





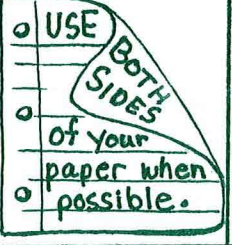








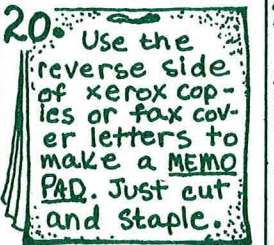



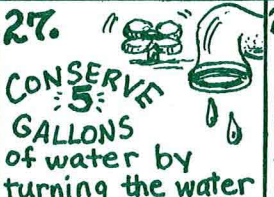



SUN	MON	TUES	WED	THUR	FRI	SAT
<p><u>CALENDAR PROVIDED BY:</u></p>  <p>Solid Waste Agency of Northern Cook County</p> <p>1616 East Golf Road • Des Plaines • IL 60016-1293 Phone 847/296-9205 Fax 847/296-9207</p>			<p>Reduce ~ Reuse ~ Recycle ~ BUY RECYCLED!</p>	<p>1. Use it up, Wear it out- Make it do, OR DO WITHOUT.</p>	<p>2. CALL your Village Hall to be sure you have the most up-to-date re-cycling program information.</p> 	<p>3. Cut down on generating waste in all areas of your life. Read <u>Use Less Stuff</u>, by Lilienfeld and Rathje.</p>
<p>4. Drink out of reusable plastic or glass cups instead of disposable paper ones.</p> 	<p>5. "DO" a waste-free lunch-Food goes in reusable Containers in a re-usable bag. Don't forget the cloth napkin.</p> 	<p>6. Call SWANCC for IEPA's Spring listing of household hazardous waste collection sites.</p> 	<p>7. GO missing pieces to a game? Call or write the manufacturer + request replacement parts.</p> 	<p>8. USE BOTH SIDES of your paper when possible.</p> 	<p>9. Buy products with minimal packaging or buy in bulk without packaging</p>  <p>Whenever Possible.</p>	<p>10. Give away old toys or clothes to people who can use them.</p> 
<p>11. "Say NO" to plastic and "paper bags". Bring your own cloth bags to the store.</p> 	<p>12. Make bookmarks from old cards. Share one with a FRIEND.</p> 	<p>13. Put a handful of dryer lint in the backyard for the birds to use in their nests.</p> 	<p>14. STOP JUNK MAIL! Call SWANCC for listings.</p> 	<p>15. SWAP Magazines or Books With a Friend.</p> 	<p>16. CUT DOWN on spontaneous buying ~</p> <ul style="list-style-type: none"> ✓ Make a list before ✓ Shopping + ✓ stick to it. 	<p>17. ORGANIZE a group to clean up litter from a nearby stretch of land.</p> 
<p>18. <u>READ A BOOK</u> about a person who has helped the environment. Ask your librarian for ideas.</p>	<p>19. <u>RECYCLE!</u> IT takes 95% less energy to create an aluminum can from recycled materials than from raw ones.</p>	<p>20. Use the reverse side of xerox copies or fax cover letters to make a <u>MEMO PAD</u>. Just cut and staple.</p> 	<p>21. <u>WHENEVER POSSIBLE</u> Purchase products made from post-consumer recycled materials.</p> 	<p>22. EARTH DAY START a club that focuses on waste reduction and keeping the environment clean.</p>	<p>23. Conduct a <u>WASTE AUDIT</u>-monitor the amount of garbage generated in the lunchroom, classroom or office. Call SWANCC for a "howto" handout.</p>	<p>24. <u>SAVE ENERGY</u> Turn OFF the lights, T.V. + radio when leaving the room.</p> 
<p>25. Use non-toxic alternatives for cleaning. Read <u>Clean and Green</u>, by Annie Berthold-Bond.</p>	<p>26. Make a wind chime from old keys, silverware or misc. pieces of hardware. LISTEN TO THE MUSIC.</p> 	<p>27. <u>CONSERVE</u> 5 GALLONS of water by turning the water OFF while brushing your teeth.</p> 	<p>28. Make a <u>BIRDFEEDER</u> from common household items. call SWANCC for instructions.</p> 	<p>29. Mark your calendar for SWANCC's Wheeling Township Transfer Station Open House on June 5, 1999, from 10:00am ~ 1:00pm.</p>	<p>30. ARBOR DAY The best time to plant a tree was 20 years ago. The second best time is NOW!</p>	<p>VISIT SWANCC's new web site at www.swancc.org</p> 