

Are we throwing it all away?

By Judy Harrelson

Siler City has embraced a new recycling program. I'm thrilled to see this initiated and now many items can be recycled right on our doorsteps — from cardboard, all types of paper (even including the paper-board cartons used for dairy and juice) aluminum and steel cans, glass bottles and plastic containers. Excellent!

Imagine if every town across the country had a similar program, the impact it would have on our natural resources? We'd have a reduction of landfills and we'd become more sustainable. Ultimately reversing the trend we currently have on waste.

According to Teresa Chapman, Waste Reduction Coordinator with Chatham

County, last year the county paid approximately \$58 per ton in tipping fees with over 11,438 tons of waste shipped to a landfill in Sampson County. That's over \$660,000!

How much is thrown away into a landfill that still has value and could be returned to the economy?

In June 2011, the county conducted a waste characterization study of all trash compactors, pre-crushers, and bulky boxes from its collection centers. The results revealed that approximately 30 percent of the items that continue to be bagged and discarded in the trash compactors were recyclable cans, bottles, clean cardboard, and paper. Yes, that's one third of items currently thrown away for which

the county has well-established recycling programs. The county plans to use these results to develop additional public awareness measures.

This means if everyone took a few minutes to separate items and place recyclables in designated recycling containers we could save almost \$200,000 in landfill fees plus actually get paid for recycling these items to help offset the costs of providing the programs. Revenue from recyclables fluctuates due to market prices but at least it's bringing in revenue instead of costing us money. Not to mention the number of companies and employees that rely on recycling for their business — glass, aluminum, paper and plastic companies. These manufactures then

create new products from recycled materials. A win-win for everyone. By the way, this year the impact will be bigger for recycling since the per ton costs for landfill fees have increased to over \$64/ton.

So in a nutshell, recycling is pretty easy and has a huge impact on our budget as well as our environment. We can decrease the amount spent on landfill disposal costs, help the county comply with state laws, generate revenue to cover some operational costs as well as help keep annual fees low.

Every individual truly can make a difference.

Judy Harrelson, with husband Mike, owns Glass & Window Warehouse, Harrelson's Home Improvement, Green Builders and EnergyStar® Partners in Siler City

First Annual 'Wellness of Chatham' Health Fair

By Megan Huber

The adage "an ounce of prevention is worth a pound of cure" is especially true when applied to one's health. But each year, millions of Americans continue to select unhealthy lifestyle choices, allowing preventable diseases to end hundreds of thousands of lives. An astounding 95 percent of all hospitalizations are lifestyle induced!

Enter Wellness of Chatham. The focus of this organization is to provide a dynamic forum to inform the public about local wellness practitioners and health information and to connect those in the wellness field with one another for the purpose of sharing and collaborating. Wellness of Chatham meets bi-weekly in local Chatham County venues and provides incredible speakers at each meeting. It was developed in 2011 by Traci Philips, a professional wellness consultant.

The Chatham County Wellness of Chatham organization is hosting the 1st Annual Wellness of Chatham Health Fair on Saturday, May 19 from 11 a.m. to 2 p.m. This event will be held at the Mary Hayes Barber Holmes Park in Pittsboro. The purpose of the 1st Annual Wellness of Chatham Health Fair is to educate the public in and around Chatham County on topics, issues, practitioners, services, and products available locally that promotes wellness; defined as alternative forms of health care.

Various organizations and businesses will showcase their service, product and/or knowledge at this event by providing educational information and health awareness activities to all participants, both young and old. All vendors are wellness oriented, offering an alternative and educational approach to promoting better living and healthier lifestyles. Some example categories of vendors include but are not limited to Organic Farming/Community Gardening, Alternative Health Practitioners like massage therapists, acupuncturists and herbologists, Healthy Restaurants, Fitness Coaches/Practitioners, yoga instructors as well as Wellness Groups/Organizations.

Each participant at the fair will receive a booklet which is designed to house all of the educational materials that will be distributed by vendors. All vendors will also incorporate an activity that participants can engage in during the fair that showcases what they do and/or offer in order to provide a learning experience for event participants. Activities will be age appropriate, so children and adults of all ages are welcome and encouraged to attend!

If you are interested in joining the Health Fair as a vendor please send all inquiries to Traci Philips at bwel@infocustudios.com.

Megan Huber is a Certified Professional Coach whose coaching style is designed to create structure both professionally and personally. For information, click on <http://structuredwellness.com> or by call 919.906.0753

ACTS

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was galvanic for me. I was working at the time with "Poetic Portraits of a Revolution" in the Process Series and the two pieces seemed to be talking to each other across a great divide. I wanted to explore that. And I needed to honor Athol Fugard in a way that demonstrated our deep appreciation for his extraordinary body of work, his artistry and his activism."

"We wanted to be sure that we could experience Fugard's classic cry against South African apartheid as something allegorical that applies equally here and now to any situation in which racism and social injustice place an untenable torque on the individual. As with "Blood Knot", so also the Arab Spring. Not there and then. But here and now. We have racial and religious intolerance and major social and economic inequities to address in our own communities and in the direction of our nation," Elisabeth said.

As if this were not keeping them sufficiently busy there are rumors they have been talking with other Chatham County residents about creating something they are calling the Piedmont Performance Factory, a place where StreetSigns and Harland's Creek Productions, named for the creek that runs through their place in the woods, would have a permanent home.

Tim Scales is a freelance theater producer living in Carrboro.

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