

It's the only planet we've got



NASA

In early 1969, people around the world got their first glimpse of the earth as seen from space in a photo taken by an Apollo space crew. The earth, which seems vast and limitless from where we live, looked fragile and alone. After seeing this photo, people began to think about the earth, the planet on which we rely for our air, water, food, and shelter, in a new way.

It's not surprising that little more than a year later, 20 million Americans took part in the first Earth Day. At rallies, cleanups, and other events, children, parents, business people, students, lawmakers, and more looked at our environment and decided to improve it. The actions that followed led to many changes, including cleaner air and safer water.

In the 40 years since that first Earth Day, people around the globe have continued to set aside one day to be grateful for the good things on our planet and to find ways to take better care of it.

Here are some ways that you can celebrate Earth Day in April and all year long:

- Pick up litter at your school, in a park, along a shore or beach, or beside a nature trail.
- Organize a nature hike through your neighborhood.
- Take a tour of a wastewater treatment plant, recycling facility, or landfill.
- Start vermicomposting in your classroom.
- Turn off lights in rooms you aren't using.
- Unplug electronics and chargers that aren't in use.



- Replace burned-out light bulbs with compact fluorescent lamps (CFL bulbs).
- Recycle everything you can.
- Make posters that show others what and where they can recycle.
- When shopping, buy recycled-content products.
- Conserve water by taking shorter showers and turning off the water while you brush your teeth.
- Plant a garden, or visit a farm or farmers market to buy fresh fruits and vegetables.
- Start a compost pile at home.
- Carpool to practices, performances, and games.
- Ride your bike or walk whenever possible.
- Avoid bottled water. Instead, use a glass, or wash and refill a reusable bottle.
- Take reusable bags into the store when you shop.
- Write a play, song, or poem about the environment, and perform it on Earth Day.
- Make cards on reused paper to wish your friends and family members a happy and healthy Earth Day.



Get the 411

Do you and your friends need the 411 on reducing waste and litter, recycling, and composting? We can help. We have presentations that show *and* tell. We are happy to visit classes, clubs, and youth groups. If your school doesn't have a recycling program, we can help you get one started. If you'd like to improve your existing recycling program, we can help with that, too! Ask your teacher or club leader to contact us with questions or to schedule a visit.

In the meantime, if you're looking for some fun games online, visit <http://funschool.kaboose.com/globe-rider/earth-day/>. Try your hand at "Michael, Michael, Go Recycle!" or one of the other activities.



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Where does cardboard come from? Where does it go?

Almost everything we buy comes in a cardboard box. In fact, we end up with about 217 pounds of cardboard per person each year! That's a lot of cardboard ready to be recycled. This cardboard comes from trees that have been cut down, chipped, and mixed with lots of water to become "pulp."

The good news is that cardboard is easy to recycle. You start by breaking down and flattening the boxes. This makes the cardboard easy to stack and handle. It also saves space in bins, making room for more cardboard.

After collection, recycled cardboard is turned into pulp. This pulp can be used to make new cardboard, can be combined with other recycled paper pulp to make paper towels and toilet paper, and can be added to wood fiber to create fiberboard and other manufactured wood products. Using recycled cardboard to make these products requires 75% less energy and creates less pollution than making pulp from freshly harvested trees.

Before recycling your cardboard, consider *reusing* it to package, ship, or store other items. You can also *repurpose* the cardboard in many ways. Cover a cardboard box with wall-paper scraps, bits of fabric, or your favorite magazine images, and then use the box to contain some of the stuff you have in your room.



By breaking down cardboard, you can take a pile that looks like the one on the left and make it easy to stack and manage, like the pile on the right.

You can also build things with old boxes. Pictured here are spaceships, cars, desks, mazes, and even a village made from cardboard. If this looks like fun, see what you can create. Take a picture of your creation and send it to our office. There may be a prize in store for you. Mail your picture to Northwest Indiana Solid Waste District, P.O. Box 731, Monticello, IN 47960, or email it to info@nwiswd.org.



What could you create from old cardboard boxes? Use your imagination, do some crafting, and then send us a picture.

