

AIR QUALITY & YOU

- Every day, you breathe about 3,960 gallons of air! Breathing polluted air can cause or worsen a variety of health problems, including asthma.
- Every summer in the U.S., high smog levels cause about 159,000 trips to hospital emergency rooms and 6,000,000 asthma attacks.
- About half of all air pollution comes from cars and trucks. Between 1991 and 2001, the number of motor vehicles in Arizona increased nearly 45%.
- For every 37 miles your family drives, your car puts about one pound of pollution in the air.

WHAT CAN YOU DO?

When you can, walk, ride your bike, or take the bus instead of relying on the family car. ... If you're going to the movie theater or the mall with your friends, ride together in one car. ... Encourage family members who drive to combine errands and to buy gas after dark. ... Learn more about air pollution and share what you learn with others.

RECYCLING & YOU

- In your lifetime, you will be responsible for creating about 90,000 pounds of trash!
- If all the morning newspapers read in the U.S. were recycled, 41,000 trees would be saved every day.
- Compared to making new paper, recycling requires 64% less energy and 58% less water. It also creates 74% less air pollution and 35% less water pollution.
- Recycling just one aluminum can saves enough energy to run a TV set for three hours, or a 100-watt light bulb for 20 hours.

WHAT CAN YOU DO?

Reduce, Reuse, Recycle are the three R's of solid waste management. And reducing and reusing are just as important as recycling. ... Try not to use so much "stuff." For example, write on both sides of a sheet of paper. ... Before throwing away toys, old clothes, or books, consider donating them to a charity. ... Set up a recycling program at your school.

WATER & YOU

- Salt water in our oceans accounts for about 97% of the earth's water supply. Only about 1% of the planet's water is drinkable.
- In your lifetime, you will drink about 16,000 gallons of water!
- The average Valley household uses about 400 gallons of water per day.

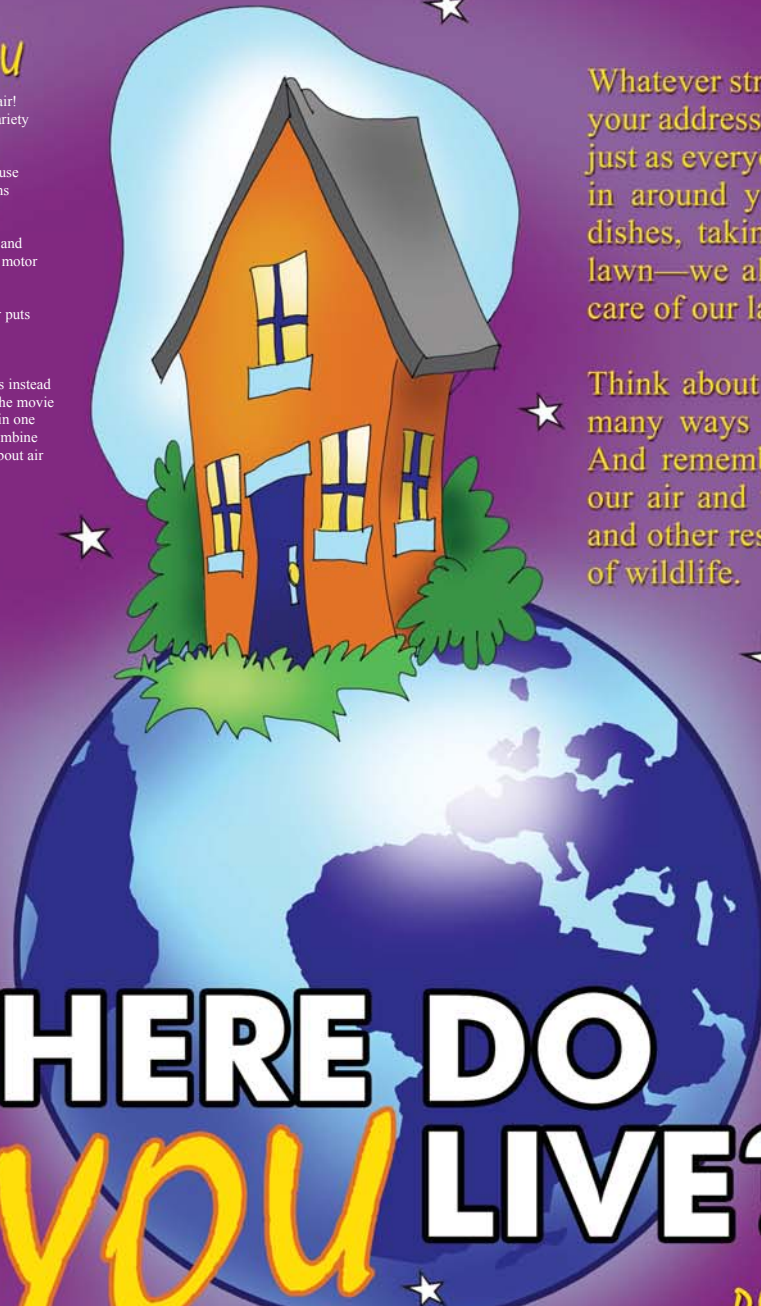
WHAT CAN YOU DO?
Making your lunch—a hamburger, french fries, and a soft drink—takes about 1,500 gallons of water. That includes the water needed to grow the potatoes and the grain needed for the bun and to feed the cow.

Turn off the water while brushing your teeth. ... Take short showers—five minutes or less—instead of baths. ... Keep a pitcher of water in the refrigerator. Letting the water run until it's cool enough to drink is wasteful. ... If you see a leaky pipe, faucet, or hose, tell an adult so they can fix it.

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WITH SPECIAL THANKS TO VALLEY FORWARD'S VISIONARY MEMBERS:



WHERE DO YOU LIVE?

Whatever street you live on, the last line of your address reads "PLANET EARTH." And, just as everyone in your family has to pitch in around your home—helping with the dishes, taking out the trash, mowing the lawn—we all have to do our part to take care of our larger home in the universe.

Think about these amazing facts, and the many ways we all depend on the Earth. And remember: Everyone can help keep our air and water clean, conserve energy and other resources, and respect the needs of wildlife.

LAND USE & YOU

- There were only about 200,000 people living in Arizona when it became a state in 1912. In 2000, there were over 5,130,000 of us living here. The larger our population becomes, the more wisely we need to use our land.
- About 83% of all the land in Arizona is government owned.
- While Arizona is known for its desert landscapes, nearly 25% of the state is covered in forest.
- Arizona leads the nation in the number of recognized national public areas, with two National Parks and 16 National Monuments.

WHAT CAN YOU DO?

When you hike, stay on the trails. And take a plastic bag with you to pick up trash that you find along the way. ... Use outdoor recreation areas responsibly. Follow "Leave No Trace" camping principles and all regulations outlined by the park services. ... Be very careful with fire when visiting our forests. ... Let your friends and family know how much you enjoy the wild areas of Arizona. We all take better care of things when we know they're important to someone we love.

PLANTS, ANIMALS & YOU

- The creosote bush, which gives the desert its distinct scent after a rainstorm, may live to be thousands of years old.
- There are 19 species of rattlesnakes in the U.S.; 14 of them can be found in Arizona.
- Riparian areas are the natural environments that exist around rivers, lakes, and other bodies of water. 80% of all the species of animals found in Arizona rely on riparian areas in some way. However, less than 10% of the state's riparian areas exist in their untouched, original form.
- There are 54 species of animals in Arizona that are listed as either endangered or threatened.

WHAT CAN YOU DO?

Don't pick wild plants or take away rocks, twigs, or other things you find in wild areas. All of these things can provide shelter for animals. ... Get educated! Pay attention to wildlife issues in the news. ... Conserve water. By limiting the amount of water you use, you can help conserve a very important resource for wildlife. ... Put a birdfeeder or birdbath in your yard.

ENERGY & YOU

- About 56% of Arizona's electricity comes from power plants that burn coal or natural gas, 34% comes from nuclear power stations, and 10% comes from hydroelectric plants.
- The average person in Arizona uses about 11,700 kilowatt-hours of electricity per year. That's enough electricity to light a 100-watt light bulb for over 13 years!
- All together, Arizonans use about 6,700,000 gallons of gas every day. That's enough gas to drive around the world 7,533 times!
- Appliances, such as refrigerators and clothes dryers, account for about 20% of the energy used in your home.

WHAT CAN YOU DO?

Turn off lights, and anything else that uses electricity, when you're not using them. ... Think about what you're going to get out of the refrigerator before opening the door. That way, you'll open the door less often and keep it open for a shorter amount of time. ... Keep the curtains closed during the day in the summer and open in the winter. ... Learn more about alternate fuel and energy sources.

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