

TALKING TRASH continued from page 4

According to Eric Lynch, an owner of RecycleUSA-LLC, his company tries to repurpose as many items as possible. Items such as modern flat panel monitors, modern laptops and cell phones are examples of items that are refurbished and re-sold. It should be noted that the term "modern" means less than 2-3 years old. Anything older will not typically have much economic value, and therefore, it may not make financial sense to spend the time to repurpose the item. RecycleUSA-LLC also explained that when an item such as a computer is being repurposed, the memory will be wiped to clear all user data in accordance with Department of Defense standards. The item is then factory reset. The memory on older hard drives are also wiped if they are still functioning, or alternatively, will be mechanically shredded if they no longer function.

For the e-waste items that have no repurpose potential, they will be disassembled into their basic materials such as plastic, steel, aluminum or copper. Those items are sent to companies that specialize in processing those items.

If you are unable to attend Household Hazardous Waste Collection Day this year, there are still other ways to responsibly recycle your e-waste. RecycleUSA-LLC accepts items at its facility in Londonderry. It is recommended that you call ahead to ensure that the office will be open. Many electronic items can be dropped off at Best Buy which is the nation's largest collector of recyclable electronics and appliances, and there is a list of accepted items on the company's website. The Concord Transfer Station also collects items such as microwaves, televisions and air conditioners for a fee. Schnitzer Steel, located on Sandquist Street in Concord, accepts many types of large and small appliances that contain metal. They also accept power cords, wires, and cables for the copper wiring. Schnitzer Steel will pay you for the items, or alternatively, you can donate them to the extent that you want to avoid having the items weighed at the facility in order to obtain payment. For a list of accepted items, you can visit the website or call their Concord office.

Of course, recycling is not necessarily the solution to our global e-waste problem. Although recycling helps us feel a bit less guilty about our ongoing consumption habits, the best solution is to try to extend the lives of our devices, keep them out of the landfill and maybe try to ignore the fact that the next generation of our favorite gizmo is being released.



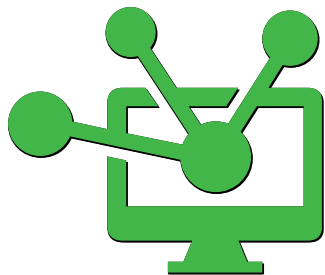
Last December we talked about Patience and Anger. That is not the Patience we are talking about today. That patience was more of a reminder of a way to calm down in certain situations. The patience we talk about today is a state of being. It is an awareness and a good place to live from. It is a joy of aging.

In life, we work hard, we try, we want things and we do what we can to get them. Sometimes we try so very hard that it gets frustrating when we don't get them and then we watch others who seem to have everything just fall into their lap.

Why does this happen? Well, because when we try so hard to force our way with things we often repel the thing we most want along with those who would otherwise be trying to help us get what we want.

In our elder years, most of us come to realize that all things happen as they should and in

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due time. When we come to this realization we no longer push for things and we can live a more peaceful life.

We learn to not let things get to us as we know, that given time, things will work themselves out to how they should be. Actually, the less we meddle with them trying to make them happen, the more quickly they happen and in much better ways than we could have expected. I know that some of you understand what I am saying perfectly and some of you have no clue what I mean. Those of you who understand have achieved this joy. Congratulations!

You are now able to watch formerly stressful things happen around you and not get ruffled at all. You are able to have faith and believe in people and situations that used to drive you nuts.

People who haven't reached this joy yet often wonder how those of us who have can just sit there not reacting. They feel like

we should be jumping to attention. We should be straightening out whomever it is that is not doing what they think they should. They may even say "how can you just sit there and do nothing about this?!" And we say, "because it isn't mine to fix. They need to figure this one out on their own." Right?!

For those of you who haven't reached this point yet. Don't worry. You will get there. The less you try to get there, the sooner you will. It's a thing called Surrender, which we will talk about in December. In November, we'll talk about Forgiveness and in the meantime, try watching how things unfold around you instead of trying to control how things happen. This is your first step to reaching the 10th Joy of Aging.

May patience be with you.

All my best, Donna



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