

Think about air quality!!  
Website used - - - - [www.kidsface.org](http://www.kidsface.org)

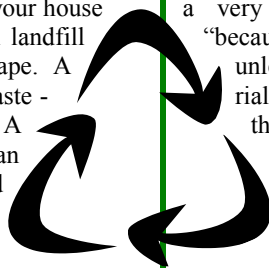
Most of the time when we think about **air** quality and air pollution, we think about the **outdoor** air, and that is important, because air pollution is about the air we **breathe** as well as the cause of acid rain. But there is more to air quality and air pollution than outdoor air. Air is also **indoors** - it is the air we breathe in the offices and schools where we work and in our homes where we live. Too, often, however, we forget about this air quality, the indoor **air quality**, when we think about air pollution. But indoor air quality is a growing concern because in recent studies and reports compiled by the Environmental Protection Agency (EPA) it was discovered that asthma has reached epidemic proportions with almost one in 13 **kids** having asthma - a condition that can be aggravated by air pollution and ozone. The EPA also considers indoor air as one of the top environmental health risks in America! In addition, a US Government Accounting Office report indicated that over half of the schools have **problems** with indoor air quality. Plus, our homes are being built with



more and more insulation to keep out the cold air and this means there is no ventilation or exchange of **fresh** air inside the home. The problem is that as long as we just think about air pollution being the outside air that we breathe and this air quality is effected by car exhaust and smoke stacks, then we are missing a big part that is the source to health and illness. Indoor **air pollution** can be just as nasty as outdoor air pollution because it too can lead to asthma attacks and other health problems. The good news is that there are things that we can do to help both outdoor and indoor air pollution. Organizing car pools or riding your bicycle to school is one step in the right direction. Planting **trees** also clean our air of pollutants - and this goes for indoor air also. You don't have to **plant** a tree indoors, you can, however, put potted plants in your rooms at home, school or even the office. These potted plants clean the air of indoor pollutants just like trees **clean** the air outdoors. So the next time your mom yells at you to, "Close that door!", use that opportunity to talk to her about indoor air pollution and the need to have ventilation in the home.

Mission: Recycle  
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Have you ever thought about where your homework paper goes when you are finished with the assignment? Do you simply throw that paper away? Or have you ever thought about what ever happens to the old toys when you out grew them? Did you throw them away too when you cleaned out your room? What happens to the millions and millions of tons of waste thrown out by people every day? Well, all that trash is picked up from your house or school and taken to a landfill - A landfill that used to be part of nature's landscape. A landfill that entombs a mountain of waste - unless, of course, if you recycle. A recent publication by the American Forest and Paper Association showed that "**recycling** helps conserve natural resources, reduce litter and save landfill space...fortunately, Americans recycle much more paper than we send to landfills." And while over the past few years, the activity of recycling has been increasing, (in 1997 alone nearly 61 million tons of material did not end up in a **landfill** but was instead recycled), the act of recycling is just part of the picture for the entire recycling process. According to Melissa Poe, the founder of Kids For A Clean **Environment** and current spokesperson for the 100% Recycled Paperboard Association, "Any student knows that you don't get an A on a term paper if you turn in the term paper half finished. Americans would never have walked on the moon if they turned the spaceship around half the



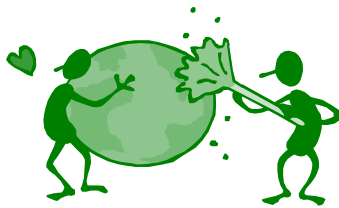
way there. That's why it is so important to complete the recycling process - to not just recycle but to also **reduce, reuse**, and purchase recycled products as well as products packed in recycled materials!" This is the concept of the "litter r & r" program which has an emphasis on closing the recycling loop by purchasing products made from recycled materials such as paper. "This is a very important step," explains Melissa, "because you can recycle all day long but unless someone is putting to use the materials you recycled then it is just going to sit there until it is eventually thrown away. "Closing the recycling loop is very simple. First, you can recycle items from your home or school such as your school papers and your aluminum soda cans. You can also reuse items. Look for ways that you can reuse things around your home, for example, an old mild carton can be cut up to make an outdoor bird feeder. And when you are shopping or **helping** your parents shop, look for and show them the "chasing arrows" recycling symbol. This **symbol** has been created by the **paper** industry to help you identify the 100% recycled paperboard products and packaging. Remember, just because you throw something away doesn't mean it has gone away. You have just moved it to a different location! So put it to good use, recycle it instead!

# Nuts About Nature

Compliments of the  
Fayette County SWCD

## WORD FIND

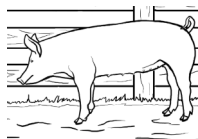
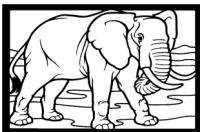
On the front page of this newsletter there are twenty, green bold words. Search for those words in our Conservation Word Find at the right.



Q	Y	X	U	H	I	R	E	R	B	Q	C	B	I	P	D	P	L
I	L	W	B	V	O	N	N	R	I	U	L	Q	T	Q	O	X	L
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S	Z	J	U	E	W	B	X	Q	H	U	Z	Y	B	L	L	L	Z

## Conservation

Identify the ten pictures below by entering the name of each under the picture. Most of the pictures are part of the word search from above.



## A-MAZE-ING ANIMALS

Help the puppy find the ball.

