

# 101 Things

## YOU CAN DO TO HELP SAVE ANIMALS AND ANIMAL HABITATS

April 22 has been set aside as Earth Day to target special emphasis on conserving electricity, petroleum, metals, land, paper and wood products, and reducing toxic and non-biodegradable wastes.

You can celebrate Earth Day every day by making an effort to check as many as you can on the list below. Some checkmarks can be earned by simple tasks such as turning lights off when you leave a room. From there, the degree of involvement in environmental issues can go as high as you care to take it. Review your lifestyle, and amend your habits which, somewhere down the road, may be costing a wild animal its home or its life.

### In Your Home....

Recycle everything you can: newspapers, cans, glass, aluminum foil and pans, motor oil, scrap metal, etc.

Investigate local recycling centers that may take items such as plastics, scrap paper and appliances.

Save your kitchen scraps for the compost pile.

Try to use phosphate-free laundry and dish soaps.

Avoid the use of household pesticides. Flyswatters work very well.

Clean your windows with vinegar and water instead of chemical products.

Use cold water in the washer unless it's necessary to use warm or hot.

Use washable rags, not paper towels, for cleaning up spills and other household chores.

Crumpled-up newspapers are great for washing windows.

Use cloth diapers. The plastic in disposable diapers doesn't break down in landfills.

Use cloth, not paper, napkins

Don't put hazardous substances down your drain or in your trash (paint thinner, furniture polish, etc.) Dispose of them in a maintained hazardous waste collection site.

Don't use electrical appliances for things you can easily do by hand.

Re-use brown paper bags to line your trash can instead of plastic liners.

Re-use bread bags, butter tubs, etc.

Use re-usable containers to store foods..not plastic wraps and foil.

Write to companies that send unwanted junk mail...ask them to take you off their list.

Save your coat hangers and return them to the cleaners.

Take unwanted, re-useable items to a charitable organization or thrift shop.

Don't leave water running needlessly.

Install a water saving shower head.

Set your water heater at 130 degrees

Have your water heater insulated...check with your utility company for guidelines.

Turn the heat down and wear a sweater.

Lower your house temperature by one degree perhour for every hour you'll be asleep or away.

### In Your Yard....

Start a compost pile.

Plant trees and shrubs in your backyard that provide food and shelter for birds and other creatures.

Feed the birds.

Put up bird houses and baths.

Pull weeds. Instead of using herbicides.

Learn about natural insect controls as alternatives to pesticides.

Landscape with plants that aren't prone to insect and fungus problems.

Ignore caterpillars and most native leaf chewing insects. Let birds and insect predators take care of them.

Use beer traps for slugs instead of baiting with poison.

Use organic fertilizers. Good or manure or zoo doo helps condition your soil and fertilizes at the same time.

If you use pesticides, herbicides or fungicides, don't throw leftovers in the trash, down your drain or into a storm sewer. Dispose of them in maintained hazardous waste collection site.

Compost your leaves and yard debris or take them to a yard debris recycler. Burning them creates air pollution and putting them out with the trash is a waste of landfill space.

Use mulch to conserve water in your garden.

Plant things that don't require so much water.

Take extra plastic and rubber pots back to the nursery.

Large expanses of lawn are not good habitat for other creatures, plus they usually must be maintained with chemicals and extensive watering. Dig up some of your grass and plant native shrubs or trees instead.

Plant short, dense shrubs close to your home's foundation to help insulate against the cold.

### On Vacation .....

Turn down the heat and turn off the water heater before you go.

Carry re-usable cups, dishes and flatware.

Make sure your plastic trash does-

n't end up in the ocean.

Don't pick flowers or collect wild creatures for pets..leave animals and plants where you find them.

Don't buy souvenirs made from wild animals.

Watch out for wildlife..give consideration 10 all living things you see crossing 1he road.

Build smaller camp fires.

Stay on the trail.

Drive sensibly. ..don't waste gas.

Keep your car tuned up.

Carpool.

Use public transit

Ride your bike or walk instead.

Buy a more gas efficient car.

Recycle your engine oil.

Keep your tires properly inflated to save gas.

Recycle your old tires.

Keep your wheels in alignment to save your tires.

Don't litter.

## **At Your Business...**

Start an office recycling program for office and computer paper cardboard, etc

Use scrap paper for informal notes to yourself and others.

Print things on recycled paper.

Print or copy on both sides of the paper.

Use smaller paper for smaller memos.

Re-use manila envelopes and file folders.

Hide the throw-away cups and

train people to bring their mugs to meetings

Route things around the office or post non-urgent communications rather than making multiple copies.

Use the stairs instead of the elevator.

Office building landscape doesn't have to be sterile lawns and bedding plants. Plant trees and shrubs the birds will like.

Put a bird feeder outside your office window. It's a great conversation piece.

## **When you're Shopping...**

Don't buy food or household products in plastic or Styrofoam containers if there's an alternative (milk and egg cartons, vegetable oils, butter tubs, etc.) They can't be recycled and they don't break down in the environment.

Don't buy "disposable" anything. Paper plates and towels, Styrofoam cups, etc., are extravagant wastes of the world's resources

If you must buy disposables. ..buy paper products rather than plastic or Styrofoam. The manufacture of Styrofoam depletes the ozone layer.

Buy durable products and keep them a little longer. Cheap furniture, clothes and appliances often have short life spans.

Check the energy rating on major appliances you buy.

Read labels and buy the least toxic product available for cleaning, pest control and other jobs.

Put your parcels into one big bag instead of collecting several small ones

Don't buy things with excess packaging (individually wrapped cheese slices, apples on a paper tray wrapped with cellophane, etc.)

Buy in bulk; reduce pollution that

comes from the manufacture and disposal of many small packages.

Don't buy products that come from endangered animals.

Don't keep "exotic pets.

## **Personal efforts ....**

Join a conservation organization.

Volunteer your time to conservation projects.

Give money to worthy conservation/environmental causes.

Check your lifestyle. ..think about the effects of your daily actions on the environment.

Take advantage of the Nongame Wildlife Tax Checkoff on your Oklahoma income tax form.

Vote for candidates that share your sentiments.

Read books and articles on wildlife and environmental issues.

Watch nature programs on TV

Subscribe to conservation or environmental publications  
Purchase them as gifts for others.

Convert by example..encourage other people to save resources, too.

Tease, cajole, persuade or shame your family, friends and neighbors for not recycling, not being energy conscious, etc

Complain to merchants about excess packaging, use of plastics etc. Write letters to companies. Patronize merchants who are environmentally conscious.

Write your legislators when you have an opinion about pending legislation on environmental, land use and other issues.

Teach children to respect nature and the environment. Take them on a hike, help them plant a tree or build a birdhouse, buy them a nature book or a subscription to a

wildlife magazine

Oklahoma Department of Wildlife  
Conservation Information and  
Education Division (405) 521-3855  
Nongame Wildlife Program (405)  
521-4616

Department of Environmental  
Quality (405) 271-8056

Oklahoma Conservation  
Commission (405) 521-2384

Produced by the Metro Washington  
Park Zoo, Portland, Oregon, in con-  
junction with Metro Recycling  
Information Center, Oregon  
Department of Environmental Quality,  
Oregon State University  
Extension Energy Program and the  
Portland Audubon Society