

# JAKE MORRILL NEW ASSISTANT PRINCIPAL FOR HOPKINTON

The Hopkinton School Board has confirmed Jake Morrill as the new assistant principal at Hopkinton Middle High School.

Morrill, who has been an educator for 17 years, is coming to the Hopkinton School District after two years as the dean of teaching and learning at Weare Middle School. Before that, he was the academic coordinator for science, health, physical education, and competency-based education at John Stark Regional High School, where he first started his career as a math and physics teacher.

Morrill lives in Sutton with his wife and two sons. He holds a degree in electrical engineering from Virginia Tech, a master's degree in education from Plymouth State University, and a certificate of advanced graduate study from Southern New Hampshire University.



## SHOULD WE CARE ABOUT LITTER?

Litter is any waste product that is disposed of improperly, without consent and at an inappropriate location. As you drive along our NH highways and smaller town roads what do you notice? Litter. Although not visible as you are driving, cigarette butts are the most littered item in the world.

What we usually see are plastic bags and bottles, aluminum beer and soda cans, paper and Styrofoam cups, lids & straws, plates, food containers (for fries, hamburgers, and take-out dinners), snack wrappers, and of course, glass alcohol bottles. These are the common ones, but you can also find all manner of plastic and rubber devices, a rare tool or toy, and now there are always COVID masks, tissues, and paper towels.

Every 2-3 days when I walk a 1.5 mile stretch of road, I pick up enough litter to fill up a 13-gal trash bag.

Why is litter a problem? By some estimates 0.1% - 0.5% of all crashes involving cars or bikes are related to litter. Discarded food attracts animals and increases the risk of wildlife-vehicle collisions. When there is an effort to clean up the litter, those workers are exposed to injury. The toxic components of cigarette butts contaminate the soil and groundwater.<sup>1</sup> It is estimated that 8.3 billion tons of plastic have been created over the past 50 years. Plastics decompose into microplastics polluting the water and ending up in our food chain.<sup>2</sup>

Governments, business, volunteer organizations and individuals in the U.S. spend \$11.5 billion each year removing all sorts of litter.<sup>3</sup> Do microplastics cause health problems? According to National Geographic, we don't really know. Most of the plastic in our bodies comes from inhaling invisible plastic fibers that have been shed by our own clothes, carpets, and upholstery and ends up in our lungs and blood! Since plastics contain more than 10,000 different chemicals, sorting out which ones are potentially harmful is a very difficult task.<sup>4</sup>



I think there are three areas that need to be addressed as we strategize on how to reduce litter. One area would be converting to more easily recyclable materials thus reducing the amount of plastic.

Second, enforcing laws prohibiting littering is difficult. However, my wife and I were most impressed with how very clean all the streets and roadways were in Singapore where there are strict laws against littering.

Third, we could ramp up the "clean up" crews, but that is simply too expensive and does not really solve the problem. The least onerous, least costly, and in the long run best solution, is to encourage people to change their behavior. Keep a 'trash bag' in your car. Eat your take-out meal, drink your beverage that comes in an aluminum can or plastic cup, and then put it in your trash bag, take it home and recycle it. It is not hard to do.

Think of the wonderful NH roadways as you would your living room. You would not want your guests to throw their beer cans and unfinished food onto the floor as they left thanking you for a nice social evening. Our state will only stay beautiful if each one of us commit to not throwing things out of our cars and trucks.

1 Novotny, Lum, Smith, Wang & Barnes (2009) Cigarette Butts and the Case for an Environmental Policy on Hazardous Cigarette Waste. International Journal of Environmental Research & Public Health, 6, 1691-1705

2 Gregory (2009) Environmental Implications of Plastic Debris in Marine Settings. Philosophical Transactions of the Royal Society Biological Sciences, 364, 2013-2025

3 Stein (2009) 2008 National Visible Litter Survey and Litter Cost Research Study, (No. 20878)

4 Laura Parker, Microplastics Are in Our Bodies. How Much Do They Harm Us, National Geographic (April 2022), https://www.nationalgeographic.com/environment/article/microplastics-are-in-our-bodies-how-much-do-they-harm-us?

# Talking Trash

CLOTHING AND TEXTILE RECYCLING JUST GOT EASIER!

## Bow Partners with Helpsy to Offer Textile Home Pick-Up


The Town of Bow is now partnering with HELPSY to offer free home pick-up of clothing and household textiles to residents. Beginning Sunday, May 15th, pickups will happen weekly. Residents can schedule a pickup online at [www.helpsy.co/bownh](http://www.helpsy.co/bownh) All Bow pickups will be scheduled on Sundays to prevent confusion with our normal curbside trash pickup. Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

According to the EPA, textile waste is one of the fastest growing waste streams in the United States, occupying nearly 5% of all landfill space. The U.S. throws away 36 billion pounds of textiles each year, which is nearly 100 pounds per person. Of those discarded textiles, currently only 15% is recycled, but 95% could be.

HELPSY accepts clean, dry, and bagged textiles regardless of condition, and will accept used, stained, worn, or torn items such as clothing and accessories (including gloves, hats, belts, wallets, purses), suitcases and backpacks, shoes, towels, bedding, costumes, curtains, tablecloths, and throw rugs. Even if you have one shoe or sock, these items are accepted by HELPSY for reuse or recycling. Items that will not be accepted include breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books or magazines. Although used, stained and worn items are accepted, HELPSY does require the items to be clean, dry and bagged for pick up.

This new Bow textile recycling program will be in addition to the drop-off containers at the Bow Community Building (the Bow PTO container) and the container at the Bow Mills Methodist Church. Please continue to use these drop-off containers as well. We are hoping, however, that the convenience of the curbside pickup will encourage even more people to recycle their clothing, textiles as well as the other items described above.

For more information contact the Town of Bow Recycling and Solid Waste Committee at [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com). For a list of acceptable items please visit: [www.helpsy.co/bownh](http://www.helpsy.co/bownh).

### Guide to Textile Home Pickup

Easy as 1, 2, 3

1. Go to [www.helpsy.co/bownh](http://www.helpsy.co/bownh), fill out the pickup request form & choose from available dates.
2. Clean out your closets and bag your unwanted clothing, accessories and other household textiles.
3. Place bagged clothing outside by 7 am on the day you select for pickup.

*You will get a confirmation email or text & a reminder alert on the day of pickup.*

Clothing, Accessories, Shoes, Sneakers, Linens, Blankets, Quilts, Pillows, Towels, Table Linens, Stuffed Animals, Curtains, Throw Rugs & Halloween Costumes

Only Clean, Dry, Odor Free & Bagged. Gently used or worn.