ENVIRONMENTAL HANDBOOK

To: Future Generations

Make a present of the future

GFWC Womans Club of Haworth New Jersey
By Jarrett Solimando - Kindergarten

Illustrations are by the award winners from kindergarten and 1st graders and Penny Dell.

Publications from the following organizations were consulted in putting together this booklet.

ILSR-Institute for Local Self Reliance
NRDC-Natural Resource Council
EDF- Environmental Defense Fund
Shell Oil Brochure
Bottom Line Periodical
The Take It Back Wheel
The GFWC Woman's Club Conservation Report

November, 1993
"This land is our land..."

Woody Guthrie, the beloved troubadour of the Great Depression, had it right - "this land was made for you and me..." We all sang those words together at folk concerts in our college days, and we felt good about ourselves. Today, these words have very special meaning and carry very special responsibilities for each of us.

We all know that "our land" - our environment and the quality of life that we and our children and their children will experience - is threatened daily by a familiar litany of abuses, neglect, and indifference. Littering, pollution, waste, over-development, and other acts of casual carelessness and conscious disregard combine to dissipate our natural resources, destroy the beauty of our surroundings, and poison the environment that sustains our lives and health.

We all know this, and we all know that we have, individually and as a community, an obligation and a need to stop and reverse these processes. We know what we have to do - we have to recycle, to conserve, to challenge littering by ourselves and others, to demonstrate in actions as well as in words our commitment to creating a better world. And we all know that we all too often are too busy or too tired or too careless to do what we know we should do. In this book, you will find concrete actions and solid advice that you can follow today and every day.

Special thanks are due to the Haworth Environmental Commission who supported the printing of this book through a matching grant funded by the New Jersey Office of Environmental Services.

This book is the result of the outstanding efforts of our GFWC Community Improvement Project committee. Congratulations to Lynn Babicka, Chairman, and members Jackie Albarella, Penny Dell, Joyce Hoover, Mary McNerney, Lynda Ringelstein, Phyllis Semegran, and Nancy Wysocki.

This land is our land - let's show that we deserve it.

Ellie Ference
President

The Woman's Club
of Haworth

NINTH DISTRICT
Organized 1920
Admitted to New Jersey Federation 1921
Affiliated with General Federation 1927
The Three Rs - Reduce, Reuse, Recycle

The 3Rs, reduce, reuse and recycle are positive approaches by which we can reduce the flow of waste to our landfills. By making these suggestions a part of our everyday habits we can cut down on the accumulation of waste and help to preserve our natural resources. Remember, if we used every item at least twice, we could cut our garbage production in half!

Below are some simple suggestions for reducing, reusing and recycling.

REDUCE

1. Purchase items that use less packaging.
   - One third of all garbage is packaging. Precycle, by buying goods packaged in recyclable cardboard, glass, aluminum, steel or plastics coded 1 and 2.
   - Better yet choose items packaged in recycled materials.

2. Buy in bulk. Don't buy anything in single serving or sample sizes.

3. Avoid using or buying single use items or anything advertised as disposable i.e. razors, plates or cups, plastic utensils, cameras, lighters, and pens.
   - Carry a coffee mug. Most delis and coffee shops will gladly fill your commuter mug for you.

4. Buy durable and repairable products. Be sure to check the EER (energy efficiency rating) so to purchase the most energy efficient appliances available.

5. Refuse bags for single items or for containers with handles, i.e. milk jugs, detergent containers.
   - Don't accept boxes unless they are necessary.

6. Use cloth diapers. On the east coast where water is available and landfill space is not, cloth is the environmental diaper choice.
   - Use cloth napkins, dish and handtowels and rags instead of paper products.

7. Buy concentrated laundry detergent instead of buying the watered down variety since the packaging is smaller and sometimes already recycled.

8. Compost your kitchen waste, leaves and grass. See section on building your own compost pile on page 8.

9. Buy long-lasting energy saving light bulbs. Turn off the lights, television, stereo, and radio when leaving a room.
   - Use fluorescent lights in kitchens, baths, laundry and work areas. This can cut lighting costs in half.
10. Reduce the use of household products that contain toxic ingredients. If a hazardous product must be used buy only the amount needed for the job, follow directions exactly and use only the recommended quantity. Dispose of properly.
- Clean counter tops with baking soda.
- Use lemon juice instead of deodorizers, glass cleaners, and stain removers.
- Use pump sprays instead of aerosol sprays.

REUSE

1. Reuse grocery bags. Bringing your own grocery bags to the store not only saves trees but earns you 2 cents a bag. Store them in your car so they are always handy.

2. Reuse plastic bags as liners for wastebaskets or use to store food.

3. Use the backs of notices, flyers and letters for notepaper. Reuse stationary envelopes and larger mailing envelopes.

4. Save used wrapping paper and ribbons to use again or wrap presents with the Sunday comics. Remember to recycle wrapping paper with your other papers.

5. Reuse washable food containers (especially deli containers that have numbers higher than 2 and cannot be recycled easily) to store leftovers rather than single use wrapping materials like plastic wrap and aluminum foil. These containers can also be reused to store small items like crayons, buttons or nails.

6. Water from cooking, baths or kiddie pools can be used to water plants.

7. Reuse plastic water bottles. Fill the bottle 1/3rd full with a beverage, freeze, and then fill bottle with unfrozen beverage and add to reusable lunch bag. The cold drink will keep your lunch fresh.

8. Use reusable lunch bags or boxes with reusable sandwich and snack containers.

9. Buy products made of recycled paper and plastic. This way you are encouraging industries to reuse natural resources and creating more markets for what our town recycles. For example, Marcal paper products are made from recycled paper, not trees, and Renew plastic bags are made from recycled plastic not virgin plastic.

10. Reuse magazines by sharing them with friends, relatives, or neighbors, or donating them to a nursing home or organization that helps the needy. Unwanted books can also be reused in this way.

Haworth Recycling Information

Paper pick-up 1st and 3rd Wednesday, 5th Wednesday no pick-up
All newspapers, magazines, catalogs, coupons
and junk mail
Envelopes --without plastic windows
Notebook, school, computer, office and wrapping paper
Books: hard, paperback and telephone
All paper bags
Clean food boxes (NO WAX BOXES)
Cardboard boxes--shoe and gift
Holiday tissue--no foil
Corrugated boxes--flattened

Glass, cans, and plastic pick-up
2nd and 4th Wednesdays
All clean and washed glass-no plate glass or light bulbs
All clean and washed plastic containers coded #1 & #2
All clean and washed aluminum, steel and tin cans
Examples of jars and cans to recycle
- Beverage Containers
- Coffee
- Peanut Butter
- Baby Food
- Tennis Ball
- Cleaning Products
- Salad Dressing
- Shampoo
- Cosmetic Bottles

WHAT NOT TO RECYCLE
All food waste-Soiled paper
Broken Glass
Section II
Recycle-Beyond the Curb

Beyond the curb goes a step further and gives you information as to where materials that the town can not recycle can be taken.

1. Recycle PLASTIC BAGS including newspaper wrappers, dry cleaning bags, plastic shopping bags and plastic used in packaging at
   - All Grand Union Stores
   - All Shop Rite Stores
   - Some local Dry Cleaners

2. Recycle unneeded WIRE HANGERS to your local dry cleaners.

3. Recycle used EYEGLASSES at
   - Northern Valley Opticians
     Closter Shopping Plaza
     Closter, NJ
   - Radin Opticians (next to Marshalls)
     Kinderkamack Road
     Emerson, NJ
   - Receptacle next to Florence Shc.,
     Main Street
     Bergenfield, NJ

4. Recycle clean PLASTIC CONTAINERS (coded #3 to #7) and aluminum foil and trays to the
   - Harrington Park DPW

5. Recycle used HOUSEHOLD BATTERIES to the
   - Haworth DPW yard in specially marked barrel
     Park Street
     Haworth, NJ

6. Recycle old CAR BATTERIES to
   - K-Marts
     Closter Plaza
     Closter, NJ
   - Bergen Metals
     48 Hill Place (off Washington Avenue, behind Sizzlers)
     Bergenfield, NJ

   - Bergen Metals
     48 Hill Place (off Washington Avenue, behind Sizzlers)
     Bergenfield, NJ

7. Recycled used MOTOR OIL to
   - Your local service station
   - River Edge Recycling Center
     1 Riverside Way (Off Kinderkamack Road)
     River Edge, NJ

8. Recycle PLASTIC PLANT POTS and TRAYS at
   - D'Angelos Floral Acres
     Washington Avenue
     Dumont, NJ

9. Recycle STYROFOAM PEANUTS and other packaging materials to
   - packaging services at
     Mailboxes
     297 Kinderkamack Road
     Oradell, NJ
     Mailboxes
     24 West Rail Road Avenue (Next to Grand Union)
     Tenafly, NJ
     Packaging Store (clean styrofoam only)
     154 Broadway
     Hillsdale, NJ

10. Recycle ALUMINUM GUTTERS, GAS GRILLS, LAWN FURNITURE and other metal at Bergen Metals - see #6 for location.

11. Recycle USED clothing, furniture, toys etc. to organizations that help the needy and homeless such as
   - Goodwill 201-481-2300
   - Salvation Army 201-653-6071
   - Vietnam Veterans 201-784-0064
   - Charities, Churches and Temples
   - Thrift Shops (see yellow pages)
SECTION III

Lawn & Garden Tips

In search of the perfect lawn Americans use excessive and largely unnecessary amounts of pesticides, herbicides and chemicals. The practice is damaging our soil, contaminating our water systems and exposing ourselves to hazardous chemicals. Below you will find suggestions to combat this problem.

1. Do not over fertilize. It is best for the environment and your grass to use a slow-release water insoluble organic fertilizer that feeds your grass slowly. Fertilize once a year, in the fall. Then you won’t be fertilizing your weeds that don’t germinate in or grow strongly in the fall as grass does.

2. Use the right kind of grass seed for our area.

3. Mowing high i.e. keeping your grass a bit long will produce stronger, healthier grass with fewer pest problems. The rule of thumb is to mow often enough that you never cut more than one-third of the height of the grass blades. (Never cut more than 40% of the height of the grass at one time. Mow higher and less often in hot weather. Let grass grow 1" higher in the shade for increased photosynthesis.

SAVE TIME AND HELP YOUR LAWNS AND THE ENVIRONMENT BY LEAVING SHORT CLIPPINGS ON THE GRASS WHERE THEY WILL RECYCLE NITROGEN. Don’t allow gasoline powered yard equipment to idle for long periods.

4. Water deeply and not too often. This will help your lawn grow deep roots that will make stronger and less vulnerable to drought. Water early in the morning to reduce evaporation. BEST allow water to soak 6" to 10" deep in the soil. Hold off watering again until grass begins to wilt.

5. Use organic products. Most lawn care people will do your lawn with little or no pesticides and herbicides. If you do your own lawn, get organic gardening information from your garden supply store. The run off of chemicals from lawns is a serious threat to our water supply. Weeding by hand is best.

6. Diseases are usually a symptom of grass that has been overwatered and over fertilized. Most are caused by fungi. Improved drainage, overseeding with resistant strains of grass and not using chemicals will usually solve this problem.

7. Garden compost, made from wood ashes, peat moss, and manure is natural alternatives to chemical fertilizer.

8. Use rain water collected in buckets and down spots to water especially dried out lawn areas, garden flowers, and houseplants. Try to group plantings according to water needs.

9. Plant deciduous trees i.e. oak, maple, or elm and vines on south and west side of your home to provide shade in the summer and sunshine in the winter. This in turn will reduce your air conditioning and heating costs respectively. Planting evergreens on the north and west side of your house will lower your heating needs, since branches of these trees will block the cold winter winds.

10. In order to reduce the use of chemicals, practice natural pest management eg. plant chives with roses and marigolds and nasturtiums with vegetables.

SECTION IV

Ways to Save Water

Water is a natural resource and the liquid of life. While 4/5 of the Earth’s surface is water, only .3 percent is safe to drink. We must not waste it or pollute it. Try some of these ideas to save water.

1. Take shorter showers.

2. Run full loads of laundry. If you have to wash a smaller amount be sure to adjust the water level for the load.

3. Do not let the water run while brushing your teeth. This practice wastes about 3 gallons per minute.

4. Use low-flow shower heads to cut down on water flow. These devices can be installed in faucets, too!

5. Repair leaky faucets and toilets. A drip or leak can waste as much as 50 to 100 gallons of water a week.

6. Wherever possible use cold water for household cleaning and laundry. Approximately twenty percent of energy used in our homes is for heating water.

7. Never boil water in an open pan. Water will boil faster and use less energy in a covered pot or kettle.

8. This is where your water goes - down the drain.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Gallons</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minute showers</td>
<td>30</td>
</tr>
<tr>
<td>Bath</td>
<td>60</td>
</tr>
<tr>
<td>Flushing the toilet</td>
<td>6</td>
</tr>
<tr>
<td>1 load of laundry</td>
<td>30</td>
</tr>
<tr>
<td>1 dishwasher load</td>
<td>10</td>
</tr>
</tbody>
</table>
Section V
Building Your Own Compost Pile

The average family produces 1,200 pounds of compostable garbage each year: from grass clippings to apple cores. Although only 1% of these wastes are now being recycled, they can easily be transformed into a humus-like fertilizer for lawns or gardens. To make a compost pile in your yard, follow these easy steps:

- Clear a three-foot square level area of sod and grass.
- Construct a bin of chicken wire, scrap wood or cinder blocks, leaving one side open for easy access.
- Place coarse brush at the bottom of the pile to allow for air circulation.
- On top of this place a 6-10 inch layer of plant material, including grass clippings and leaves. Add a few inches of alfalfa meal or cat litter to absorb odors. Follow with a 2-3 inch layer of soil, manure or food wastes.
- Repeat this sequence of layers, alternating between plant material and soil, until the pile is four feet high.
- Keep the pile moist. After a few weeks, turn the pile with a pitchfork to aerate and distribute moisture. The pile will generate heat, but this is a sign that the compost process is working. In moist climates, the composting process takes 3-6 months to complete. The final product should be a dark crumbly material that is uniform in texture. Spread in your garden, under shrubbery or share it with neighbors. You can also use compost as potting soil.

- Items to compost—Garden waste, grass clippings, leaves, plant trimmings, and kitchen waste such as coffee grounds, crushed eggshells, potato or banana peels, apple cores and other vegetable waste.
- Items not to compost—Animal bones or meat. Vegetation affected by disease and pests. Grass clippings or other vegetation that has been treated with weed killer and insecticides in compost used for vegetable gardens.

- Provided by National Resource Defense Council

Automobiles and light trucks burn as fuel more than one third of the petroleum we use in this country. In addition to saving oil, energy conscious driving and good car maintenance can save the average family $70.00 to $100.00 a year in gasoline. Below are some suggestions for on the road conservation.

1. Idling your car for more than 30 seconds wastes gas. PLEASE TURN OFF YOUR ENGINE. You will save gas, reduce pollution and keep your engine cleaner. At school, at the drive in bank, fast food restaurant, or at a railroad crossing, please be sure to turn your engine off.

2. In a single year, one car releases 2000 pounds of carbon into the atmosphere. So carpool, use public transportation, walk or bike when possible.

3. It is not necessary to warm up your engine before driving in cold weather. It is better to drive slowly and avoid the use of heater, wipers and other power hungry accessories until the engine reaches its proper operating temperature.

4. Have your car tuned up as needed. Regular tune-ups extend the life of the engine and improve performance. A tune-up can pay for itself in gasoline savings and car reliability.

5. Check your car’s tire pressure routinely. Under-inflated tires increase gas use. You can lose about 2 percent in fuel economy for every pound of pressure under the recommended pounds per square inch.

6. Try not to make sudden starts and stops with your car since this wastes gas.

7. It is not necessary to use premium gas in a car designed to run on regular. Premium is not only more expensive, but also creates more pollution.

8. Have the air conditioning system of your car maintained regularly to prevent leaks of hazardous carbon to the atmosphere.

9. Eliminate unnecessary trips. Start by trying to find one driving trip per week that could be handled by a phone call or combined with another trip.

10. Observe the posted speed limits on the highway. The average automobile will save 17 percent of its fuel driving at 55 mph rather than 65 mph.
SECTION VII
And... For Your Information

1. The energy saved by recycling just one aluminum can could operate a T.V. for three hours.

2. Americans throw away enough aluminum every three months to rebuild our entire commercial fleet.

3. We throw away enough iron and steel to continuously supply all the nations automobiles.

4. The average American generates 6 pounds of garbage daily. The average Japanese generates less than 2 pounds per day.

5. At the current rate of cutting and burning trees, the worlds rain forest will be totally destroyed in 30 years. Be a wise consumer, know where your wood products come from. Avoid beef raised on land that use to be rain forest. Don't use throw away chop sticks.

6. If energy gas-heated home were properly caulked and weather stripped we'd save enough natural gas to heat about 4 million homes every year.

7. If every household in the United States lowered its average heating temperature 6 degrees over a 24 hour period we would save the equivalent of more than 570,000 barrels of oil per day.

8. About one-third of all automobile mileage is for commuting to and from work. If the average occupancy (currently 1.3 people per commuter car) were increased by just 1 person, the nationwide gasoline savings would be more than 600,000 barrels per day.

9. Plastic coded #1 is being recycled as polyester carpeting, fiberfill for sleeping bags and ski clothing, paint brush bristles, and soft drink bottles. Plastic coded #2 is recycled as building material, detergent containers and trash cans.

10. REMEMBER:

<table>
<thead>
<tr>
<th>Material</th>
<th>Percentage of energy saved using recycled instead of virgin materials</th>
<th>Energy savings per ton recycled (measured in barrels oil)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminum</td>
<td>95</td>
<td>36</td>
</tr>
<tr>
<td>Plastic</td>
<td>90</td>
<td>12.5</td>
</tr>
<tr>
<td>Steel</td>
<td>61</td>
<td>2.7</td>
</tr>
<tr>
<td>Newsprint</td>
<td>30</td>
<td>1.8</td>
</tr>
<tr>
<td>Glass</td>
<td>25</td>
<td>.25</td>
</tr>
</tbody>
</table>

These numbers are conservatively calculated, based only upon a one-time recycling of the listed materials.
This past school year, the General Federation Woman's Club of Haworth went to an untapped source of wisdom - the children of Haworth - and asked them why we should care about the environment and recycling and littering. Then we asked them what we should do to make certain that we all go beyond talk and good intentions and do our part to secure and protect the environment and beauty of our community - now and for the future.

This section is the result of their efforts and their wisdom. In these pages, you will find the words of our children in their prize-winning essays.

Hear now the voices of the children of Haworth as they lead us to a greater awareness of our responsibility to cherish and care for the environment of Haworth and of our world - and theirs.

And a child shall lead them...

SECTION VIII

Recycling is the right thing to do because if you don't recycle paper, you'll have to cut down more trees. When you cut down trees, you're killing animals, plus air gets dirtier.

If you throw glass away, it doesn't turn into anything, so it's just taking up room. So ask your friends to recycle and ask your friends if they can tell their friends.

At home, place bags around your house. Each bag can be for a different recyclable item. My slogan for the community would be "Come on, why don't you recycle?" If you do recycle, you can tell others to recycle too. Or you can make a contest so everybody else will recycle. You can put it on the radio. If you want to do more, you can turn lights off or turn water off. Water is getting pretty dirty because people dump oil or gas into it.

By Matthew Czerny-2nd Grade

I think that we should make our school recycle and we should make up a club in school. The children who would come would hear how to recycle. We could have a meeting with all of the kids. We could make signs and we could march around Haworth. Maybe they would look at the signs and hear us say, "recycle, recycle!"

By Edward Kang-2nd Grade

I think we could make a difference by using less throw away things and more reusable ones like cups. We could also recycle paper and cut down less trees. We also could use cloth diapers instead of paper diapers.

We could have a class after school to teach people about our environment and to help the world. The class could be for all ages. Recycling could be fun in many ways. If you have a favorite animal, maybe you can make believe that animal is the Earth and the animal is hurt. Maybe, you can help the Earth. We could also send a newsletter home for everyone in town. We could maybe have a meeting. You could also have a contest for the best way to recycle. If we recycle, we will save the jungles, rain forests and our Earth.

By Kim Paquet-2nd Grade

I can try to get everyone in Haworth to recycle everything they can by asking everyone to put two wastebaskets somewhere in their house. One could be placed upstairs, and another one downstairs. Then I would attach a note such as, "Paper" or, "Recycled Paper." The note would be attached to each wastebasket. When the baskets get full,
dump all the paper into a paper bag and put it outside until Wednesday. That's when the people come and take the recycled products. You can do this with plastic and cans too.

I'm trying to tell you these helpful things because it's important to recycle paper and plastic. Paper comes from trees. If the trees are cut down, soon every tree will be destroyed. That's bad because we breathe in oxygen and exhale carbon dioxide. Trees inhale carbon dioxide and exhale oxygen which is good for us. Another idea is to give old furniture, (but still in good shape), to other people who are less fortunate than you are. You can give out-grown clothes and toys away to other people. You can also give away some books you don't read anymore.

Again, it's very important to recycle. If no one did, in a few years earth would have no trees. Glass and plastic would be lying around the street and no one would like living on earth. Remember, the future depends on how we take care of the environment now!

By Randy Chin-3rd Grade

I realize how important it is to recycle. It could save earth if everyone recycled. It would be great!

Our world is very polluted from all of us throwing things into the water, spraying things into the air, and dumping garbage everywhere. It is a terrible sight and smell. What would we do without air or water? Close your eyes and think, what would the earth be like? It would not be a pleasant place for humans. We have got to start NOW to clean up our environment for ourselves and future generations.

One way to get people to recycle is to have recycling bins in every store in Haworth. That way people would be reminded to recycle every time they throw something out. All of the Haworth students could write letters to their neighbors telling them how important recycling is to our community. We could have a contest for the best recycling banner and slogan. We could have it across Haworth Avenue where people could see it many times a day. We could ask our hardware store to have a recycling bin for dead batteries, used light bulbs, and old paint cans. All of these things are very toxic. We could send articles and photos to the local newspapers showing how Haworth citizens are serious recyclers.

When recycling becomes our way of life, all our lives will become better.

By Jacqueline Lebowitz-3rd Grade

We can all help get rid of litter by picking up a piece of litter when we see it, and recycle paper so we can clean up. We can have a meeting to get people interested, and tell them a place to clean up. We could ask them if they would like to help, and make signs that say recycle.

I always recycle to help the town because a tiny piece of litter can make a big difference. The town could show a film of how bad the town could look if you don't help. Just make everyone recycle because if you can, they can.

If you throw a piece of litter on the ground and say, "It's not that bad", and more people throw litter on the ground and say, "Oh, its not that bad", then you have a mess. So don't throw litter on the ground. You should recycle and be good to the earth and help out.

By Johanna Zipse-3rd grade

Helping our environment is something we can all do but few choose to. Thousands of people pollute the earth each day, without even knowing it. For instance, car exhaust causes acid rain. Acid rain falls to the ground and can harm plants and animals. It can even destroy statues.

One of the best ways to help the earth is to recycle.

Here is a list of 5 ways to help our earth. Follow at least one of them and you will be helping to save our planet earth.

1) Cut the rings on six-pack holders so birds and other animals won't get caught in them and die.
2) Carpool, walk, ride a bike etc. to reduce acid rain.
3) When boating or swimming try not to leave plastic bags lying around. Aquatic animals may eat them and die.
4) When you leave a room, turn off the lights to conserve energy.
5) Use rechargeable batteries to reduce the risk of the acid leaking out of other kinds.

By Caroline Contillo-4th Grade

The wetlands are very important. They act as a sponge to hold excess water and prevent flooding. One of the most important things about the wetlands is that a single wetland is the home for at least 1000 different kinds of plants and animals - cattails, frogs, ducks, seagulls, turtles, and many, many, more. But because of us, water pollution will soon make it impossible for these animals to swim or find food. Because of landfills, they will not have a place to live!
If we keep polluting these areas, slowly they will begin to disappear, and will be gone forever. Right now, in some part of the world, a wetland is being destroyed. Animals are losing their home or their life or both.

Think of this before you throw something in the garbage. Instead of putting it in the garbage, recycle or reuse the item if possible. Every time you throw something away that can be recycled, the landfills grow more than necessary. When those landfills are full, some new wetlands will get covered, the animals and plants will be killed, and another wetland will be gone.

By Rachel Feinmark-4th Grade

Your environment is important because that’s where you live. If you don’t take care of your environment, you won’t have a place to live. To help take care of it, you can recycle, not dump chemicals into the water, buy reusable things and not use styrofoam products.

If you don’t take care of your environment, lots of plants may die and if plants die you won’t have enough oxygen. Without oxygen you would die. If plants die, the animals who eat the plants would die too, and the animals who ate those animals would die also. Then people wouldn’t have fruits, vegetables or meat.

So you see it’s very important to take care of your environment. Start helping now while there’s still a chance. Remember every litter bit hurts!

By Leila Seghatoleslam-4th Grade

One of the many problems on the earth today is garbage. The answer to this problem is recycling. If we want to keep this process running, we must do our part in helping other to see the importance of recycling. The following are ways in which we could help people recycle.

We could go house to house handing out flyers with information on recycling. If people don’t recycle, make them pay a fine.

Appeal to their conscience, tell them they’re polluting the earth, and also ruining it, if they don’t recycle. Maybe we should go house to house asking people to help us recycle and maybe people can sign something saying they will recycle.

You don’t just have to go house to house, you can put flyers on peoples’ cars. Tell people that their taxes will be raised if they don’t recycle. Also make schools recycle. If you choose to recycle, you will be doing your utmost to help clean up our environment.

By Danielle Barker-5th Grade

I think the people in Haworth can help recycle by using mulch piles for leaves and by composting food waste. You can keep newspapers in a rack or paper bag. When it’s time for pick-up, you don’t have a hassle tying or picking it up and having the inside of the news paper fall out! Ask your kids to put out a box or paper bag for paper. For bottles and jars have a separate garbage can.

In school if you bring a glass bottle, plastic bottle or aluminum cans, make sure you recycle them. In Haworth Public School juice boxes are not recyclable, so use containers with your juice in it. In Haworth Public School the forth grade has K.A.P. K.A.P. stands for Kids against Pollution. Every Friday the kids come and pick-up the papers in the classrooms. Kids have been trying so hard to save the earth from pollution, but some grown-ups pollute by driving, dropping things on the ground, dumping garbage in the water and allowing oil spills to happen. This is a big problem. With your help in recycling, we can make a difference.

Make sure in the winter that your windows and doors are sealed so you’re not wasting fuel. Get your furnace checked so it works properly. Keep your fireplace clean, so the unwanted soot in the fire place doesn’t go into air. So remember please try to RECYCLE!

By Victoria Blades-5th Grade

I think recycling is a great idea. If all of us recycle, we can make this world a better place now and for future generations. I think Haworth should have a recycling bin for plastic bags, batteries, and other items that are not picked up at the curb. It would be easier for senior citizens to recycle because they will not have to travel to a supermarket. If we have a recycling bin in town for plastic bags and other things, everyone could and should recycle. I think if we educate the children and the senior citizens about the dangers if we do not recycle, then they would start recycling too. I think we should write a letter to the mayor suggesting that we don’t use plastic bags in this town instead use paper bags. I think that we should make a notice to send home saying, if possible, do not send children to school with drink boxes, instead use reusable containers. Also, do not use plastic wrap instead use sandwich containers. I think that would help too. I think recycling is a great thing and that everyone should recycle.

By Colleen Rasmussen-5th Grade

The costs of littering are extremely high in dollars as well as damage to our environment. First of all, the D.P.W. has to put in overtime to clean up all of the debris and litter. If litter is incinerated, it is very, very expensive because incinerators are costly and produce toxic ash. Even the best incinerators produce ash and fumes that add to air pollution. The worst and most dreadful thing litter does is that it pollutes the environment. Believe me, it is not a pretty sight seeing candy wrappers, bottles, cans, and paper lying on the ground or in the water near you. It’s very unhealthy, too.
When motor oil is dumped down storm drains, it ends up in our water supply. Animals get killed by choking on cigarette butts. Fish and other animals get caught in plastic rings from cans of soda. These are some very bad things that can happen if we litter.

If we recycle instead of litter, we are doing a lot to save our world. We can save energy. It takes much less energy to make products like aluminum cans from old cans than it does from aluminum ore. We save non-renewable resources such as metals, oil, and other things as well. We can also save landfill space where we need to dump our garbage. You would see mounds and mounds of garbage everywhere around you if you didn't recycle. I don't understand why people do not recycle. It isn't as though it is that difficult to do. All that is required is to collect the recyclables and put them at the curb. It's that simple. By doing this, you are helping to save the world and you are giving yourself a healthier and cleaner life!

I hope this will give you a better idea of why recycling is good and littering is harmful.

By Jonathan Babicka-6th Grade

Everybody says that recycling is the right thing to do. The thing is, we can't afford not to recycle. If we want to keep the earth our home, we can't keep creating products that eventually will be thrown away. Those products will just sit in landfills and won't decompose for years.

Many of those products that we throw away could be used again, either in a new form or for a different purpose. Paper, glass, aluminum, and certain plastics can be recycled into something new. We can give things we don't need any more to people less fortunate than we. We can find another purpose for something that we don't need any more, instead of throwing it away where it would just sit forever. For example, we could use sand from an old sandbox to salt the driveway and paths instead of ice. We can also use items that can be used again, and again, for example, bags made of cloth, instead of paper or plastic. If your town doesn't have a recycling program, you can try to get one set up, but that shouldn't keep you from recycling. We should try to teach others to recycle, also.

Littering is another issue that gives the Earth a lot of grief. Littering is a criminal offense, but often nobody is caught. Littering damages not only our homes, but the homes of animals. Animals can't come up to you and tell you to stop destroying their home, so it's up to us to stop littering. There is litter everywhere you go. Littering is caused by people who are lazy. Much of the litter you find can be recycled. It isn't just one person's fault for all the litter in this world. We are all responsible to try to clean up some litter. The town of Haworth has its share of litter. It's horrible to see what we are doing to the earth. We have to all try to clean up Haworth and then we can make a difference.

By Adam Lester-6th Grade

It costs time and money to undo the littering and waste we put on this earth. Many times the government takes the rap for the environment. Although it plays a major role, the public is the bigger culprit in this issue. Recycling and stopping pollution should be our duty, if we want to keep living on Earth. That doesn't include the harm it does to our surroundings, which will never fully recover, but it is better to try to improve the earth now then ever. We could cut down on pollution and littering in the few ways I mentioned, but there are more. Programs to teach young children to recycle and care for the earth make a difference because it's good to start young. We all have to care for this planet because it's the only one we have. We have to leave this world to our children, and I think everybody wants the best for their children, so start recycling and stop littering today. There isn't a better time than the present.

By Michelle Chin-6th Grade

Why recycle? Why not litter? The answers come down to the environment. We are slowly ruining our only home. The Earth's people must decide to recycle and not litter or the human race will go the way of the dinosaurs.

Littering and unrecyclable garbage is harmful to the environment. It can destroy animal homes. Air pollution can destroy their breathing capabilities. The smog of a city can cut off a plant's sunlight, and get into the plant's system, eventually killing it. Water pollution can kill fish and other marine life while also killing sea plants and growths. The Exxon-Valdez oil spill killed millions of marine life, and is still being cleaned up today. Many think that nuclear explosions and volcanic eruptions are "terrible" disasters. More life was taken in the oil spill than in Chernobyl, the worst nuclear disaster in world history.

The economy is hurt by industrial dumping, too. Toxic waste and sewage can destroy a company's reputation as well as its plumbing. Protesters and activists demonstrate, attracting negative attention to it from people. Known dumping by any company, can make consumers stop buying the products because they know it's bad for their environment and the cost for the clean up will be passed onto them.

Most of our garbage goes to a landfill where it will soon be a landfull. Where then do we put our trash? In New York, much of their garbage is dumped in the harbor. Then what? Recycling is again the answer. Reusing materials can prevent pollution and make the world a better place to live. In Haworth, school children have already started to teach the town merchants to no longer use styrofoam cups in there stores. (Styrofoam is a non-bio-degradable garbage.) KAP has also started a paper recycling program to recycle all wastepaper and has saved the school money in garbage pickup costs.

So please put your papers, cans, plastics, and glass in recycling bins. Make sure Mother Nature doesn't give up on us!

By Adam Lester-6th Grade
We both know that recycling is a lot better than littering. I learned about recycling when I was in fourth grade with Mrs. Pevny. We were in a group called KAP, Kids Against Pollution. The fourth grade did many things to try to encourage people to recycle. We took garbage cans and used them to recycle aluminum cans and glass bottles. We also distributed boxes to younger and older grades so that the kids could put all used paper in the box.

There are 3 kinds of pollution, water pollution, land pollution, and air pollution. One thing that causes water pollution is when waste materials get into water which affect living creatures. One thing that causes land pollution is us, meaning the people. We kick cans and rubbish all over the ground and we don't mind it, saying, "It's not mine." Think again, it is ours. It's everyone's because the world is ours. We only get one, and we have to save it before time runs out.

Before the world dies, you and I will be living in trash compactors, swimming in rubbish and last night's dinner. So think again before dropping that can on the ground because we can save our earth, you and I, just by recycling all the time. Just give it a chance!

By Ryan Caffrey-7th Grade

Littering should be voted to be illegal. By littering, we are ruining not only the beauty of Haworth, but the lives of many innocent animals. Every person living in this town should be responsible enough not to litter. But unfortunately, many people aren't. The proof of that statement lies on the street, in bushes, and practically everywhere else. How much trouble is it to separate plastic junk from aluminum and paper junk? When anybody throws a piece of litter somewhere other than a garbage can, the litter stays there until it disintegrates, right? Wrong! The average piece of trash takes several years to disintegrate. Either the trash disintegrates, or it is eventually cleaned up at the expense of us, the taxpayers of Haworth.

The best solution to our pollution problem is recycling. Recycling centers take unusable trash and convert it to brand new products. For example, it can take crushed aluminum cans, melt them, turn them into aluminum sheets, and sell them to an airplane company that will turn them into airplanes. Barely any waste is created! It is a much better idea than digging a landfill and dumping all the cans in it.

Newspapers are one of the most valuable things to recycle, because they are usually read only once and thrown away. If the Sunday papers that Americans read were made from recycled paper, every week an average of 500,000 trees would be saved.

So, please try not to litter and support the recycling centers in or near your town. Remember, if you do not care about trash and where it goes, you do not care about the environment or the relatives of your pet.

By Avishek Kumar-7th Grade

Many people care about our earth, they really do. They just don't do anything about it. They sit around and leave that up to the "others", who do the same. When you drop a piece of litter, you are robbing the earth of its beauty.

New York City is an example of one place turned up-side down, inside out, and right side up, because of garbage and wastes.

People think that they don't need to help the earth, but everyone does.

Do you know what one hundred percent recycled means? Maybe that's why you don't help the earth. It means it once was used as something, and now is being used as something else. It is a great thing knowing you are helping the earth.

Taking garbage away costs a lot of money. Now I have a question for you. Wouldn't it be great if we didn't have to spend money? Well if we stopped buying products with so much packaging, we would not have so much garbage to pay for.

So you still will not listen to what people tell you. Well when your children come along, maybe you will think about your actions, but by then it will probably be too late.

Someday when the earth is black and filled with litter, one's last words may be; "Why didn't we listen and help the earth be the best and greatest it could be? Why didn't we help and recycle?" You answer that.

By Sarah Tuttle-7th Grade

People have a right to live in a clean world free from litter; they also have a responsibility to recycle anything that can to help keep our planet clean and healthy. There is so much that is wrong about littering and right about recycling. Besides hurting the nature and the beauty of Haworth, there are monetary and environmental costs to worry about. Furthermore, litter should not go to dump sites but should be recycled.

There are a number of monetary costs attached to littering. There is the cost of collecting it, compacting it, and either burning or burying it. By recycling garbage that can be recycled, we will reduce the amount of trash. When there is not as much trash, you don't have to pay as any sanitation people, and that will bring down taxes.

There are not only a lot of environmental costs to littering, but it also hurts the animals and wildlife in Haworth. These are not just at the pond, the playgrounds,
the parks, or at the reservoir, but in our own backyards. But what's worst of all is that people almost never pick up their garbage. You don't know how many times I have seen someone drop a napkin or a plate downtown and walk away without even thinking twice. This kind of littering increases taxes.

Litter usually goes to the dumps to be crushed, buried, or it is sometimes even dumped out in the ocean. I don't think that anyone really knows where to put the trash. No matter where you put it, trash is always hurting someone or something.

Anyway you look at it, littering is wrong, and recycling is right.

By Jennifer Kahn-8th Grade

Littering and recycling are two totally opposite things. Littering is hurting the environment and recycling is helping the environment.

There are many unfortunate consequences of littering. The number one unfortunate consequence is that you are really hurting the environment. Littering is a crime. If you are caught, you could be fined. Really, what littering does is hurt your own life. That is the worst consequence of all.

While people are littering, they do not understand what great damage they are causing to the environment. When somebody drops a wrapper, he or she probably doesn't realize that that wrapper is going to just sit there until it biodegrades in a few years. People do not understand that littering builds up, and soon there are a lot of wrappers on the ground.

In our town of Haworth, there are people who are littering. People throw wrappers everywhere including the pond and the park. This is making Haworth look dirty when it is really a beautiful small town.

When a person litters, the trash goes to the ground. It could do many things. It could land in a pond or into a sewer. It could just blow around for a long while. Litter could also get picked up and thrown into a trash can or a garbage dump. That would be the best thing. When you see litter on the ground, be courteous and thoughtful. Throw litter into the proper receptacles.

By Kevin Lumley-8th Grade

The problem with littering is that when a person litters, wherever that garbage stops or lands, that is where it is going to stay for a very long period of time. Many people litter because it is easier than carrying waste to a receptacle. Luckily, some people came up with the idea of recycling.

Recycling is a very effective system that somehow lowers the percentage of people who litter. It makes them think twice. When recycling wasn't in use, people who littered would say, "Well, it is going into our earth anyway. So this is just a faster way." They were wrong, of course. But now people know that recycling will make a change, a big change. Things will not end up in the garbage dumps or landfills. Materials and containers can be used again.

The monetary costs of living are paying bills, buying food, and filling one's needs. The environmental costs are wastes. Garbage, sewage, gases, and liquid pollution are the costs we have to pay to live. Our town of Haworth is beautiful because our population is low and our people care for the environment. Many other large towns or cities figure that their areas are already dirty enough; this won't hurt. Then people drop candy wrappers in the street. If we feel that way about Haworth, then we will be in big trouble.

Most trash goes into landfills, but it should really go to recycling stations. If there is only a trash can and not a recycling can, put the garbage in there, not the street. If everyone contributes toward cleaning up his or her world, then we will see a big turn around and a beautiful world.

By Tim Nastro-8th Grade
"Post Consumer" Recycled Paper is paper which has been used and discarded, such as newspapers, stationary, and packaging. This paper is the only beneficial choice for environmental reasons. All other preconsumer paper is unused, uninked trimmings and scraps that have never left the paper or printing plant.

Soybean Inks are made from refined soybean oil. They are an environmentally friendlier alternative to conventional printing inks derived from petrochemical solvents. Soy inks unlike conventional inks, releases minute amounts of pollutants into the air when it dries. It is these pollutants that contribute to the ground level smog and the destruction of the ozone layer. Use of Soy ink can help to save the ozone.

This book is printed on recycled paper. It is interesting to know that American businesses consume 15,000 trees daily. A ton of recycled paper saves 17 trees, 4,100 kilowatt hours of energy, 7,000 gallons of water and 3 cubic yards of landfill space.
Recycle-Beyond the Curb

Beyond the curb goes a step further and gives you information as to where materials that the town cannot recycle can be taken.

1. Recycle PLASTIC BAGS including newspaper wrappers, dry cleaning bags, plastic shopping bags and plastic used in packaging at
   • All Grand Union Stores
   • All Shop Rite Stores
   • Some local Dry Cleaners

2. Recycle unneeded WIRE HANGERS to your local dry cleaners.

3. Recycle used EYEGLASSES at
   • Northern Valley Opticians
     Closter Shopping Plaza
     Closter, NJ
   • Radin Opticians (next to Marshalls)
     Kinderkamack Road
     Emerson, NJ
   • Receptacle next to Florence Shop
     Main Street
     Bergenfield, NJ

4. Recycle clean PLASTIC CONTAINERS (coded #3 to #7) and aluminum foil and trays to the
   • Harrington Park DPW

5. Recycle used HOUSEHOLD BATTERIES to the
   • Haworth DPW yard in specially marked barrel
     Park Street
     Haworth, NJ

6. Recycle old CAR BATTERIES to
   • K-Marts
     Closter Plaza
     Closter, NJ
   • Bergen Metals
     48 Hill Place (off Washington Avenue, behind Sizzlers)
     Bergenfield, NJ
7. Recycled used MOTOR OIL to
   - Your local service station
   - River Edge Recycling Center
     1 Riverside Way (Off Kinderkamack Road)
     River Edge, NJ

8. Recycle PLASTIC PLANT POTS and TRAYS at
   - D'Angelos Floral Acres
     Washington Avenue
     Dumont, NJ

9. Recycle STYROFOAM PEANUTS and other packaging materials to packaging services at
   - Mailboxes
     297 Kinderkamack Road
     Oradell, NJ
   - Mailboxes
     24 West Rail Road Avenue (Next to Grand Union)
     Tenafly, NJ
   - Packaging Store (clean styrofoam only)
     154 Broadway
     Hillsdale, NJ

10. Recycle ALUMINUM GUTTERS, GAS GRILLS, LAWN FURNITURE and other metal at Bergen Metals - see #6 for location.

11. Recycle USED clothing, furniture, toys etc. to organizations that help the needy and homeless such as
    - Goodwill 201-481-2300
    - Salvation Army 201-653-6071
    - Vietnam Veterans 201-784-0064
    - Charities, Churches and Temples
    - Thrift Shops (see yellow pages)
Haworth Recycling Information

**Paper pick-up 1st and 3rd Wednesday, 5th Wednesday no pick-up**
- All newspapers, magazines, catalogs, coupons
- and junk mail
- Envelopes --without plastic windows
- Notebook, school, computer, office and wrapping paper
- Books: hard, paperback and telephone
- All paper bags
- Clean food boxes (NO WAX BOXES)
- Cardboard boxes--shoe and gift
  - Holiday tissue--no foil
  - Corrugated boxes--flattened

**Glass, cans, and plastic pick-up**
- 2nd and 4th Wednesdays
- All clean and washed glass-no plate glass or light bulbs
- All clean and washed plastic containers coded #1 & #2
- All clean and washed aluminum, steel and tin cans
  - Examples of jars and cans to recycle
    - •Beverage Containers
    - •Peanut Butter
    - •Tennis Ball
    - •Salad Dressing
    - •Cosmetic Bottles
    - •Coffee
    - •Baby Food
    - •Cleaning Products
    - •Shampoo

**WHAT NOT TO RECYCLE**
- All food waste-Soiled paper
- Broken Glass
The average family produces 1,200 pounds of compostable garbage each year: from grass clippings to apple cores. Although only 1% of these wastes are now being recycled, they can easily be transformed into a humus-like fertilizer for lawns or gardens. To make a compost pile in your yard, follow these easy steps:

• Clear a three-foot square level area of sod and grass.
• Construct a bin of chicken wire, scrap wood or cinder blocks, leaving one side open for easy access.
• Place coarse brush at the bottom of the pile to allow for air circulation.
• On top of this place a 6-10 inch layer of plant material, including grass clippings and leaves. Add a few inches of alfalfa meal or cat litter to absorb odors. Follow with a 2-3 inch layer of soil, manure or food wastes.
• Repeat this sequence of layers, alternating between plant material and soil, until the pile is four feet high.
• Keep the pile moist. After a few weeks, turn the pile with a pitchfork to aerate and distribute moisture. The pile will generate heat, but this is a sign that the compost process is working. In moist climates, the composting process takes 3-6 months to complete. The final product should be a dark crumbly material that is uniform in texture. Spread it in your garden, under shrubbery of share it with neighbors. You can also use compost as potting soil.

-Provided by National Resource Defense Council

• Items to compost—Garden waste, grass clippings, leaves, plant trimmings, and kitchen waste such as coffee grounds, crushed eggshells, potato or banana peels, apple cores and other vegetable waste.
• Items not to compost—Animal bones or meat. Vegetation affected by disease and pests. Grass clippings or other vegetation that has been treated with weed killer and insecticides in compost used for vegetable gardens.