



Environment



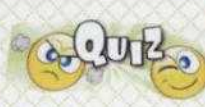
Hygiene



Health



Wild Life



Quiz



4 Pages Vol 3 Issue 7 June 2009



We have modified our environment so radically that
we must now modify ourselves
to exist in this new environment.



Recycle



Know
the
materials
that
can
be recycled.



Seventy- five percent of our waste is recyclable, which goes well beyond what you toss in your recycling bin at home or at school. Recycling serves two key purposes:

- 1) It keeps valuable material such as aluminium and paper out of landfills, so this material can be reused in other forms and not wasted.
- 2) It prevents hazardous materials and chemicals such as lead and mercury from ending up in landfills, which can contaminate soil and leach into our drinking water.

Because of the second purpose, it's important to recycle lots of

products, including those that you might not initially think of recycling. This includes batteries, electronics, motor oil, paint and any product that has "Caution" or "Warning" on the label.

It's not simply glass bottles and tin cans that can be recycled. You'll be surprised at the sheer range of items and materials that you need not throw away and can recycle instead. Here are a few of the more unusual items that are recyclable too

- Batteries
- CDs
- Spectacles
- Yellow Pages
- Engine oil
- Hearing aids
- Keys

Why is recycling important?

The reasons why we should all recycle are

Energy Saving.

Material Conservation.

Reduction of Rubbish in Landfills.

Helping the Environment.





Recycle Process

Energy saving is important if we are to reduce the future effects of global warming. **If we recycle one aluminium can, we are able to save enough energy to run a TV for around 3 hours.** This will obviously depend on the energy consumption of your TV, but it gives you a great idea as to just how much energy can be saved during the process of recycling products.

Conservation is becoming an increasingly important recycling issue. It is estimated that (in the U.S.A) around 40 million trees are cut down each day for newspapers resulting in the equivalent of around half a million newspapers ending up in landfills each and every week.

The reduction of landfills is important for cleaning up the environment, and giving land back to nature. The above information for conservation shows how much waste is sent to landfills in one week, just down to one product (the everyday newspaper).

On average, individual paper fibre can be recycled a maximum of six times. Although this is a significant draw back, the six times recycling process will help to save a great deal of energy when you consider how much paper there is to be recycled.

We are able to help the environment by recycling in a

number of ways. It is important we recycle to achieve a reduction of not only existing landfills, but any future landfill developments which may be needed as a result of over capacity. We can also help the environment through conservation, as the reduction in deforestation saves the environment and the wildlife in these areas.

If you understand the reasons why you should recycle, and wish to make a difference, here is a list of useful tips you can use to recycle.

Many homes throughout UK and many other parts of the world now have recycling boxes and bins. It is sensible to make use of these, and take the time to fill them. If you don't have these boxes, you can easily purchase a suitable container for each recyclable product (examples paper, plastic, and glass), and then take these down to your local recycling center.

Reduce Waste
Avoid products with unnecessary packaging: Did you know that in the US, around \$1 of every \$11 spent on food items is the cost of the packing?

Use reusable containers. Bring your own bag or backpack when shopping; use more of cloth bags and don't ask for extra plastic bags unnecessarily.

Buy recycled products: buy products which have the recycle logo. This helps a consumer to identify the potential of recycling various products.

Avoid disposable plates, cups, bowls, utensils; carry your own.

Proofread and spell check before printing.

Reduce: Here, reduce refers to lessening the amount of items or resources that are consumed, using only the amount that is needed, and looking for alternatives that will lessen your use.

Reuse: bags, glass and plastic containers.
Donate unwanted materials.



About Life.....

Be a happier you



Don't worry-It is the least productive of all activities and thoughts.

Don't fear-Most things we fear never happen.

Don't hold grudges-That is the biggest and most unnecessary weight we carry.

Be a good listener-It is only when one listens that one gets ideas different from one's own.

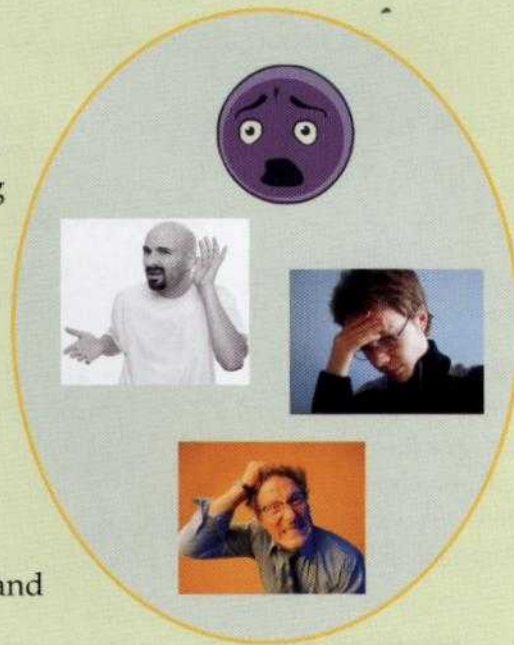
Frustration kills-Do not let it ruin and rule your life.

Don't live in the past-It can be there in your memories to enjoy, but don't cling to it. Concentrate what is happening in your life right now.

Don't feel pity for yourself-Self pity more than anything interferes with the positive actions involved with moving forward in life.

Take one problem at a time-It's the only way to handle things.

Don't take your problems to bed with you-They are bad and unhealthy companions for your sleep.



Some Fascinating **facts**

- A three year old child's voice is louder than 200 adults in a crowded restaurant.
- Your right lung takes more air than your left.
- Onions help reduce cholesterol if eaten after a fatty meal.
- We lose half a litre of water a day through breathing. This is the water vapour we see when we breath on to glass.
- Every month ,you grow a brand new layer of skin.
- The big toe is actually one of the most important elements within the body, as it balances the skeleton and enables the person to move forward.

Helpful
Tips

to save petrol



Petrol is getting really expensive these days plus if we don't do something to reduce carbon emissions within 5 years, permanent climatic changes will take place.

Here are some tips:

- 1-Pump up your tyres and use thinner tyres.
- 2-Don't leave your engine idle.
- 3-Drive at a moderate speed.
- 4-Use public transport once in a while.

- 5-Drive in high gear (overdrive).
- 6-Anticipate traffic ahead
- 7-Avoid strong acceleration
- 8-Use the air-condition sparingly.
- 9-Travel light (do not carry an unnecessary load in your vehicle).



Time

1. If we recycle onewe are able to save enough energy to run a TV for around 3 hours.
a-alluminium can.
b-plastic can.
c-newspaper.
d-Battery.
2. Petrol can be saved by driving at aspeed.
a-Fast.
b-Slow.
c-Moderate.
d-Very slow.
3.is the least productive of all activities and thoughts.
a-Sleeping.
b-Worrying.
c-Playing.
d-Reading.
4. A three year old child's voice is louder than adults in a crowded restaurant.
a-100.
b-50.
c-10.
d-200.
5. Most things we fearhappen.
a-always.
b-sometimes.
c-never.
d-often.

Answer the quiz and mail it to us with all your identity details by 30th June 2009 at bfi52@yahoo.co.in or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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