781-934-1112. Residents need to obtain transfer station stickers and also must purchase town-compliant regular trash bags.

EASTHAM

www.eastham-ma.gov/Public_Documents/EasthamMA_DPW/index
Eastham Transfer Station and Recycling Center. 255 Old Orchard Rd, Eastham, MA 02642. 508-240-5970. Residents need to obtain transfer station stickers.

Recycling in Your Town

EDGARTOWN

Edgartown Central Facility. 750 West Tisbury Rd., Edgartown, MA 02539. 508-627-4501.

FALMOUTH

www.falmouthmass.us/deppage.php?number=21

Curbside recycling pick-up. Services are available every other week, on trash collection day, to residents with curbside trash service. Place recycling and trash cans on the curb by 7AM on pickup day. For more information, call 508-457-2543.
Falmouth Waste Management Facility. 458 Thomas Landers Rd., Falmouth, MA 02540. 508-457-9353.
Falmouth Compost Site. 565 Blacksmith Shop Rd., Falmouth , MA 02540. 508-495-7429.

GOSNOLD

Gosnold Transfer Station and Drop-off Site. Road to the Landing, Cuttyhunk, MA 02713. 508-636-2072. Services are restricted to residents of Cuttyhunk only.

HANOVER

Hanover Recycling and Trash Transfer Facility. 118 Rockland St., Hanover, MA 02339. 781-826-6132. Residents need to obtain a transfer station sticker.
Hanover Compost Site. 229 Winter St./Ames Way, Hanover, MA 02339. 781-826-3189.

HANSON

www.hanson-ma.gov/Public_Documents/HansonMA_Health/BOHRecyc

Hanson Transfer Station. 201 Franklin St., Hanson, MA 02341. 781-293-6619. Residents need a transfer station sticker, which they can obtain at the Treasurer/Collector's Office.

HARWICH

www.harwichtransfer.com/Departments/DisposalArea/tabid/79/Default.aspx

Harwich Transfer Station and Compost Site. 209 Queen Anne Rd., Harwich, MA 02645. 508-430-7558.

HINGHAM

www.hingham-ma.gov/publicworks/recycle.html

Hingham Recycling and Trash Transfer Facility and Compost Site. Hobart St., Hingham, MA 02043. 781-741-1430. Residents needs to obtain a transfer facility sticker.

Recycling in Your Town

HULL

Private curbside pick-up is available. For more information, call Hull DPW at 781-925-0900.

KINGSTON

www.kingstonmass.org/content/40/3743/3954.aspx

Kingston Transfer Station and Compost Site. 6 Cranberry Rd., Kingston, MA 02364. 781-585-0513.

MARSHFIELD

www.townofmarshfield.org/Public_Documents/MarshfieldMA_DPW/trash_recycling/index

Curbside recycling pick-up. Residents can obtain a free recycling bin at the DPW office at the Marshfield Town Hall.

Marshfield Transfer Station, Recycling Center and Compost Site. 23 Clay Pit Rd., Marshfield, MA 02050. 781-834-5566. Services are available to residents who have paid the annual trash fee and purchased a transfer station sticker, which they can obtain at the DPW office at the Marshfield Town Hall.

MASHPEE

http://mashpeema.virtualtownhall.net/Pages/MashpeeMA_Transfer/recycling

Curbside, single stream recycling pick-up. Services are free for all residents.

Mashpee Transfer Station, Recycling Center and Compost Site: 380 Asher's Path, Mashpee, MA 02649. 508-477-3056. Services are open to residential permit holders.

NANTUCKET

www.nantucket-ma.gov/Pages/NantucketMA_DPW/faq

Nantucket Recycling Drop-Off Center, Compost Site and Landfill. 188 Madaket Rd., Nantucket, MA 02554. 508-238-4044.

NORWELL

www.townofnorwell.net/Public_Documents/NorwellMA_BOH/recycling

Weekly curbside, single stream recycling pick-up. Services are free for all residents and single stream recycling stickers for trash can, as well as recycling bins, are available at the Norwell Board of Health.

Norwell Recycling Center. 310 Main St., Norwell, MA 02061.

Norwell Compost Site. 345 Main St., Norwell, MA 02061. 781-878-1917.

Recycling in Your Town

OAK BLUFFS

Oak Bluffs Transfer Station. 16 Pennsylvania Ave., Oak Bluffs, MA 02557. 508-693-2187. Residents need transfer station stickers, which are free for anyone over 60 years-old.

ORLEANS

www.town.orleans.ma.us/Pages/OrleansMA_Highway/transfer

Orleans Transfer Station: 57 Lots Hollow Rd., Orleans, MA 02653. 508-240-3770. Residents needs to obtain a transfer station sticker.

PEMBROKE

http://pembrokema.virtualtownhall.net/Public_Documents/PembrokeMA_Recycling/index

Pembroke Recycling Center. 158B Hobomock St., Pembroke, MA 02359. 781-293-1254. Residents needs recycling center stickers, which can be obtained at the Board of Health at the Pembroke Town Hall.

PLYMOUTH

www.plymouth-ma.gov/Public_Documents/PlymouthMA_Recycling/index

Cedarville Transfer Station. 28 Hedges Pond Rd., Plymouth, MA 02360. 508-830-4160. Services are restricted to residents of Plymouth only., and residents needs to obtain a transfer station permit.

Manomet Transfer Station. 250 Beaver Dam Rd., Plymouth, MA 02360. 508-830-4160. Services are restricted to residents of Plymouth only., and residents needs to obtain a transfer station permit.

Long Pond Road Transfer Station. Long Pond Rd., Plymouth, MA 02360. 508-830-4160. Services are restricted to residents of Plymouth only., and residents needs to obtain a transfer station permit.

PLYMPTON

http://town.plympton.ma.us/works/transfer.html

Plympton Transfer Station. Ring Rd., Plympton, MA 02367. 781-585-9881.

PROVINCETOWN

www.provincetown-ma.gov/index.aspx?NID=101

Curbside recycling pick-up. 508-487-7060. Services are restricted to residents of Provincetown only.

Provincetown Transfer Station. 90 Race Point Rd., Provincetown, MA 02657. 508-487-7076.

Recycling in Your Town

QUINCY

www.quincyma.gov/Government/PWD/Recycle.cfm

Weekly curbside, single stream recycling pick-up. Collection is every week on the regular trash day. You can turn any trash can into a recycling can with the town's Single Stream Recycling Sticker, which you can obtain by calling 617-376-1953.

Quincy Drop-Off Center: 55 Sea St., Quincy, MA 02169. 617-376-1959. Services are limited to residents of Quincy.

ROCKLAND

http://rockland-ma.gov/Departments/town_recycling.asp

Weekly curbside recycling pick-up. Collection is every week on the regular trash day.

Rockland Recycling Center. 34 Beech St., Rockland, MA 02370. 781-878-3838.

SANDWICH

www.sandwichmass.org/DepartmentDetail.asp?ID=43

Sandwich Transfer Station. 500 Rte. 130, Sandwich, MA 02563. Services are open to Sandwich residents only, and residents need to obtain a transfer station sticker.

Upper Cape Regional Transfer Station. Generals Blvd., Sandwich, MA 02563. 508-564-9925.

SCITUATE

www.town.scituate.ma.us/dpw/transfer.html

Scituate Transfer Station. 280 Driftway, Scituate, MA 02066. 781-545-8729. Residents need to obtain a transfer station sticker.

TISBURY

http://tisburyma.virtualtownhall.net/Pages/TisburyMA_DPW/trash

Weekly curbside, single stream recycling pick-up. Collection is every week on the regular trash day. Place recycling bin on the curb by 7AM on pickup day.

Tisbury Transfer Station. High Point Ln., Tisbury, MA 02568. 508-696-4220. Residents need to obtain a transfer station sticker.

TRURO

www.truro-ma.gov/html_pages/offices/office_transferstation.php

Truro Transfer Station and Compost Site. 115 Rte. 6, Truro, MA 02666. 508-349-6339.

Recycling in Your Town

WELLFLEET

www.wellfleetma.org/Public_Documents/WellfleetMA_Recycling/index

Wellfleet Transfer Station, Recycling Center and Compost Site. 370 Coles Neck Rd., Wellfleet, MA 02667. 508-349-0335. Residents and non-residents can drop-off recyclables, but only residents can use the location to drop-off trash.

WEST TISBURY

www.westtisbury-ma.gov/Boards/dump-dumptique.html

West Tisbury Transfer Station. 46 Old Stage Rd., West Tisbury, MA 02575. 508-696-0105. Residents need to obtain a transfer station sticker and may also use the Aquinnah, Chilmark and Edgartown Recycling Centers.

WEYMOUTH

www.weymouth.ma.us/dpw/index.asp?id=1178

Curbside single stream recycling pick-up. Recycling bins are collected every other week on regular trash collection day. Single stream recycling stickers are available at the Weymouth DPW.

Weymouth Compost Site. 55 Hollis St., Weymouth, MA 02188. 781-337-5100.

YARMOUTH

http://ma-yarmouth.civicplus.com/index.aspx?NID=136

Yarmouth Drop-off and Compost Site: 606 Forest Rd., South Yarmouth, MA 02664. 508-760-4804.

Yarmouth Barnstable Regional Transfer Station. 50 Workshop Rd., South Yarmouth, MA 02664. 508-394-0141.

Additional Resources

www.mass.gov/dep/recycle/

www.massrecycle.org/

http://ssrcoop.info/

www.masspirg.org/

www.epa.gov/waste/

http://earth911.com/

Don't Hesitate to Call or Contact One of Our Offices if You Need Help or Have Questions

QUINCY OFFICE
1250 Hancock Street, Suite 802N
Quincy, MA 02169
Phone: (617) 770-3700
Toll Free: (800) 794-9911
Office Hours: M-F, 9:00 AM–5:30 PM

CAPE COD & ISLANDS OFFICE
297 North Street, Suite 312
Hyannis, MA 02601
Phone: (508) 771-0666
Toll Free: (800) 870-2626
Office Hours: M-F, 9:00 AM–5:00 PM

WASHINGTON, DC OFFICE
315 Cannon House Office Building
Washington, DC 20515
Phone: (202) 225-3111
Office Hours: M-F, 9:00 AM–6:00 PM

Get Updates on MA's 10th District

Online Office: www.keating.house.gov
Facebook: U.S. Representative Bill Keating
Twitter: USRep_Keating
YouTube: RepBillKeating