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# Environmental Packet for Great Neck Estates Residents

*GNE Environmental Conservation Commission*

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Welcome. In support of our goal to become a "green" community (Environmentally Supportive), Dahlia Klein, member of the GNE Environmental Conservation Commission has developed this reference packet. For more information and updates, access our web site: <http://www.vgne.com>.

To prevent unwanted mailings and flyers from being delivered to your door or dropped off on your property (i.e.-newsday, pennysaver), you may add your name to the "No Delivery List"- Send your request in writing to: Village Hall, 4 Atwater Plaza, Great Neck, NY 11021.

The beauty of our village, and our planet, depends on each of us living "Green and Clean." We encourage you to use the many resources outlined in the following pages. Together we can make a difference.

## CONSERVATION IN THE HOME

### WATER:

#### **TURN OFF THE TAP**

There are so many ways to conserve water in your home that simply requires a change of habit.

- ◆ When washing or rinsing dishes by hand, don't let the water run. Turn OFF the tap!
- ◆ Soak your pots and pans while you scrape them clean. Turn OFF the tap.
- ◆ Don't run water while washing your produce. Plug up the sink or use a basin that is partially filled with water. Turn OFF the tap. Collect the water you use and reuse it to water houseplants.
- ◆ Turn OFF the water while brushing your teeth and save 4 gallons a minute.
- ◆ Turn OFF the water while shaving and save more than 100 gallons a week.
- ◆ Run your washing machine and dishwasher only when they are full saves 1000 gallons a month. Better yet, choose new water-saving appliances, like energy efficient machines that save you money and water.
- ◆ Time your shower to keep it under 5 minutes. You'll save up to 1000 gallons a month. Also, install a low-flow showerhead -- they're inexpensive, easy to install, and can save your family more than 500 gallons a week.
- ◆ Install low-volume toilets—the dual flush models are the most efficient.
- ◆ Plug the bathtub before turning the water on, and then adjust the temperature as the tub fills up.
- ◆ Designate one glass for your drinking water each day.

#### **DRINK FILTERED WATER INSTEAD OF BOTTLED WATER**

Use a filtration system to filter your drinking water and when on the go, use a stainless steel or aluminum bottle, which can be washed and reused for years to come.

### ELECTRICITY/ ENERGY:

#### **COMPACT FLUORESCENT LIGHT BULBS**

Uses 75% less electricity than incandescent light bulbs and last 10 times longer. They must not be thrown out in your regular trash. Please refer to the STOP program on the last page for disposal sites.

### **UNPLUG THE PHANTOM LOAD**

Reduce your electric bills and carbon emissions by unplugging your devices and appliances. Using power strips is an easy way to turn off many appliances at once, especially when you are on vacation or asleep at night.

### **SUPPORT ALTERNATIVE ENERGY**

Support the advancement of alternative energy, which constitutes wind, solar and hydroelectricity in Long Island. To find out more information, go to: <http://www.lipower.org/residential/green.html>

### **BUY ENERGY STAR APPLIANCES**

If your furnace, air conditioner, refrigerator, washing machine or dryer are more than 10 years old, replace them with a unit that has earned the ENERGY STAR label. LIPA offers incentives for buying energy star appliances with rebates. For a list of rebates, please go to: <http://www.lipower.org/efficiency/lighting.html>

### **GET AN ENERGY AUDIT**

Having your home insulated to stop leakage around the windows, doors, roof and walls can reduce your energy usage by 20-30%. To set up an Energy Audit of your home, please go to: [http://www.lipower.org/efficiency/hp\\_consumers.html](http://www.lipower.org/efficiency/hp_consumers.html) Many contractors are listed on the website.

### **REMODEL GREEN**

Building green is only nominally more expensive up front, but pays for itself within years. Building green means using resources that are either renewable (doesn't deplete the environment of its resources) or recyclable. Generally speaking the greenest real estate option is to use what you have got rather than build new. If you intend to build green, start with the U.S. Green Building Council's Home Guide ([www.greenhomeguide.org](http://www.greenhomeguide.org)) where you will find resources, guides, and ideas for building green.

### **SAVING FORESTS AND TREES:**

#### **DO IT ONLINE**

Paying bills online saves you time, money, and millions of trees from being clear-cut for paper.

#### **USE RECYCLED PAPER PRODUCTS**

Use recycled paper goods to prevent forests from being cleared. Learn which brands to buy at: <http://www.nrdc.org/greenliving>

#### **CUT DOWN ON JUNK MAIL**

Opt out on credit reporting companies from contacting you for 5 years by calling 888-5optout

#### **STOP GETTING WASTEFUL PHONE BOOKS**

The YellowPagesGoesGreen.org website will find your local/regional directory pages publishers and ask them not to deliver on your behalf. To opt out of the yellow pages and white pages please go to: <http://www.yellowpagesgoesgreen.org/>

#### **BUY AND SELL USED BOOKS AT HALF.COM**

#### **ELIMINATE UNWANTED CATALOGUES**

Catalog Choice is an easy, free service that allows you to decline unwanted catalogs. <http://www.catalogchoice.org/signup>

### **BRING YOUR OWN BAG**

You can purchase a reusable bag at Waldbaums in the Great Neck Shopping Center and get 2 cents for every bag you use at every purchase.

### **CLEANING SUPPLIES:**

#### **BUY IN BULK**

Cut back on single serving containers and buy items in bulk and portion them out into reusable containers. Buy household items, like detergent and cleaning supplies, in concentrated forms so that you get more product per package. The following plastic codes are recyclable #1 PETE, #2 HDPE (on the bottom of containers).

#### **CLEAN CHEMICAL FREE**

It is a huge irony that the products we use to clean our homes are poisonous chemicals that eventually flow into our water supply and landfills emitting toxic gases. Use cleaning products, made with safe, biodegradable materials that can be purchased at any well-known supermarket.

## **C O N S E R V A T I O N   F O R   Y O U R   L A W N   A N D   G A R D E N**

### **RULES AND REGULATIONS FOR IRRIGATION**

- ◆ Rain sensors are required on new and old sprinkler systems
- ◆ No irrigation prior to April 15 or after November 1
- ◆ No watering between 10 AM and 4 PM
- ◆ No watering more than 3 days each week
- ◆ Premises with odd number addresses irrigate on Monday, Wednesday, Friday
- ◆ Even numbers on Tuesday, Thursday, Sunday

For more information check with <http://www.waterauthorityofgreatnecknorth.com>

### **SMART LANDSCAPING SAVES ON ENERGY COSTS**

Strategically planting trees and shrubs to provide shade for your home can reduce your home and roof temperatures. Shading your central air conditioner unit curtails the AC from working as hard, and prolongs its life. Trees planted to the southwest of the home provide the greatest energy and cooling efficiency. In winter, evergreen trees act as natural windbreaks, reducing your heating bill as well.

If you have an open lawn with lots of room near the street, you can request to have a tree planted (free) in front of your home from the village, which could save you hundreds of dollars.

### **GO ORGANIC ON YOUR LAWN**

Avoid chemical pesticides, insecticide, herbicides and fungicides which ends up in the LI Sound. Consider composting your food scraps, and fallen leaves to fortify your lawn. You can purchase one at any Home Depot or Lowes. Learn how to compost at: <http://www.compostguide.com>

Or you can go to Pond Park, at the end of Mirrilees Circle, behind the chain link fence where there are mountains of compost for you to use on your lawn.

### **USE A RAIN BARREL TO WATER YOUR LAWN**

A rain barrel is a system designed to collect and store the rainwater from your roof, instead of allowing it to be diverted to storm drains, or restricted to the ground area under your downspout gutter by attaching it to your hose.

### **PURCHASE PRODUCE FROM YOUR LOCAL COMMUNITY SUPPORTED AGRICULTURE (CSA)**

Support your local economy by buying into a CSA which is a subscription, where you pay for your share of fresh farm produce from Long Island before the distributions begin in early June, and in return for your commitment to the farm they provide you with just-picked organic produce at a good value every week for 26 weeks. Go to: <http://www.goldenearthworm.com>

## **RECYCLING IN THE HOME**

### **WHOLE FOODS RECYCLES PLASTIC #5**

North Hempstead does not recycle #5 plastics (found at the bottom of containers). Wholefoods collects all of those plastics which are typically yoghurt cups, cream cheese containers, etc... Just drop them all off after you have rinsed them out.

### **CASH YOUR TRASH**

Consider selling your furniture that you want to get rid of on eBay, craigslist or donating it to your local charity. In this way you are making money and you are keeping 300 tons of garbage from the landfills.

### **RECYCLE ELECTRONICS FOR MONEY**

Cexchange is an electronic recycling program that takes back certain electronic items and gives you some money after receipt of the items. They even pay for your shipping costs to send the items in. How much your gear is worth depends on the product type. Go to: <http://www.cexchange.com>

### **RECYCLE AT STAPLES**

Staples accepts inkjet cartridges, batteries, cell phones, computer monitors, and fax machines. In exchange they will give you a Staples coupon available at: <http://www.staples.com/greensight>

## **SANITATION IN GREAT NECK ESTATES**

Collection times are Monday, Wednesday, and Friday in the AM. Bulk items are collected on Friday. Please make sure your garbage is separated into designated bins. The garbage men will collect your trash from your property; you do not need to put it on the curb. Great Neck Estates does recycle, so please don't be discouraged if you see the Carter throwing all trash into the truck. They sort the recyclables at the transfer station. The Carter is Meadow Carting (516) 338-0121

### **Disposal of Pharmaceuticals**

- Dispose of the waste in household trash – DO NOT FLUSH.
- Keep products in their original containers. Pharmaceutical container caps are typically watertight and child proof.
- Add a small amount of water to a solid drug or some absorbent material such as kitty litter, sawdust or flour, to liquid drugs before recapping to discourage any unintended use of the drug and seal.
- Double seal the container in another container or heavy bag to prevent easy identification of the drug container or to prevent a glass container from breaking.

## RECYCLING INFORMATION

Please *rinse all glass, metals or plastic* being discarded and place it in your recycling bin. To purchase a recyclable bucket, go to **Solid Waste Management Authority, 802 West Shore Road, Port Washington, NY**

AN EASY GUIDE TO RECYCLING		
Item	How to Prepare the Item for Collection	Items NOT to Include. Please refer to STOP program for proper disposal.
<b>Glass</b>	All juice, pop & soda bottles, water bottles, beer & wine bottles and food jars can be recycled. <i>Rinse. Can leave caps or lids and discard them in your regular garbage.</i>	Light bulbs, window and auto glass, mirrors, dishes and drinking glasses, broken glass, pottery and clay pots. Can dispose of spent CFL's on Sundays, 7:30am - 3:30pm at 999 West Shore Road, Port Washington
<b>Metals</b>	All food and beverage cans, aluminum foil and baking tins ( <i>Rinse</i> ).	Cans used for chemicals or paint, aerosol spray cans, appliances, tools or batteries, etc. Can dispose of spent batteries on Sundays, 7:30am - 3:30pm at 999 West Shore Road, Port Washington
<b>Plastics</b>	All plastic items with a recycling logo of "1" or "2" located on the bottom of the item can be recycled. ( <i>For example: soda bottles, milk containers, laundry products, water/juice bottles, liquor bottles and personal care items.</i> ). <i>Rinse.</i> All plastic items with a recycling logo of "5" can be recycled at WholeFoods in Manhasset. ( <i>For example: cream cheese containers, cottage cheese, yoghurt cups, etc...</i> )	All plastics without "1" or "2" recycling logo, plastic grocery bags, frozen food or meat trays, motor oil containers, styrofoam, plastic flower pots, six pack holders and rings, containers used for paint and solvents, lawn care products and chemicals.
<b>Paper</b>	Newspapers & inserts, magazines & catalogs, office and school paper, computer paper, construction paper, wrapping paper, discarded mail, paper grocery and lunch bags, corrugated cardboard, paperback books. <i>Place next to recycling bin. Paper must be tied with string or placed in a paper bag.</i>	Box board (cereal, pasta & other food boxes), index cards, telephone books, metallic paper, hardcover and paperback books, paper plates & cups, paper towels, egg cartons, non-paper envelopes, cardboard with wax or styrofoam, pizza boxes.
<p><b>Note: if we return your recycling bin to you with any remaining materials, these items cannot be recycled. These items should be discarded in your regular refuse.</b>  <b>Do not use garbage cans for recyclables.</b></p>		

The following information was taken directly from the Town of North Hempstead website:  
<http://www.northhempstead.com>

The S.T.O.P. (Stop Throwing Out Pollutants) Program is designed to provide area residents with a safe, environmentally sound method of disposal of the many hazardous materials found in the average home. By bringing such toxins, you and your family can make a significant contribution to the protection of our precious groundwater supply and the preservation of our bays and estuaries. Please join with us in cleaning our homes of hazardous material and ensuring their proper collection and disposal. Together we can ensure the continued integrity of our fragile ecosystem.

When bringing items, please follow these simple guidelines: Wrap leaking containers in newspaper and place in a plastic bag or larger container. Make sure all caps and lids are tight. Place items securely in a box for transportation. Use newspaper or cardboard to keep items from tipping or hitting each other. Place chemicals which may react with each other in separate areas of the vehicle. Do not leave products in a hot, unventilated vehicle for an extended period of time. Do not smoke near chemical products. Wear rubber gloves when handling containers.

For further information please call (516) 378-2200 on various S.T.O.P sites through out North Hempstead for drop off dates and locations.

**ITEMS ACCEPTED AT S.T.O.P.**

- |   |                               |
|---|-------------------------------|
| Aerosol cans  | Kerosene*                     |
| Ammonia   | Lacquer                       |
| Antifreeze*   | Latex & Oil-Based Paint       |
| Asbestos (double bagged)                                  | Oven Cleaners                 |
| Bleach  | Paint Stripper                |
| Bug & Rodent killers                                      | Paint Thinner & Brush Cleaner |
| Car Batteries   | Photography Chemicals         |
| Cell Phones   | Polishes & Wood Preservatives |
| Chemistry Sets  | Solvents                      |
| Degreasers  | Spot Removers                 |
| Disinfectants   | Swimming Pool Chemicals       |
| Drain Cleaners  | Telephone Books               |
| Fertilizers with Herbicides                               | Tires (car - off rims)        |
| Flammable Liquids (fire starter)                          | Varnish                       |
| Flourescent lamps & ballasts (in shatterproof Containers) | Waste Oil*                    |
| Household Batteries                                       | Weed Killers                  |
- \* *Limit 6 in 5 gallon containers only*

**DO NOT BRING**

- |                           |                                    |
|---------------------------|------------------------------------|
| <b>Ammunition</b>         | <b>Infectious or Medical Waste</b> |
| <b>Explosives</b>         | <b>Propane or Oxygen tanks</b>     |
| <b>Fire Extinguishers</b> | <b>Radioactive Materials</b>       |
| <b>Fireworks</b>          | <b>Unlabeled Materials</b>         |

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