

Use  
Less  
Stuff

*A Statewide Educational  
Campaign Sponsored by the  
Oklahoma Department of  
Environmental Quality*

# Use Less Stuff Campaign Packet

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# Oklahoma Use Less Stuff Campaign Partners

Ardmore Beautification Council  
Cameron University CLEAN  
Capitol Hill High School  
Central Oklahoma Metropolitan Environmental Association  
Cherokee Nation Environmental Services  
City of Oklahoma City Storm Water Quality Management Program  
City of Tulsa Environmental Services  
Connors State College  
Delta Rho Delta (OKC Chapter)  
Delaware Tribe of Western Oklahoma  
ECO OSU  
Fort James Paper Company  
Great Plains Resource Conservation & Development  
Green Team Architects  
Henryetta High School  
Keep Oklahoma Beautiful  
Metropolitan Environmental Trust  
Moore High School Earth Savers  
Norman Recycling Association  
Nosey Neighbors Neighborhood Association  
Oklahoma Association for Environmental Education  
Oklahoma Chapter of the Nature Conservancy  
Oklahoma Chapter of the Sierra Club  
Oklahoma Conservation Commission  
Oklahoma Department of Environmental Quality  
Oklahoma Department of Transportation  
Oklahoma Environmental Management Authority  
Oklahoma Environmental Quality Education Committee  
Oklahoma State University Cooperative Extension Service  
Oklahoma State University, Tulsa--Environmental Management Program  
Oklahoma Water Resources Board  
Oklahoma Wildlife Federation  
Peace House  
Piedmont Recyclers  
Putnam City High School  
Rose State College Environmental Technology Program  
Sac & Fox, Office of Environmental Services  
Solid Waste Institute of Northeast Oklahoma  
Southwestern Oklahoma State University Environmental Club  
Stillwater High School Environmental Club  
University of Oklahoma--OUr Earth  
University of Central Oklahoma—PEACE  
Yukon Recycles Committee

*Press Release*  
**Use Less Stuff Day**  
November 15, 2001

The seventh annual ULS Day, November 15, 2001, held the Thursday before Thanksgiving, is significant because it inaugurates the high-waste holiday season. During the five weeks between Thanksgiving and New Year's, Americans produce **an extra one million tons of trash per week**, compared to any other time of the year. The idea behind ULS (Use Less Stuff) Day, founded by [The ULS Report](#), is to bring waste prevention (or *source reduction*, as it is formally known) to the forefront of public consciousness, during the holiday season and throughout the year. Recycling gets a lot of attention, and although its importance cannot be understated, reducing waste in the first place (using less stuff) is still the number one priority in the war on waste. If we are to significantly reduce pollution and waste, we *must* emphasize source reduction. Remember that "reduce" is the first R in the EPA slogan, "Reduce, Reuse, Recycle!"

Although Americans continue to recycle at higher rates, the massive amount of trash sent to landfill sites continues to grow. The United States Environmental Protection Agency reported that in 1990, the national average of waste was 2.46 pounds per person, per day. However, Oklahomans continue to average 4 to 5 pounds of waste per person, per day. With 45 percent of Oklahoma's population now served by some type of recycling program, we should be doing better. However, to make a real impact on saving resources and energy, we must learn to not create so much waste in the first place, by reducing and reusing products and packaging. For ideas on how to *Have A Low Impact Christmas* this year, see the October-December 1999 ULS Report: <[www.cygnus-group.com](http://www.cygnus-group.com)>. Also available at this web site is the ULS report, *42 Ways to Trim Your Holiday Wasteline*.

As with recycling, source reduction can be practiced effectively on a corporate, community, or personal level. It helps the environment, but it can also be financially rewarding. If you simply use less stuff, some good things will happen. For one thing, you'll save money every time you shop. Also, your town will save money. That's because the cost of preventing waste is zero, while the cost of recycling, not to mention landfilling, can be very expensive. Thus, prevention means more money for important services such as education, crime prevention, road maintenance and human services. Source reduction therefore plays a major role in efforts to develop a sustainable society, one that makes efficient use of resources while minimizing impact on the environment.

The success of **ULS Day** in its first three years underscores the freshness of the waste reduction message. We must all learn to use less stuff, and with the mounting support of government, non-profit organizations, business and the public, awareness of this vital issue will continue to grow dramatically. Oklahoma's Use Less Stuff campaign, spearheaded by the Oklahoma Department of Environmental Quality, now has over fifty partners statewide. To join this effort, contact Susie Shields at 405/702-5166 or <[susie.shields@deq.state.ok.us](mailto:susie.shields@deq.state.ok.us)>.

## Use Less Stuff Campaign: Conserve Water and Save Money

Use Less Stuff (ULS), a statewide campaign, is simply a way of focusing on source reduction as the most effective way to promote waste reduction, water conservation, pollution prevention and energy conservation. The campaign is spearheaded by the Oklahoma Department of Environmental, but many other agencies and groups have now joined the ULS educational effort.

Water conservation has been selected as the first ULS message of the month, with information provided from the Oklahoma Water Resources Board's booklet, "*Conserving Oklahoma's Water*," and *Ecoteam*, a "hands-on" program designed to empower citizens to create earth-friendly lifestyles. More information on *Ecoteam* can be found on their web site, <[www.globalactionplan.org](http://www.globalactionplan.org)>. Additional water conservation tips are also available on the DEQ web site at <[www.deq.state.ok.us](http://www.deq.state.ok.us)>.

Because water is usually so plentiful, available and cheap, we often casually disregard its importance and consider it an almost limitless resource. But world water usage has tripled since 1950 and users and suppliers in several states in the U.S. have been forced to deal with the harsh reality of dwindling water supplies. Episodes of water shortages and drought have already reared their ugly heads in Oklahoma, too. While local and state governments are working toward becoming prepared to deal with these emergencies, decision-makers, water managers and citizens must also realize that there are water use guidelines that can often stave off critical dry periods and the hardships associated with them.

Conservation of our water resources--specifically, activities designed to reduce water demand and improve efficiency of use--and ensuring the availability of fresh water for future generations involves changing habits and altering the manner in which we conduct our daily routines. In the home, the key is starting simply, such as turning off water when it is not being used, then gradually taking more advanced steps to reduce water consumption. On a larger scale, improved landscape designs, irrigation scheduling and better methods of irrigating crops, reclamation and reuse of wastewater, water budgeting and adoption of rate controls have all had considerable success in reducing both use and demand.

For approximately \$10 to \$20, the average homeowner can install two low-flow showerheads, place dams or bottles in their toilet tanks, put low-flow aerators on the faucets and repair dripping faucets and leaky toilets. Showers and faucets account for approximately 25% of your indoor water use. The average tank on the back of your toilet holds about 6 gallons of water. Only 2-3 gallons are needed per flush, but all 6 go down the drain. In fact, almost 40% of the water that comes into your home goes down the toilet. A small drip from a leaky faucet isn't just a drop in the bucket--even a slow leak can waste 4-5 gallons of water a day. Worn-out washers, one of the most common causes of

leaky faucets, is also the easiest and cheapest to fix. In just one year, these modifications can pay for themselves, saving a family of four from 10,000 to 25,000 gallons of water.

Simply changing some personal habits can also save a lot of water. Does the water run while you wash your face, brush your teeth, or shave? Letting the faucet run just while you brush your teeth--for 3 minutes in the morning and 3 minutes in the evening--wastes up to 9 gallons of water per day. Washing dishes by hand while the water is running for just 10 minutes uses about 15 gallons of water, much of it wasted. This method wastes water even if you turn off the tap while you scrub. Washing a small load in a dishwasher wastes up to 12 gallons of water. Washing dishes in a tub or partitioned sink with two sections, one for sudsy water and the other for rinse water, uses about 4 gallons of water. How much water goes down the drain before you get water cold enough to drink? On average, 24 cups of clean water are wasted each time we wait for the water to turn cold by letting it run. If you'll fill a reusable bottle with tap water and keep it in the refrigerator, you will save about 550 gallons of water per person each year. How much water do you need to get your body clean? The average shower uses 5 gallons per minute. This means you could save 25 gallons of water by staying in the shower for 5 minutes instead of 10. A bath can use 30 to 50 gallons of water--up to twice the amount you need for a 5-minute shower.

Outdoors, even more water and money can be saved through water conservation in lawn and garden areas. If you have a lawn and water it, there's a good chance it's being over-watered by a third. The average quarter-acre of lawn gets about 22,000 gallons a week more than it needs! Most established lawns need only one of water a week. Water early in the morning or early evening to avoid evaporation. Keep your grass between 2" and 3" to provide natural shade that will help the soil stay moist. Leave grass clippings on the lawn to retain moisture. If you have a garden, at least 50% of the water you use may be wasted through inefficiency. You probably use about 60 gallons of water every time you water for just 10 minutes. Check all hose connections to make sure there are no leaks, make sure your hose nozzle has an off/on switch, water early in the morning, and direct water to the soil where it is needed. A deep soaking once a week is more effective than shallow watering every day. Whenever possible, landscape with native plants that require little water and upkeep. Also, you might want to consider installing a drip irrigation system.

Oklahoma's Use Less Stuff campaign is a response to the national ULS campaign that has been working for nearly six years to help Americans develop sustainable lifestyles. A quarterly newsletter is published by the organization and a new book, [Use Less Stuff: Environmental Solutions for Who We Really Are](#) by William Rathje and Bob Lillienfeld, is now in print. Information on the national ULS campaign is available on the web at <[www.cygnus-group.com](http://www.cygnus-group.com)>.

## Use Less Stuff Campaign - Household Hazardous Waste

Anyone who has ever owned a home or had a hobby knows there is one inescapable truth - these things result in a lot of unwanted 'stuff' - like paint, mineral spirits, leftover lawn chemicals, etc. But does it have to?

One of the least thought-of aspects of any hobby or home fix-it-upper project is what you do with the leftover paint thinner, paint, fertilizer or other chemical wastes generated by that project. Many of us have a 'feeling' that this 'stuff' shouldn't go in the trash with the rest of the garbage, but what should we do with it? What if, instead of worrying about what to do with the wastes, we planned the project so that there were no wastes left at the end to have to worry about?

You've heard it before about other aspects of recycling and reuse but it is especially important here: ***don't buy it if you won't use it.*** Many people end up with unwanted chemicals because they over-purchased in the first place. Not only is this a waste of your money, but now you have a problem on your hands getting rid of the material. Plan your project carefully, only buy the amounts you know you need and think ahead to any waste you may be generating such as oily rags or contaminated cleaning solvents.

At this time in Oklahoma, there is no on-going disposal mechanism for these materials. They really shouldn't go to the landfill. Chemicals disposed of in landfills can 'leach' (think of water going through a coffee filter) their hazardous constituents and although those landfills are lined, leaks do occur. We could end up contaminating our own ground water. Approximately 50% of our drinking water comes from groundwater. As the saying goes, "You dump it, you drink it".

Consider alternatives to using hazardous chemicals. There are many alternative cleaning products on the market made from biodegradable materials. Some of these are now available at supermarkets, but generally health food stores and alternative shops may have a wider selection. Not only are these chemicals safer to dispose of, they are generally also safer to use. Next time you consider buying a chemical product, take time to read the warning labels - just because you can buy it in your neighborhood store doesn't mean it isn't dangerous.

Also consider options which won't generate wastes during future projects - consider siding instead of painting your household woodwork. Siding lasts longer, does not require chemical removal of old paint and can ultimately save you time and money. Try mulching and composting to enhance your lawn without chemicals. You'll save money on summer watering and save money by not buying chemical fertilizers. If you change your own motor oil in your car, don't contaminate the oil with other chemicals and most commercial oil change shops will recycle the oil for you.

If you already have leftover chemicals what can you do? First, consider using them up. Using them for their original intended purpose is the best way to 'get rid of them'. If you don't need them, how about a friend or neighbor? If the products are unopened or in good condition and uncontaminated, you might consider donating them to Habitat for Humanity or a similar organization. If you're lucky enough to have a household hazardous waste collection day in your community, save the unused toxic products for that event.

Never pour chemical wastes down the sink or in the storm sewer. Chemicals poured down the sink go to the municipal wastewater treatment plant with the rest of your household water. Wastewater treatment plants are not designed to filter out these materials. Chemicals poured into the storm sewer go straight to surface water sources such as streams and lakes without any treatment at all. The other 50% of our drinking water comes from surface water sources, and further, these chemicals can harm or kill aquatic life.

Finally, the old aphorism, an ounce of prevention is worth a pound of cure is very appropriate here. Cleaning up chemical wastes or sending them to a specially designed hazardous waste landfill is extremely expensive. Better not to create the problem in the first place by a little thoughtful planning, than to have to spend money to clean up a problem later. After all, whether you personally or your government pays for it, its *your* money, and its also your health.

This message is the second in a series of educational articles on the environment from the statewide Use Less Stuff campaign. Information in this month's article was provided by Central Oklahoma Metropolitan Environmental Association. The ULS campaign kicked off last month with twenty partners and has now grown to nearly thirty. If your organization is interested in joining the effort to spread the ULS word, contact Susie Shields at the Oklahoma Department of Environmental Quality, 405.702.5166 or <susie.shields@deq.state.ok.us>. More information on the national ULS campaign is available on the Web at: <www.cygnus-group.com>.

## Public Service Announcements for Earth Month (April) 30 Tips for 30 Days--Home Environmental Tips

### WATER

- Repair leaky faucets and toilets promptly. A leaky faucet can waste between 300 and 4,000 gallons of water per month. A leaking toilet can waste as much as 2,700 gallons ***daily***.
- Don't over water lawns; excess water just runs off anyway. It's time to water when grass is dull gray-green or if footprints remain visible. It is much better to water slowly and thoroughly, rather than frequently\*
- Use a small pan of cold water when cleaning fruits and vegetables rather than running water. Save the water for your plants--they will love the nutrients\*.
- Efficient landscaping can save between 40 and 90% of the water used in a traditional garden. Trickle or drip garden irrigation systems can use 80 to 90% less water than hose or sprinkler methods. "Xeriscape," one of the most popular and water-efficient forms of landscaping, incorporates intelligent and attractive landscape design utilizing native/adapted vegetation which requires less water, and limitation of lawn size to save both water and energy. Xeriscape plants are drought-tolerant and more resistant to disease and damaging insects. They also provide year-round color as well as excellent wildlife habitat.\*
- You dump it, you drink it! Tips for protecting our drinking water:
  - Do not pour automotive waste, household cleaning products, fertilizers, or pesticides into storm drains, streams, rivers, or on the street or sidewalk.
  - Keep animal wastes, lawn trimmings, and other urban debris out of street gutters and storm drains.
  - Do not hose brake fluid, oil, grease, or antifreeze into the street. They eventually reach local stream, rivers, ponds, and lakes. Clean up spilled items responsibly.

### PESTS\*

#### **Fleas**

When your pet has fleas, your house has even more fleas since only about 20% of them are actually on the animal. The rest are in carpets, upholstery, and corners, merrily breeding more generations to vex you and your pet. Don't forget that fleas can jump 12 inches or more in one leap!

- Toss a couple of mothballs into the vacuum cleaner bag before cleaning and the fleas will die when sucked into the bag.
- Make a flea trap by placing a light-colored shallow pan of soapy water on the floor next to a 25-watt lamp left on overnight.
- Keep fleas off yourself by bathing in soaps that contain certain green dyes that repel fleas. There is also at least one available hand lotion containing the flea-repelling dyes.

## **Roaches**

Roaches are extremely adaptable. Vast numbers of cockroaches can live and reproduce beneath your refrigerator during a 12-month period--if this happens, it won't matter how clean you keep the rest of your house.!

- Keep roach hiding places clean: sinks, old product boxes, closet water heaters; the insides of all appliances and radios, wall clocks, television sets and stereos; cupboards and drawers; cracks in plaster and at baseboards. Seal the space around water pipes under your sink with duct tape.
- Roaches love the glue in cartons, brown paper bags, and even your wallpaper. Serve them as little as possible by storing cartons and bags in the garage or carport.
- Instead of using commercial insecticides, try Heloise's Famous Roach Recipe which has been used successfully by hundreds of thousands of Heloise readers during the past 30 years:

1/4 cup shortening or bacon drippings

1/8 cup sugar

8 oz. powdered boric acid

1/2 cup flour

1/2 small onion, chopped (optional)

Enough water to form a soft dough

Mix the shortening and sugar together until they form a creamy mixture. Mix together the boric acid, flour, and onion, then add to the shortening-and-sugar mixture. Blend well, then add water to form a soft dough. Shape the mixture into small balls, or just drop blobs into open plastic sandwich bags to keep it moist longer. Make sure you label the bags clearly so that everyone in the house knows it's a roach lunch and put it in out-of-the-way places. When the dough gets hard, replace it.

For a dry mixture, mix equal parts of boric acid, flour, cornmeal and sugar--use for dusting infested areas. Cockroaches walk through it and then ingest it when they groom their legs and feelers.

## **Flies**

Flies in your garbage can? Wash cans thoroughly, let them dry in the sun, then sprinkle dry laundry soap in the bottoms. This will keep the flies away.

## **ENERGY\***

- If every gas-heated home were properly caulked and weather-stripped, we'd save enough natural gas each year to heat about 4 million homes.
- To increase efficiency and prolong life of air conditioners, change the filters at least monthly during the cooling season. Have the unit professionally cleaned and serviced annually.
- Keep your air-conditioning unit cool by shading it with trees, shrubs, or a canopy to get more efficient cooling.

- Using ceiling fans to circulate air makes you feel cooler, so you can raise the thermostat 8 or 9 degrees, thus saving money. If every household raised air-conditioning temperatures just 6 degrees, we would save the equivalent of 190,000 barrels of oil every day.
- If every household in the U.S. lowered its average heating temperature only 6 degrees over a 24-hour period, we would save more than 570,000 barrels of oil per day.
- Clean coils on the back of the refrigerator to improve efficiency by as much as 30%.
- Close your refrigerator on a dollar bill. If you can easily pull a dollar bill past the door seal, the seal needs to be replaced.

## **AIR**

- Use solid wood, possibly recycled plastic wood, for home construction. Formaldehyde emissions from plywood and particleboard are indoor air pollutants.\*
- You will be doing your best to control pollution from barbecuing if you light the coals with kindling instead of lighter fluid and avoid using self-lighting coals.\* Even better, use a gas grill.
- Plant trees. Trees absorb air contaminants and carbon dioxide and release oxygen into the atmosphere.
- 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.
- Tips for Ozone Alert Days:
  - Carpool, ride the bus or a bicycle, walk.
  - Trip-chain errands--combine as many as possible into a single trip; avoid rush hour.
  - Avoid mowing lawns, using motor boats and running auto air conditioners.
  - Avoid drive-through windows; park in the shade to reduce fuel evaporation.
  - Refuel at night when it's "cool to refuel."

## **WASTE**

- Recycle newspaper and office paper. 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. Making new paper from waste paper results in 74% less air pollution and 35% less water pollution than using raw materials. Recycling a four-foot stack of newspaper produces as much paper pulp as a 40-foot pine tree--recycling your daily newspaper for one year would provide the pulp equivalent of 2/3 acre of commercial forest. Recycling one ton of newspapers saves 17 pine trees.
- Recycle ALL aluminum cans! Recycling just one aluminum can save enough energy to run a television set for three hours. 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. Also, manufacturing cans from recycled aluminum produces 96% less air and water pollution than manufacturing cans from raw materials.

- Recycle drink containers. Each glass bottle that is recycled saves enough energy to light a 100-watt bulb for four hours. Americans dispose of 4 million plastic drink bottles every hour, yet only 1 out of 4 gets recycled.
- Ask your local auto supply store for recycled motor oil. Motor oil does not wear out--it simply gets dirty. It can be used again and again. 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.
- Use rechargeable batteries instead of disposable ones. Batteries corroding in landfills can contaminate our groundwater with cadmium, mercury and lead. Take used batteries to a household hazardous waste (HHW) collection day--if your community has one. Call your public works department to find out what to do with your HHW.
- Store food in reusable containers or use resealable pouches that can be washed and reused. Americans use enough plastic wrap every year to shrink wrap the State of Texas.

\*Source: **Heloise's Hints for A Healthy Planet** (Copyright 1990--Perigree Books)

Other tips were gathered from previous DEQ publications.

## OZONE AWARENESS

Summer is here, guaranteeing us plenty of sunshine and warm weather for our outdoor activities. Sunshine and warm weather are the key ingredients for the formation of atmospheric ozone. Ozone (O<sub>3</sub>) is a highly reactive form of oxygen, and at normal ambient concentrations it is colorless and odorless. At very high concentrations, O<sub>3</sub> is a blue, unstable gas with a pungent odor.

Ozone is formed in the presence of sunlight through chemical reactions of oxygen in the air with nitrogen oxides (NO<sub>x</sub>) and volatile organic compounds (VOCs). There are many sources of these pollutants. Some of the more common sources include: gasoline vapors, chemical solvents, cleaning fluids, automobile and small engine exhaust. So for example, when we fill our vehicles and lawnmowers with gas, when we use paint, when we drive our vehicles and mow our lawns, we are emitting the pollutants that contribute to the formation of ozone.

Ozone is formed in two locations of our atmosphere. Tropospheric ozone is formed at ground level and is also known as "smog." Stratospheric ozone is produced at high altitudes and provides a protective layer around the earth. These two should not be confused. Ground level ozone is a pollutant, but stratospheric ozone is a necessary component of the atmosphere. Essentially, ozone is "good up high - bad nearby." Ground level ozone does occur naturally from non-manmade sources, although this usually results in very low concentrations.

Ozone may cause health problems because it can damage lung tissue, reduce lung function, and sensitize the lungs to other irritants. Its effects are more severe and are experienced at lower concentrations in individuals with chronic lung disease, asthma, or diseases of the heart and circulatory system. Exposure to ozone for several hours at relatively low concentrations has been found to significantly reduce lung function in normal, healthy people as well, particularly during exercise. This decrease in lung function generally is accompanied by symptoms including chest pain, coughing, sneezing, nausea, headache, and pulmonary congestion.

So, what do you do with this information? First of all, protect yourself and stay indoors on the days when the ozone levels are high, especially if you are more sensitive. Be aware of the dangers of ozone. Stay in touch with the current ozone levels by checking the DEQ web site (<http://www.deq.state.ok.us/>). Listen to the news for announcements of ozone alert days. Second, reduce the emissions of the pollutants which contribute to ozone formation. Things that you can do to reduce emissions include:

- 1) Ride the bus, share-a-ride/car pool
- 2) Trip chain, combine errands to make one trip instead of several
- 3) Ride your bicycle, walk, run, or skate instead of driving your car
- 4) Care for your car with regular maintenance
- 5) Refuel after dark, and don't top-off the tank
- 6) Avoid the use of gasoline powered lawnmowers and other lawn tools

These simple actions require little effort on your part and can go a long way in helping to improve our environment. By car pooling, combining errands, driving less and avoiding powered lawn mowers, we Use Less Stuff, save money, and protect our health by reducing ground level ozone concentrations. Ozone awareness is the first step to making a difference, so take action and spread the word.

## USE LESS STUFF: Don't Bag It - Lawn Care

Between March and October, yard waste contributes 20 to 50 percent of the household waste stream. Yard waste is an organic part of the waste stream that can be recycled by composting and/or other methods. The “Don't Bag It” program from the OSU Cooperative Extension Service is concerned with recycling yard waste as part of the statewide Use Less Stuff Campaign. The ULS Campaign, spearheaded by the Oklahoma Department of Environmental Quality, started last September now boasts forty partners.

The “Don't Bag It - Leaf Composting” brochure (L252) outlines how to make compost in a compost pile, trouble shooting, and how and why to use compost. Composting leaves creates healthier soil, helps grow healthier plants, and prolongs the life of landfills by reducing yard waste. A household uses fewer bags when leaves are composted in a compost pile instead of being collected and dumped in a landfill. The compost can be used to enrich gardens thus reducing the amount of fertilizer needed. Using compost in soil improves water retention thus reducing the amount of water needed to sustain the plants and trees. Mulching with compost reduces the weeds thus reducing the amount or the need for herbicides.

The “Don't Bag It - Mulching with Wood Chips” brochure (L251) covers topics such as the benefits and drawbacks of mulching and how to use wood chips in landscaping. Mulching with wood chips conserves soil moisture thus reducing the amount of water needed to sustain the plants. Mulching reduces the weed population and the amount of herbicide needed for weed control. Mulching cools the soil which increases plant survival. Keeping woody yard waste out of landfills recycles natural resources and prolongs the life of landfills.

The “Don't Bag It - Lawn Care Plan” brochure (L253) outlines how to save time, energy and money when caring for your lawn. With the “Don't Bag It” program, the annual mowing time is reduced by one third from bagging clippings thus reducing the amount of fuel used and the amount of exhaust released into the air. Without the bag, the mower is easier to push thus saving energy. Using this program saves the homeowner money in several ways:

- fewer garbage bags purchased/used
- less fuel purchased/used
- landfill life extended
- volume based trash collection and disposal fees lowered
- less lawn mowing service fees charged
- less fertilizer needed

The brochure ranks various types of turfgrasses according to their water needs. To use less water you may choose a variety of turfgrass with lower daily water requirements. To help you reduce the amount of fertilizer used, the brochure outlines a fertilizer plan for the correct type and amount of fertilizer for application to various types of turfgrasses. A mulching lawnmower chops grass blades very fine improving lawn appearance and returning the clippings to the soil. The returned clippings improve water-use efficiency, recycle plant nutrients, and improve the lawn appearance.

## Use Less Stuff: Try Backyard Composting

The days are getting longer, daily temperatures are increasing, and spring showers are moistening the parched winter soils. It's the time of year when many lawn and garden enthusiasts turn their attention toward the outdoors. The Use Less Stuff Campaign sponsored by the Oklahoma Department of Environmental Quality would like to offer a few hints and reminders to help you turn your home and yard waste into a valuable soil amendment instead of sacking it up and placing it on the curb. Finished compost can also provide a much needed improvement or replacement for gardeners who have to work on a bed of clay or sand.

### What Is Composting?

Composting is the natural decomposition of organic material. Compost is a mixture of soil and partly decayed organic matter that is used to improve garden and potting soils. Composted materials add much to the soil. They improve soil texture, provide nitrogen and other nutrients through the decomposition process, and also increase the water holding capacity of the soil.

### What Is Needed?

Four things are needed for composting: organic matter, microorganisms (bacteria), moisture, and oxygen.

- **Organic Matter** -- Materials frequently used in composting include: grass clippings, leaves, weeds, straw, wood, newspaper, fruit and vegetable wastes, coffee grounds, pecan and peanut shells, livestock manure, and even fish scraps. Avoid using dog or cat feces due to the foul odors, meat scraps that may attract scavenging rodents, or debris from plants that have been treated with herbicides or pesticides, which may inhibit the bacterial breakdown of the materials. In order for the decomposition process to proceed, carbon rich brown materials such as dried leaves, wood chips and straw must be mixed with nitrogen rich green materials such as grass clippings, fruit and vegetable scraps, and live tree and shrub cuttings. Materials need to be mounded or contained in bins or barrels with enough volume such that the proper heat (130°F+) can be maintained. Generally, a three-foot diameter bin is a good starting point. There are many bin designs to choose from provided by the OSU Extension Service and other local agencies and services.

- **Microorganisms** -- Many individuals supply a scoop of soil to provide microorganisms, but this probably isn't necessary as they tend to accumulate without prompting provided the moisture and materials to feed on are there.
- **Moisture** -- Water needs to be supplied to the materials and dampened to resemble the moisture content of a wrung-out sponge. Too much moisture and the pile can begin to stink. Too little moisture and the decomposition process slows.
- **Oxygen** -- The final step is to occasionally "turn" the pile or provide fresh oxygen to the microbes as they use it up breaking down the materials in the center of the pile. A shovel can be used or there are a number of commercial turning devices on the market that work well and are relatively inexpensive. The frequency of turning is one of the main factors that determine the time it takes for finished compost to be attained. Generally, the process takes from 2 months to a year depending on the frequency of turning and watering.

### **Ways To Use Compost**

Finished compost will be a rich dark color, will smell earthy and sometimes sweet, will be cool (no longer decomposing), and will crumble to the touch. Finished compost has many uses around the lawn and garden. It can be used as potting mix for indoor and outdoor plants or spread around shrubs, flowers and trees as mulch. Compost can be worked into new planting areas or into soil on existing flower and vegetable gardens seasonally. It can also be used to make compost "tea" by soaking it in water and obtaining the nutrient rich solution to feed plants with. It can also be used to replace soils such as in raised bed gardens for planting in areas that are clayey and do not drain well. Compost can be slightly acidic in nature, so check to see if the plant species thrives in lower pH conditions before planting directly without pH balancing amendments.

### **Worm Composting**

Still another aspect of the composting process involves using redworms to further the process of organic matter breakdown into extremely nutrient rich vermicompost. The castings or wastes left by the worms provides the best plant food that nature has to offer. These worms are especially useful in breaking down leftover food scraps such as fruit and vegetable wastes, bread, and coffee grounds. And having an extra handful of worms around for that quick trip to the fishing pond is an added bonus. For more information on how to set up a worm composting bin or any other composting information, contact the DEQ at (405) 702-5166.

## **A Green Christmas**

*From the Use Less Stuff Report*

'Twas the night before Christmas and all through my home,  
Efficiency reigned, thanks to our geodesic dome.

The children were nestled all snug in their beds,  
Warmed by the ceiling fan over their heads.  
Cozy in PJs, a night shirt or gown,  
We saved money by turning the thermostat down.

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the thermopaned windows I flew,  
And pushed open lined curtains to have me a view.

There in the yard did suddenly appear,  
A low emissions vehicle powered by tiny reindeer.  
The driver was hoping by all to be seen,  
Since he'd gotten new clothes, all warm and bright green.

He jumped on the roof and down the chimney he slipped,  
Delivering the gifts he'd been making or shipped.  
And if by sheer magic and out of the vapor,  
Came presents now wrapped in bits of newspaper.

For Sally a doll and for Jimmy new socks,  
Each wrapped with old ribbon and in a used box.  
A scarf for dear Mary and a hat for old Rodge,  
Now they could walk and not take the Dodge.

With a job well done he got back in his sleigh,  
Ready to travel far, far away.  
But just before leaving he stopped and did tell,  
"Have a ULS Christmas and all will be well."

***Have a Happy and Resource-ful Holiday Season!***

## Use Less Stuff: Dreaming of A Green Christmas

While you are pondering new ways to be creative in your gift-giving this year, consider ideas that encompass a respect for the Earth and the limited resources we must all share. The most important consideration is whether your gift will be of real utility to the recipient and won't just go in storage somewhere.

Handmade gifts and gifts of time or service are always welcome, especially by the elderly, as they will be something that cannot be easily purchased.

Here are some suggestions to help you:

1. Buy products with little or no packaging, or at least, packaged in recycled or recyclable materials.
2. Purchase durable toys for children so they will last beyond January 1.
3. Buy rechargeable cadmium batteries and a solar charger for games and toys.
4. Use comic sections of newspaper or old magazines for gift wrap, wrap with reusable items such as bandanas or towels, or use recycled or reused wrapping paper.
5. Introduce your friends and family to eco-products such as compact fluorescent light bulbs, water-saving showerheads and toilet dams, non-toxic cleansers and bath products or a pack of recycled office supplies.
6. Design gift baskets of organic fruits, breads, cheeses and healthy snacks or native plants, seeds and herbs. Common spider plants and philodendrons clean the indoor air of toxins.
7. Sponsor endangered animals/areas. To order sponsor packets for a whale, dolphin or wolf for \$20 each, call National Wildlife Federation, 1-800-432-6564. To adopt-an-acre of rainforest for \$20, call Rainforest Action Network, (415) 398-4404.
8. Buy a living tree and plant it in your yard after the holidays. If you don't have a place to plant it, donate it to a school, nursing home, friend, relative, etc.
9. Personalize an environmental license tag. Two designs are now available, one with a rising sun and the other an Indian Blanket wildflower. \$24 of the \$25 fee goes to state environmental education grants disseminated by the Department of Environmental Quality. (*Contact Susie Shields, 405/702-5166 or <susie.shields@deq.state.ok.us> for more information.*)
10. Give gifts of yourself to family members, such as organizing cabinets or closets, catering a party, planting a garden, a week-end of babysitting, housepainting, carwashing, etc. These are true gifts of love rather than just going out and spending money, possibly for unwanted items that will wind up sitting in a closet awaiting a garage sale.

## **Use Less Stuff Campaign: Tips for An Environmentally-Friendly Holiday Season**

Are you a waste-wise warrior or merely a waste-wise wannabe? Americans throw away 25% more trash during the Thanksgiving to New Year's holiday period than any other time of year. The extra waste amounts to 25 million tons of garbage, or about 1 million extra tons per week. So, to help trim the trash while trimming the tree, *The ULS Report* offers a challenging checklist of simple things you can do to reduce waste while you eat, drink, and make merry this holiday season.

### **42 WAYS TO TRIM YOUR HOLIDAY WASTELINE**

#### **THE ULS YULETIDE PARTY GUIDE**

'Tis the season of parties and festivities, food and fun. From Thanksgiving through New Year's we like nothing more than to eat, drink and be merry, so we need successful strategies to cut down on the waste we create from our amplified entertaining.

- Turn down the heat before the guests arrive. You'll save energy while the extra body heat of your guests will warm up the room.
- For formal affairs, consider renting seldom worn party clothes or buying them from consignment shops.
- You can also rent dishes and glassware, making your party more elegant and eliminating the need to buy special holiday china.
- Walk to neighborhood parties, or carpool (with a designated driver!) with friends if it's too far to walk.
- After the party, don't throw away the leftovers! Put them in plastic containers or bags and send them home with guests, or donate to food banks.
- Plan meals wisely and practice portion control to minimize waste in the first place.

*Did you know . . . at least 28 billion pounds of edible food are wasted each year – or over 100 pounds per person. Putting one less cookie on Santa's plate will reduce his snacking by about 2 million pounds.*

#### **HOME SWEET HOME**

There's no place like home, especially during the holidays, so why spend so much time, energy, and money traveling when everything you need is right at home? Pretend you're a tourist visiting your own town. Call the AAA, visit your Chamber of Commerce and visit the local government website. You'll probably be amazed at the attractions you've taken for granted and never visited. Also, by staying home you can:

- Reduce the amount of gas used during a heavy travel time.
- Help keep your local economy strong, making for a vital and thriving downtown.

*Did you know . . . if each family reduced holiday gasoline consumption by one gallon (about twenty miles), we'd reduce greenhouse gas emissions by one million tons?*

## **LET YOUR FINGERS DO THE WALKING**

- E-commerce is the wave of the future. But remember, e-commerce is not necessarily waste-free. Choose items that won't be excessively packed for shipping. For you Web-heads, try giving these a click: <[www.ecomall.com](http://www.ecomall.com)>, <[www.greenshopping.com](http://www.greenshopping.com)>, <[www.greenhotels.com](http://www.greenhotels.com)>, <[www.realgoods.com](http://www.realgoods.com)>.
- If you're shopping by mail order catalogue, remember to cancel the ones you don't need.
- *Did you know . . . in 1981 the average household received 59 mail order catalogues, and by 1991 the number had increased 140%, to 142?*
- *Did you know . . . if each household canceled 10 mail-order catalogues it would reduce trash by 3.5 pounds per year? (If everybody did this, the stack of canceled catalogues would be 2,000 miles high!)*

## **BYOB**

- During the nation's busiest shopping season, bring your own shopping bags. Paper, plastic and cloth are all good; the latter two can be folded easily into purses and pockets until used.
- Consolidate your purchases into one bag rather than getting a new bag at each store on your shopping rounds.

## **FUSS-FREE GIFT GIVING**

Plan your shopping in advance. Consolidating your shopping trips saves fuel (and aggravation), and you'll avoid those last minute frenzies when you won't have time to make careful gift choices.

- Rather than piling up "stuff" under the tree, think about what friends and family really want or need. Try giving gift certificates if you don't know what someone wants, or simply make a donation in his or her name to a favorite charity.
- Give gifts that encourage others to use less stuff, like a book about making crafts from reusable items, cookbook for leftovers, reusable tote bags.
- Or simply set a good example by giving homemade food or something you've made yourself from reused items.
- For kids, start a savings account or give stocks or bonds. It's fun to watch money grow and it teaches children the value of financial conservation.
- Shop for gifts at antique stores, estate sales or flea markets, since one person's trash is another's treasure.
- Donate unwanted gifts, along with last year's gifts that the kids have outgrown, to charity.

## **KID STUFF**

- When buying electronic toys and other portable items that are used regularly, remember to buy rechargeable batteries to go with them.
- Instead of wrapping gifts for the kids, hide the presents, plant clues to where they're hidden and make the kids' search into a treasure hunt.

- Get the kids to make their own tree ornaments out of things you already have around the house, or from materials they might find in the backyard: twigs, bark, flowers and herbs, pine cones, etc.
- Old clothes and jewelry make a great dress-up box for kids.
- Tools and gadgets make a great idea box for a young inventor.

### **CARD SENSE**

Our mailboxes burst this season with membership offerings and fundraising appeals, presents, gift catalogues and cards. What to do . . .

- Send e-greetings to family, friends and business associates who are on-line. (Try [The Electric Postcard](#).)
- Save yourself time, money, and hard feelings between friends – and reduce mail volume – by updating and paring down your holiday mailing list.
- Be creative. Instead of buying placemats or table decorations, make your own. Cut old cards into shapes and press between two pieces of clear contact paper.

*Did you know . . . the 2.65 billion Christmas cards sold each year in the U.S. could fill a football field 10 stories high? If we each sent one card less, we'd save 50,000 cubic yards of paper.*

### **SHOP RIGHT...AND SHIP LIGHT**

- When buying gifts you will send by mail, pick items that are easy to ship and won't require excess packaging.
- Reuse packing cartons and shipping materials such as peanuts, wood shavings, shredded newspaper and bubble wrap.
- Drop off extra packing peanuts at local private mailing centers. Call the Plastic Loosefill Council's *Peanut Hotline* at 1-800-828-2214 for the names of local businesses that reuse them. (Stores often offer discounts for returning packing materials like cartons and boxes.)

### **WRAP IT UP**

- Or better yet, think of gifts that don't have to be wrapped at all: tickets to concerts, museums, or sporting events, gift certificates, house plants, or even gifts of your own time.
- When giving oversized gifts like bicycles or CD racks, instead of wrapping them in paper, just tie a bow around them.
- Wrap gifts in old maps, newspapers, Sunday comics or fancy holiday gift bags. Kids' art work is a perfect wrapping for presents to proud grandparents.
- Use brown paper grocery bags to wrap small-to-medium size boxes that have to be mailed.
- Make the wrap a part of the gift: Putting cookies in a flower pot or hiding jewelry in a new pair of gloves will keep your gift under wraps and the "wrapping" out of the trash.

*Did you know . . . if every family reused just two feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet?*

## Use Less Stuff: Getting Rid of Post-Holiday Clutter

Got the post-holiday blues? If there's too much stuff cluttering up your house, the Oklahoma Use Less Stuff Campaign, sponsored by the Oklahoma Department of Environmental Quality, would like to help you find a solution for getting rid of some of it.

**Christmas Cards.** A great way to promote charitable causes is to send your old greeting cards to St. Jude's Ranch for Children. The children cut, trim and paste the fronts of the used cards on to new backings. They are sold as a fundraiser for the non-profit group's program for abused, neglected and troubled children and teens. To order cards or to send your donation of used cards, write or call (702) 293-3131: St. Jude's Ranch for Children, 100 St. Jude Street, Boulder City, Nevada, 89005.

**Corrugated Boxes.** More than 70% of corrugated cardboard is recovered and recycled into new boxes and paper products. The fact is, the fibers from one corrugated box can have up to seven or eight lives. Breakdown and flatten your boxes for easier transporting before taking them to your local recycling center. If you do not have a center available, check with a local grocer or department store such as Wal-Mart or Target to see if they will bale your cardboard in their in-house recycling program.

Boxing Days is a post-holiday program for any community in North America that wants to run its own corrugated cardboard recovery event during the post-holiday season. The idea is intended to heighten community spirit as citizens participate in simple activities aimed at recovering the overflow of corrugated packaging generated during the holiday season. A kit containing an instruction manual, video and other materials is available for potential sponsors and interested communities. Contact Heather Lowry of the Corrugated Packaging Council at (847) 364-9600 to request a kit.

**Packing Peanuts.** Call the Peanut Hotline, (800) 828-2214, for locations of mailing centers such as mail Boxes, Etc. that reuse the packing peanuts. If there is no location in your community, check with local gift or craft shops, artists' galleries or elementary school art programs for reuse opportunities.

**Catalogues.** Okay, your shopping days are over for awhile, but if you ordered from any catalogues you are now on the "hit list". The best way to get off the mailing list of unwanted catalogues is to call the 800 number listed on it and tell them to remove your name. You can also call credit bureaus such as Equifax, (800) 755-3502, and ask to be removed from all direct marketing lists. Another option is to order a free mail reduction kit from Mail Preference Service, P.O. Box 9008, Farmingdale, NY 11735-9008 or (212) 768-7277.

**Christmas Trees.** If you purchased a live tree, all you have to do is plant it or give it to someone who will. Dead trees are most often shredded into mulch to be used for revegetation projects to prevent erosion or in community parks. Many communities have tree collection programs where you

take your tree for recycling and then in the spring return to get free mulch. Fishermen in some areas such as Tulsa volunteer to take the trees to area lakes and streams for fish habitat. You can also shake the trees hard over an opened sheet until the needles drop. The needles can then be used to make fresheners for drawers, closets, car trunks, etc.

Phil Mulkins' article in Tulsa World last year suggested a few more unusual uses of dead trees. A couple of sprigs could be used to start a kindling fire, but be careful as a dry tree contains enough pine tar to go up like gasoline. To use as a pet repellent, place boughs vertically around tree trunks. You can also cut off the branches, with needles still attached, and use them as mulch in flower beds and around bushes to deter roaming pets. For a bird shelter, pick a corner of the back yard where you can stand two or more trees together to form a catproof shelter for resident birds.

**Food Scraps.** Of course, the best idea is to use up your leftover food. If you can't manage to do that, get some redworms and let them turn your scraps into fabulous vermicompost for your plants. For more information about how to set up a worm composting bin, contact the DEQ at <susie.shields@deq.state.ok.us> or (405) 702-5166.

## USE LESS STUFF WEEK/AMERICA RECYCLES DAY ACTIVITIES for SCHOOLS

1. Collect eyeglasses for reuse—Contact: Local Lions Club
2. Collect fronts of greeting cards; they will be made into new cards by the children and sold for their benefit—Contact: St. Jude's Children's Hospital, 100 St. Jude's St., Boulder City, NV 89905-1618, 1-800-492-3562
3. Collect plastic six-pack rings for recycling—Contact: Ring Leader Recycling Program, (630) 773-9300 or <[itw@ringleader.com](mailto:itw@ringleader.com)>, ITW Hi-Cone Recycling Department, 1140 Bryn Mawr Avenue, Itasca, IL 60143. Company provides special recycling "trees" on whose branches children can hang plastic six-pack rings that they have collected. Also available are several activities to supplement your environmental education curriculum. Collect bundles from tree and return to Hi-Cone for recycling into new six-pack rings with postage-paid mailing labels provided.  
<<http://www.ringleader.com>>
4. Collect plastic bags for recycling—Contact: Plastic Bag Clearinghouse, 1-800-438-5856 or [pbainfo@aol.com](mailto:pbainfo@aol.com), for database of collection sites or information on plastic bags.
5. Collect foam packaging peanuts for reuse—Contact: National Plastic Association Loosefill Collection Program, 1-800-828-2214, for nearest location.
6. Start "radio station" KWTR (Kids Want to Recycle) or KULS (Kids Use Less Stuff) at your school. Make announcements on school intercoms promoting your projects and at the same time transmitting important facts to stimulate awareness and interest. Announcement ideas are available from Susie Shields, ODEQ, [Susie.shields@deq.state.ok.us](mailto:Susie.shields@deq.state.ok.us) or 405-702-5166.
7. Plan a special school event for America Recycles Day, Use Less Stuff Week, Earth Day or anytime. An event planning guide is available at: [www.americarecyclesday.org](http://www.americarecyclesday.org). The ODEQ has promotional materials including Use Less Stuff decals, buttons, posters, banners and Reduce, Reuse, Recycle decals available (See #6 contact info). Some possibilities include:
  - Recycling fair (exhibits, entertainment, recycled art, etc.)
  - Recyclable scavenger hunt (search for recyclables thrown away)
  - Milk jug bowl (half-time of sports event/school vs. school)
  - Aluminum recycling challenge (which class can bring the most; can raise a little money; could do it on a regular basis and give a "golden can" award or something like that)
  - Recycling Olympics (can crushing, newspaper baling contests; bottle ring toss, smash mash relay race)
  - Holiday recyclathon (collect toys, clothing, etc. for reuse)
  - Recycling day (students wear sandwich boards or pass out fliers all day)
  - Recycling invention convention
8. Keep graph in hall showing how many trees are saved each month by each classroom. (You could make it a contest, but students might throw away paper that could still be used just to win.)

9. Have a “trash rap”, poem, poster, slogan or recycled art show.
10. Develop a program for the elementary students about recycling and/or using less stuff; put it on a video.
11. Make murals for hallways showing ways recycling helps the environment.
12. Look for ways to reuse materials that are being thrown away by the school.
13. Organize a “waste-free” lunch day (Info available from DEQ).
14. Organize a book exchange program (get coupon to purchase another book when bringing one in.)
15. Create a mascot and make a costume (R.E. Cycle wears superman type costume; Rosie Recycle has a costume made out of recyclable items attached to a trash can, has lid for hat; Rex and Regina robot are recycled cans.)
16. Make an exhibit showing all the trash in one panel; recyclable items in the second panel and what is left in the third panel. (You have to have two sets of all items, with one complete set going in the first panel.)
17. Make an exhibit of products made with recycled material (leave in library).
18. Set up a speakers bureau, with one (or more) student(s) becoming an expert on a certain type of recyclable item—talk to classrooms in your school (or other schools, group meetings, etc.) on a regular basis.
19. Design a recycling and/or "use less stuff" coloring book for elementary students.
20. Provide a “swap board” where students can exchange unwanted materials for something they need (i.e., leftover paint, books, clothing, canned goods, bicycle, lawn mower, etc.).
21. Develop a take-home survey to find out how many students already recycle; send home information about your school’s recycling program.
22. Have “hands-on” sessions for students showing how materials need to be prepared and why (discuss contamination). Make a video or a permanent display of materials.
23. Make up a cheer for the cheerleaders about recycling.
24. Have a Paperless School Day. (The hardest part is getting the administration and faculty on board.)

## USE LESS STUFF RESOURCES

### BOOKS/BOOKLETS

- **Choose to Reuse** by Nikki and David Goldbeck (Ceres Press, P.O. Box 87, Dept. CTR, Woodstock, NY 12498, \$15.95) An encyclopedia of services, products, programs and charitable organizations that foster reuse.
- **Eco-Renovation, The Ecological Home Improvement Guide** by Edward Harland. A Real Goods Independent Living Book (\$16.95). Chelsea Green Publishing Co.
- **The Green Consumer** by John Elkington, Julia Hailes, and Joel Makeover (Viking Penguin, 40 West 23rd St., NY, NY 10010/\$8.95) Brand-specific handbook of environmentally responsible shopping choices.
- **Home Ecology** by Karen Christenson (Fulcrum Publishing, 350 Indiana St., Golden, Colorado/\$15.95) A complete overview of what you can do at home to help the environment. It's filled with practical tips that come only from actually applying environmental awareness in one's daily life.
- **Our Ecological Footprint, Reducing Human Impact on the Earth** by Mathis Wackernagel & William Rees (New Society Publishers, Copyright 1996/\$14.95) Cuts through the talk about sustainability and introduces a revolutionary new way to determine humanity's impact on the Earth. Converts seemingly complex concepts of carrying capacity, sustainability, resource use, waste disposal, and more into a graphic form everyone can grasp and utilize.
- **Rodale's Chemical-Free Yard & Garden, the Ultimate Authority on Successful Organic Gardening.** Copyright 1991—Distributed by Random House Value Publishing, Inc.
- **Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living** by Janet Lubbers.
- **STUFF, The Secret Lives of Everyday Things** by John C. Ryan and Alan Thein Durning.  
**Seven Wonders--Everyday Things for A Healthier Planet** by John C. Ryan (sometimes known as the Dalai Llama vs. Baywatch) Northwest Environment Watch, 1402 Third Avenue, Suite 1127, Seattle, WA 98101-2118/\$9.95) 206-447-1880, e-mail: <nwwatch@igc.apc.org>, website: <<http://www.speakeasy.org/new>>
- **The Use It Up Cookbook: A Guide to Minimizing Food Waste.** Self-published by Lois Carlson Willand, 145 Malcolm Ave., SE, Minneapolis, MN 55414, 612-378-9697.
- **USE LESS STUFF, Environmental Solutions for Who We Really Are** by Robert Lillienfeld and William Rathje--Editors of the Use Less Stuff Report. (Partners for Environmental Progress, PO Box 130116, Ann Arbor, MI 48113/\$12.00) 313-668-1690, website: <[www.cygnus-group.com](http://www.cygnus-group.com)>. Order book from publisher: <[www.randomhouse.com](http://www.randomhouse.com)>.

### PERIODICALS

- ***"Reusable News"*** (John Leigh, U.S. E.P.A., 401 M. St., SW, Washington, D.C. 20460) Quarterly. FREE. Website: <[www.epa.gov/epaoswer/non-hw/recycle/reuse.htm](http://www.epa.gov/epaoswer/non-hw/recycle/reuse.htm)>.
- ***Simple Living Newsletter:*** <<http://slnet.com/free/newsletter>> Free.
- ***"The ULS Report"*** (Partners for Environmental Progress, PO Box 130116, Ann Arbor, MI 48113/313-668-1690, <[www.cygnus-group.com](http://www.cygnus-group.com)>) Bi-monthly. FREE. Dedicated to helping people learn how to reduce waste.

## JUNK MAIL

- **Credit Bureaus** -- Ask to be removed from all direct marketing lists:
  1. Experian Opt-Out, 800-353-0809
  2. Equifax, 800-755-3502
  3. Union/Transmark Inc., 800-345-2349
- **Mail Preference Service**, P.O. Box 9008, Farmingdale, NY 11735-9008, 212-768-7277. Free mail reduction kit.
- **Stop Junk Mail Forever**, Good Advice Press, Box 78, Elizaville, NY 12523, 914-758-1400
- **Stop the Junk Mail Kit**: <www.stopjunk.com> (Consumer Research Institute of Ithaca/\$12.95)
- Web site with more information: <www.stopjunk.com>

## OTHER RESOURCES

- **Adbusters** web site: <www.cmpa/ca/adburst.html> or 604-736-9401 for information on counteracting media and promotional campaigns that cause "shopping fever." **Promotes "Buy Nothing Day"** —the day after Thanksgiving.
- **"Affluenza"** is having a dysfunctional relationship with money. Subscribe to electronic version of this newsletter at <newsletter@affluenza.com> or check out web site: <www.affluenza.com>.
- **Earth Aware** shareware: <http://www.dcn.davis.car.us/go/earthaware> Information on managing household resources more environmentally.
- **Earth Force** bicycle promotional activities and information: <getoutspoken@earthforce.org>.
- **Green Hotels Association**: <www.greenhotels.com> List of hotels with recycling, water conservation, etc. programs.
- **Oklahoma Department of Environmental Quality** website: <www.deq.state.ok.us>. **Use Less Stuff** campaign in progress (started September 1999). Information available on conserving water, protecting air and water, and reducing waste (includes worm composting, organic gardening, recycling, reuse, etc.)
- **Plastic Loosefill Council, Peanut Pipeline**: 1-800-828-2214. Names of local businesses that reuse packaging peanuts and bubble wrap.
- **Simple Living Network**: <http://slnet.com/>. Web-based guide to doing more with less. Chat rooms and study groups on such topics as: simple living, voluntary simplicity, conscious consumerism, sustainable living, etc.
- **Smart Gardening ideas**: <www.smartgardening.com> or (888) CLEANLA.
- **St. Jude's Ranch for Children**, 100 St. Jude's St., Boulder City, NV 89905-1618, 1-800-492-3562. Send fronts of greeting cards to be reused in making new cards. You can also buy reused cards (ten cards for \$6.50) from them.