

# Be kind to your mother

Given our alternatives, we should treat Mother Earth with all the respect she deserves.

Here are 10 simple things that will make a world of difference:

- Five recycled 2-liter plastic bottles can produce enough fiberfill to stuff a ski jacket.
- Everyone in the world could eat 6 picnics based on the number of plates and cups Americans throw away each year.
- Manufacturing a standard disposable battery takes 50 times more energy than it produces. So don't use rechargeable batteries.
- Just one quart of motor oil can pollute 250,000 gallons of drinking water.
- 100,000 marine mammals die each year from eating or becoming entangled in plastic debris.
- Every year Americans toss away enough office and writing paper to build a 12-foot-high wall spanning the miles between New York City and Los Angeles.

**REVIEW ONLY**

School Datebooks

**DO NOT SUBMIT FOR PRINT**

**A few enviro-facts**

<p><b>Never litter. Ever.</b></p>	<p><b>Dish it.</b> Use real silverware and dishes instead of disposable ones.</p>
<p><b>Pick paper, not foam or plastic.</b> Foam cups are NOT biodegradable. In a 1987 Christmas party in Columbus, Ohio, a cleanup crew had tossed out a few Styrofoam cups when they first visited America more than 40 years ago; those cups would still be around today.</p>	<p><b>Opt for e-mail to save paper.</b></p>
<p><b>Make a deposit.</b> If you live in a state that has a bottle deposit program, make sure you participate.</p>	<p><b>Be smart when you shop.</b> Some companies have found more enviro-friendly ways to make their products. Patagonia, an outdoor outfitter, makes its synthetic fleece from recycled two-liter bottles instead of crude oil. The program has saved enough fuel to fill the gargantuan Chevy Suburban's 40-gallon gas tank 10,000 times.</p>
<p><b>Recycle.</b> Every can, bottle and newspaper you recycle means one less is polluting our world.</p>	<p><b>Share a ride.</b> Riding with someone saves gas and cuts down on air pollution, and it's more fun.</p>
<p><b>Share your old stuff.</b> Rather than throw them away, give your old toys, clothes, sports equipment, books, backpack, etc., to people who can use them.</p>	<p><b>Be your own bottler.</b> Convince your family to invest in a water-purification system or buy water in those huge reusable bottles. Then you can refill water bottles rather than buy hundreds of individual ones each year.</p>

