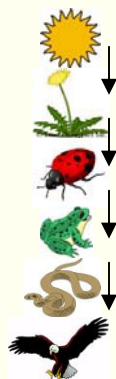


Bi-weekly Newsletter

April 17, 2006



Celebrate National Environmental Education Week April 16th-22nd

To prepare for Earth Day 2006 and to increase the amount of environmental education taught in schools, the National Environmental Education & Training Foundation, in cooperation with dozens of outstanding environmental education organizations and agencies, is coordinating National Environmental Education Week. National EE Week will serve as an inspiring and disciplined, week-long education prelude to **Earth Day on April 22, 2006**. For more information and resources on this celebration visit: <http://www.eeweek.org/> <http://www.earthday.net/> <http://www.earth911.org/master.asp> http://www.classroomearth.org/earth_day/

Earth Healthy Eating

Celebrate Earth Day by preparing a meal with an earth friendly & healthy menu. You might try being a vegetarian for a day. Find out if pesticide-free organic foods taste better. Switch to hormone-free meats and dairy products. For suggestions see: <http://www.tryveg.com/cfi/toc/?v=05opening>
<http://www.whfoods.com/foodstoc.php>
<http://www.laptoplunches.com/articles/NeighborhoodParentsNetwork.html>



10 Small Things You Can Do to Make Earth Day Matter

- 1. Don't leave the water running.** Turn off the water when brushing your teeth or washing the car. Fresh water is one of our most precious natural resources.
- 2. Flick off the light when you leave the room.** Power plants burn fuels to create energy for your light bulb. Burning fuel makes smog that pollutes the atmosphere and adds to global warming. The less energy you use the less they need to make, and you'll save on your energy bill.
- 3. Print on both sides of the page at work.** It's easy to change your printer settings - you'll use half the paper and save trees.
- 4. Wash your clothes in warm or cold water.** It works just as well as hot in your washing machine and cuts back on energy use. You can also make your own planet healthy safe cleaning products.
- 5. Ditch the paper cups.** Bring a glass to keep at work instead of using the paper ones by the water cooler.
- 6. Use the right settings on your appliances.** Many appliances, like your dishwasher and refrigerator, come with energy-saving settings.
- 7. Turn off your computer at the end of the day.** A monitor left on overnight uses enough energy to print 5,300 copies.
- 8. Look at the labels.** Take the paper items with the "recycled" emblem over the ones without or look for the Energy Star symbol when buying new appliances.
- 9. Recycle.** Be careful with your garbage. Much of what we throw away can be re-used, re-invented, re-designed, and recycled!
- 10. Join a wildlife rescue team.** Volunteer locally or raise funds to help endangered species around the world.

Remind others about Earth Day. Send them a e-card with this 10 Small Things You Can Do list.
<http://www.worldwildlife.org/earthday/10things.cfm>