



Let's SOAR!

Stop Pollution
Obey Laws
Always Improve
Reduce Waste

ENERGY AWARENESS MONTH

Energy Able - Mission Capable

ISIDRO GUZMAN

The Department of Energy marks October as Energy Awareness Month. Since President George H. W. Bush declared October as national energy awareness month in 1991 the public has been a powerful avenue to lower the nation's energy needs. The federal government has encouraged the participation of citizens with energy conservation and management.

Different schools and companies have participated nationwide by implementing energy saving schedules and air conditioning adjustments during the colder days of October. This can only be accomplished with awareness of technological breakthroughs and new systems that have longer lifecycles, less maintenance, and most important higher efficiencies. LED's have outperformed compact fluorescent light bulbs by as much as 50% less energy with the same amount of life. That being said most homes still use compact fluorescents. One month out of the year is declared as energy awareness month but savings can be accomplished every day of the year.

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JBSA ENERGY AWARENESS MONTH

ISIDRO GUZMAN

2019 ENERGY EXPO

Energy is required to accomplish anything and everything in our daily lives. October is Energy Awareness Month for the Air Force and this year's theme is "Energy Able - Mission Capable." This represents the capability and readiness that is achieved when a mission uses their energy efficiently.

OCTOBER 11

Lackland BX
1000 - 1500

The means of how the mission can run more efficiently will be on display to anyone who attends JBSA's annual energy awareness month event. Attendees will also learn about what they can do at their home to get their utility bill down. Regardless where the attendees of the expo work, live, or reside, they will use energy throughout the day to accomplish a mission.

OCTOBER 18

Ft Sam BX
1000 - 1500

For JBSA the mission is to train our airmen and continue to project air power. For the Civil Engineering Squadron the mission is to sustain our streets, facilities, and airfields. For visitors the mission may be to provide a comfortable house for their family. If technology and rebate programs are available, what are they and how much better are they compared to what we already have??

OCTOBER 25

Randolph BX
1000 - 1500

The goal of this annual event is to promote energy and water conservation awareness to everyone. These events improve our energy optimization and water management by educating the public on current technology available from local companies. The event is free to attend and is at a convenient location on every base that is a short commute for everyone that wants to broaden their knowledge for saving energy. This year the events will be hosted outside the main exchange of Lackland on Oct. 11. The second event will be at Fort Sam Houston on Oct. 18. The last event will be held at Randolph on Oct. 25. All events will take place outside of the food court between 10:00 am and 3:00 pm.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

October 26, 2019

SARAH OTTO

Leaving unused or expired prescription medication lying around the house can be a safety issue, leading to potential accidental poisoning or misuse. However, improper disposal of the medication can have environmental impacts.

Medication that is flushed down a toilet or drain enters the wastewater treatment plants that may not be designed to remove those chemicals.

Medication thrown in the trash can be released to the local environment through landfill leachate that is collected and then sent to the wastewater treatment plants.

The water from the treatment plants is then discharged to our rivers and lakes, and ultimately into our drinking water. Some medications, such as hormones and antidepressants can interfere with the reproduction and normal growth of many aquatic species, such as frogs and fish.

The safest way to dispose of unused or expired medications is through our local Prescription Drug Take Back Program: MedDropSA, sponsored by SAWS. Walgreens also has a take back program at participating locations.

Go to the MedDropSA website for the next dropoff date and location.

<http://www.saws.org/meddropsa/>

If you are not able to take the drugs to a drop off:

- 1) Keep pills in the original container, but modify the medication to discourage anyone from taking the medication (mixing with kitty litter or coffee grounds, or adding a small amount of vinegar to partially dissolve them)
- 2) Seal the medication container shut using duct tape and place inside an opaque container.
- 3) Throw the container in the garbage.



HAVE A GREEN HALLOWEEN

SARAH OTTO



Halloween is a great time all around! Costumes and Candy! Parties and Haunted Houses! But the waste generated from these activities can be just too scary! So here are a few tips to make your Halloween just a little more green.

- Reuse old Halloween decorations, or make your own!
 - Turn stockings with runs into spider-webbing or turn cardboard boxes into tombstones! You can even make your own fake blood!
- Make your own costumes from old clothes, or do a costume swap with friends, family, or neighbors!
 - Use makeup in lieu of a mask!
- Buy locally produced foods, candies and treats. Look for goodies with minimal packaging or those made with recycled materials.
- Reuse trick or treat bags every year, or dress up a bucket, pillowcase, or old tote to use!
- Buy pumpkins from local farms or farmers markets, or even grow your own!
 - Don't forget to toast the seeds from your jack-o-lantern, instead of throwing them out, and once it's starting to look a little worse for wear, consider composting instead of trashing
 - Use candles made from beeswax or other green materials (fun Halloween craft, anyone?) instead of from petroleum-based paraffin or electric candles
- Use reusable, recyclable, or compostable cups, plates, and utensils!
 - Use a sharpie or charm to mark cups and glasses, so that guests don't lose their drink and get a new one!