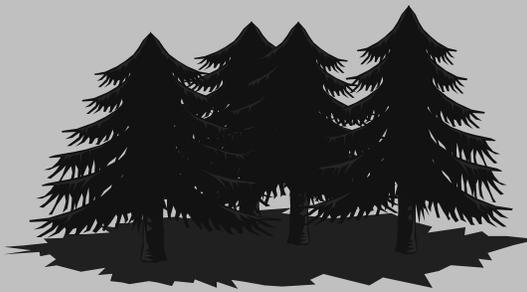


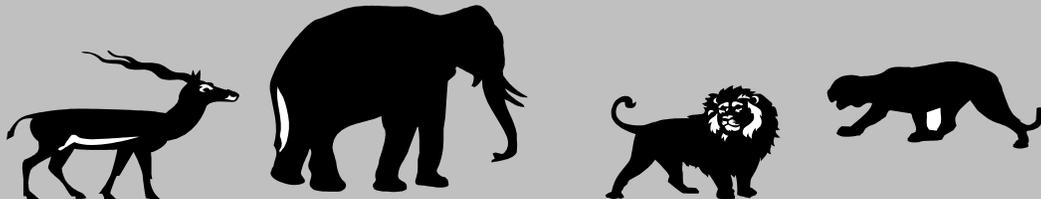
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# ECO VIEWS



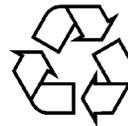
## Practical Tips for Protecting the Environment



Let's  
Make  
Every Day  
Earth Day  
in 2004

### Did You Know?

*Why We Should Reduce, Reuse,  
Recycle and Buy Recycled Products*



You can make 20 aluminum cans from recycled materials with the same energy it takes to make one

from raw materials. The primary ingredient in aluminum is bauxite ore, often mined in the rainforest. *(TIP: Recycle ALL aluminum cans.)*

Every year Americans throw away enough office and writing paper to build a wall twelve feet high stretching from Los Angeles to New York City. All that paper is recyclable. Making new paper from waste paper results in 74% less air



pollution and 35% less water pollution than using raw materials. *(TIP: Use both sides of paper, share copies of necessary information, recycle paper at home and school, etc.)*

Americans use enough plastic wrap every year to shrink wrap the State of Texas. *(TIP: Store food in reusable containers or use resealable pouches that can be washed and reused.)*

It takes an entire forest (over half a million trees) to make all Sunday newspapers in the United States every week. *(TIP: Share a subscription with a neighbor or friend.)*



Americans produce enough Styrofoam cups each year to circle the earth 426 times. That's one hundred cups per person per year. These cups are made from petroleum products, a non-renewable resource. *(TIP: Take your own cup to the fast-food restaurant and use durable cups and glasses at home. Help wash the dishes, too!)*

One-third of all garbage discarded by Americans is packaging. Packaging also accounts for \$1 out of every \$10 that we spend. *(TIP: Try to buy things with less packaging, recycled or recyclable packaging, or buy in bulk. Take your own reusable shopping bags.)*

Americans dispose of 4 million plastic drink bottles every hour, yet only 1 out of 4 gets recycled. *(TIP: If plastic drink bottles cannot be recycled in your area, choose other containers that can be recycled.)*



## You Dump It, You Drink It!

Americans throw away enough used motor oil every year to fill 120 super-tankers and it could all be recycled. Dumping out one quart of used motor oil can pollute 250,000 gallons of water. Used motor oil contains heavy metals from your car's engine and should NEVER be dumped into the storm drain.

# Water Is A Precious Resource . . .

*Reduce your water consumption by 30 percent by following these easy suggestions*

## REPAIR LEAKY FAUCETS, PIPES AND TOILETS

A dripping faucet can waste between 300 and 4,000 gallons of water per month. A leaky toilet can waste more than 50 gallons of water a day! Some leaks make a running sound, but others are silent.



## INSTALL LOW-FLOW SHOWERHEADS AND FAUCETS

Low-flow showerheads cost as little as \$10, are easy to install and can reduce your shower flow from as much as seven gallons per minute to as little as two without making your shower less pleasurable.



## RETROFIT YOUR TOILETS

Since 38% percent of our in-home water gets flushed down the toilet, this is one of the most important conservation measures you can take. Unless you have a low-flush toilet manufactured in the past few years, you are wasting gallons of water with each flush.

## HOW MUCH WATER CAN YOU SAVE??

- Turn off the water while shaving or brushing your teeth. Save 4 to 10 gallons a day.
- Take a five-minute shower rather than a bath. Save 21 to 26 gallons.
- If you take a bath, fill your tub only half-way. Save 16 gallons.
- Don't use your toilet as a wastebasket. Save 2 to 7 gallons per flush.
- Wash and rinse dishes in a filled sink basin. Save 8 to 15 gallons per day.
- Run the dishwasher only when it's full. Save 15 gallons per load.
- Run your washing machine only when its full. Save 30 to 50 gallons per load.
- Don't forget outdoor water conservation! Water lawn in early morning or late evening.

# Let's Clear the Air . . .

*Ten little things you can do so we can all breathe easier*

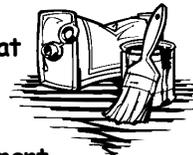
**Carpool, walk or ride the bus to school.** Carpool to practices, games and other events. Walk or ride your bike when running errands. You get exercise without producing any air pollution.



**Compost your leaves, grass and food waste instead of sending them to the landfill.** Most natural garden wastes can be composted, thus yielding free fertilizer without polluting the air.

**Maintain your gasoline-powered equipment carefully.** Equipment in good condition saves time and money in repairs as well as pollution from inefficiency.

**Choose products that are more friendly to the environment.**



Water-based paint is a good example.

**Buy non-aerosol products.** Most aerosol propellants contribute to air pollution.

**Use rechargeable batteries to save money and reduce the pollution needed to produce new ones.** Also, there are now chargers that will recharge almost any battery.

**Use lawn rakes, push mowers and hand edgers whenever possible.** This will improve the look of your property without polluting

**Park and walk in at a fast-food restaurant.** Drive through window operations cause vehicles to spend more time idling, uselessly putting out air pollutants.

**Use chemical household products, such as insecticides only when absolutely necessary.** (Try to replace them with non-toxic products.) Then be sure to follow instructions carefully.



**Plant trees.** Trees absorb air

Contaminants and carbon dioxide and release oxygen into the atmosphere.

# ECO VIEWS