



Curbside News

Newsletter for High Country Disposal

City of Sisters

Fall 2010

Scholarship Winners

High Country Disposal is excited to announce the winners of our annual \$1,000 high school scholarships. Congratulations to Zander Albertson of Sisters High School and Erin Hanon of Redmond High School.

Zander Albertson plans on attending Southern Oregon University to pursue a degree in media ethics and journalism. Zander wrote in his essay, "I believe news journalism has the ability to shape our perceptions, make us think critically, feel deeply, and provoke us to action." He worked as editor at the school newspaper and as a freelance reporter/photographer for the Nugget Newspaper in Sisters. 4755783 Zander received the Presidential Achievement Award, was a volunteer for Habitat for Humanity and was the regional Children's Hospital fundraiser committee chair.



Zander Albertson

costs of attending the University of Oregon. She is planning to major in education in order to become an elementary school teacher. Erin was a member of Panther Pride, Green School, Dream Center Mission and City Center Drama. Erin states, "I aspire to be an outstanding teacher who is always learning new things with my students. I want to be an inspiration to my students and a helping hand while they climb their own educational ladder."



Erin Hanon

Congratulations to both of our recipients. We wish them the best as they pursue their goals!

The High Country Disposal scholarships are presented annually to an outstanding student from each of the eligible high schools. Applications for the 2010 / 2011 HCD scholarship will be available early next year at the counseling departments at Sisters and Redmond High School.

Erin Hanon will be using her scholarship money toward the

Holiday Schedule

High Country Disposal collects on all holidays except for Christmas Day and New Years Day. This year, Christmas Day and News Years Day both fall on Saturday which means there will be no interruption in your garbage & recycling collection schedule. Please have your carts out curbside by 7:00 a.m. on your collection days.

Going Away

Don't forget if you're going to be out of town, going south for the winter or for those rare occasions you don't have any garbage for that week - just call us with at least 24 hour notice prior to your pickup day and we'll credit your account. 4758870

City of Sisters FREE Fall Clean Up: Nov. 16th or 18th

High Country Disposal will provide free collection of yard debris, miscellaneous household waste and appliances on your regular collection day either Tuesday, November 16 or Thursday, November 18. **Collection is only for residents within the city of Sisters.**

When and where to set out materials: Collection day will be the same day as regular garbage service, during the week of November 15th. All material should be set out by 7:00 a.m. in the same general location as garbage roll carts.

What to set out:

- Up to four cubic yards of yard debris and/or miscellaneous household waste. (four yards = a regular pickup truck filled to the cab)

- Up to four appliances. All appliances must be emptied of food, water, clothing, etc.

What not to set out: Items that cannot be accepted include large furniture (i.e. couches), mattresses, hazardous waste, chemicals, paint, tires, heavy metal objects, and computers.

TV's, computers, monitors, microwaves and other e-waste items can be taken to Negus Transfer station for recycling at no charge. Also, for an additional charge we will come to your location and load up and haul away any e-waste or other items you may have including debris.

Questions: Please contact High Country Disposal at (541) 548-4984. The FREE event is made possible by High Country Disposal.

Win One Month of FREE Service

If one of the customer account numbers hidden in this newsletter is the same as the one on your billing statement, you are a winner. Call in with your account number and you will receive one month of free garbage service at your current level (95-gallon roll cart maximum).

Topdressing Your Lawn & Mulching Your Plants

Fall Tips - for the fall gardening season, you should plan to topdress your yard with BioFine compost and mulch your plants with SoilBuilder compost from Deschutes Recycling. Compost is an essential ingredient to winterizing your lawn and garden and will help your plants come back healthy and strong after the winter.

Mulching for winter: Around the time your perennials are dying back for winter and the ground is freezing, you should mulch around your plants with a few inches of SoilBuilder. The dark compost will help insulate the roots and attract sunlight in the spring helping the soil warm a little more quickly, while releasing nutrients for your awakening plants. You will also have moisture-holding mulch in place for the coming heat of summer. For excellent, ready-to-plant soil, till 2-3 inches of compost into beds you will plant the following spring or summer.

Topdressing the lawn: Apply a thin layer (¼ to ½ inch) of BioFine compost to your lawn in the fall and again in



the spring to help build up a good supply of organic matter and nutrients for the next growing season. If you haven't done this yet, you will be amazed at what topdressing does for your lawn! In addition to helping your grass grow stronger and greener, it reduces thatch, makes turf more

drought-resistant and saves water by helping soil hold moisture. It also helps bare spots fill in, helps lawns fight fungal diseases, reduces your need for fertilizers and keeps fertilizers from washing away.

Pick up your compost today at Deschutes Recycling, located at Knott Landfill in Bend, or call for convenient delivery at 541-388-1910. Deschutes Recycling is open Monday – Saturday (closed Sundays), 7:00am – 4:30pm.

Recycling Preparation Guide

95-Gallon Commingle Roll Cart

- **Newspaper** – Anything that comes in the newspaper can be recycled with the newspaper.
- **Magazines, Catalogs, Phonebooks**
- **Plastics** – Rinse clean. No need to flatten.

Acceptable Plastics: Plastic bottles and tubs 6 ounces or larger (except those containing hazardous products or motor oil). Rigid plastic such as yogurt containers, butter tubs, sour cream and cottage cheese containers. Nursery plant pots 4 inches or larger. Plastic buckets of 5 gallons or less, milk jugs (not flattened).

Non-Acceptable Plastics: Bags and film, foam/expanded plastics, large items (i.e. toys), bottle & tub lids, trays, clamshells and bakery containers, food-contaminated items, “Biodegradable” plastics, cups, plates, silverware, blister packaging, any plastic containers smaller than 6 ounces.

- **Tin/Aluminum** – Cans, jar lids, foil, TV dinner trays, beverage cans. Rinse clean. No need to flatten.
- **Paper bags**
- **Corrugated Cardboard** – Flatten. No waxed or slick coated cardboard.

- **Mixed Paper, Junk Mail & Paper** – Paper, envelopes, white & colored paper, computer paper, tin can labels, wrapping paper (no foil or ribbon), shredded paper (strips only, no confetti). No paper ream wrappers, tissue paper, waxed paper, candy wrappers, snack food bags.
- **Paperboard** – Cereal/cracker/shoe boxes (discard liners), soda and beer cartons, paper egg cartons, paper towel tubes. No frozen food boxes, paper cups/plates/towels/napkins, pet food bags.

Recycling Tips

- Glass and motor oil will continue to be recycled at Sisters Recycle Center.
- Plastic grocery bags are not recyclable at the curb. Please recycle at participating grocery stores.
- Styrofoam peanuts and rigid packing pieces are not recyclable. Please bag Styrofoam peanuts before putting them in garbage roll cart.

Yard Debris Roll Cart

- Grass clippings, brush, weeds, pine needles, plant prunings, branches no larger than 2" in diameter and 36" in length.
- Raw fruits and vegetables

Recycle Depot Locations

- Sisters Recycle Center
- Deschutes County Transfer Stations
- Deschutes Recycling, located at Knott Landfill

Numbers & Web Sites

High Country Disposal highcountrydisposal.com	541-548-4984
Bend Garbage & Recycling bendgarbage.com	541-382-2263
Deschutes Recycling deschutesrecycling.com	541-388-1910
Knott Landfill Information Line	541-388-6599
Department of Environmental Quality deq.state.or.us	541-388-6146
The Environmental Center envirocenter.org	541-385-6908
Deschutes County Solid Waste Dept. co.deschutes.or.us/solidwaste	541-317-3163
Bend ReStore bendhabitat.org	541-312-6709
Redmond ReStore redmondhfh.org	541-548-1406
Sisters ReStore	541-549-1621



Providing the finest waste disposal and recycling services