

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 Date Books

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A few enviro-facts

<p>Never litter. Ever.</p>	<p>Dish it. Use real silverware and dishes instead of disposable ones.</p>
<p>Pick paper, not foam or plastic. Foam cups are NOT biodegradable. In a 1987 study, 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>Opt for e-mail to save paper.</p>
<p>Make a deposit. If you live in a state that has a bottle deposit program, make sure you participate.</p>	<p>Be smart when you shop. 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>Recycle. Every can, bottle and newspaper you recycle means one less is polluting our world.</p>	<p>Share a ride. Riding with someone saves gas and cuts down on air pollution, and it's more fun.</p>
<p>Share your old stuff. Rather than throw them away, give your old toys, clothes, sports equipment, books, backpack, etc., to people who can use them.</p>	<p>Be your own bottler. 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>

