

Put A Little Green In Your Life

Volume 2, Issue 4 - April 2011



I Want to Ride My Bicycle

Challenge yourself to do something good for the environment AND good for yourself as the weather warms up this year. Rediscover the fun of riding your bike!

Did you know...

- More than half of all Americans live less than five miles from where they work according to Bicycling magazine (do you?).
- Only 1.67% of Americans commute by bicycle (in Japan it's 15%).
- Traffic jams in the 29 major cities cost commuters an estimated \$24.3 billion each year.
- There are approximately 139 million automobiles in the United States (and only about 103 million bicycles).
- One hundred bicycles can be produced for the same energy and resources it takes to build one medium-sized automobile.
- The average cost of a new, quality bicycle in the U.S. is \$385 (and mass retail store varieties can be found for much less), compared to the average car at \$13,532.
- The average number of barrels of oil consumed daily in the United States is 17 million. Driving consumes 43% of those barrels of oil.
- Commuting by bicycle produces zero pollution.
- The number of bicycle commuters doubled between 1983 and 1990, according to the Bicycle Institute of America.



Recycling Facts

Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.

An aluminum can that is thrown away will still be a can 500 years from now!

A 60-watt light bulb can be run for over a day on the amount of energy saved by recycling 1 pound of steel. In one year in the United States, the recycling of steel saves enough energy to heat and light 18,000,000 homes!

Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year!

Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away!

See the next page for recycling centers near you!

Solar Explained



Solar energy is a term for describing a range of methods for obtaining energy from the sun. Solar energy is already successfully being used for cooking, cooling, heating, communications, driving space craft, lighting and many more purposes all over the world. The energy output of a 1 KW solar energy unit is roughly equivalent to the burning of 170 pounds of coal and 300 pounds of carbon dioxide being released into the atmosphere. The Mojave Desert houses the world's largest solar power plant. It covers 1000 acres (4 km²) of solar reflectors. An astonishing 90% of the world's currently commercially produced solar power is produced by it. On the other hand, if solar panels were to cover Africa's Sahara desert, assuming standard 15% efficient solar cells, they could generate more than 450 terawatt

(TW) per year. Current annual global energy consumption, including fossil and renewable sources, is only about 13 TW!

Solar Ovens? By using the heat of the sun, you can cook food just as thoroughly as if you had used your conventional oven. Because they use no fuel and they cost nothing to run, humanitarian organizations are promoting their use worldwide to help slow deforestation caused by using wood as fuel for cooking. Solar cookers are a form of outdoor cooking, and are often used in situations where minimum fuel consumption or fire risk are considered highly important. Since the temperatures inside a well constructed solar oven can reach up to 300F, they can cook anything from bread to veggies to meat, it just takes a bit more time to do so. Visit [this website](#) for some interesting DIY plans to build your own solar oven! We're also very interested in hearing about your own experiences with solar ovens!

Passive Solar? Solar ovens are a form of passive solar power, or harnessing the energy of the sun without the use of mechanical systems to convert or store the power. Passive solar can be something as simple as the direction your windows face and how you utilize curtains at certain times of day, or setting a bucket of water in the hot sun to warm it instead of heating it on the stove.

Recycling is Easy!

You don't have to drive far to do your part! Did you know recycling is available locally in Trenton and Chillicothe? [Hope Haven Industries, Inc.](#) offers drop-off and pick-up recycling services.

Some of the items Hope Haven & New Hope accept are:

- o Newspaper, Cardboard
- o Magazines & Other Mixed Paper
- o Container plastics (#1 & #2 look for Recycle symbol)
- o Tin cans & Aluminum
- o Grocery bags

