FLORIDA

love it or lose it

Environmental Citizenship Can Keep Florida Beautiful.
At School

Teachers and students can use many of the hints already offered for office workers.

Lunches... present a good opportunity to reduce the waste unavoidably generated in school cafeterias. If possible, pack your child a balanced, healthy (junk-food-free) lunch to take to school. Foil, paper bags, plastic containers, etc., should either be put in trash cans or taken home and reused or recycled.

Urge your school... administration to use reusable (washable) plates and flatware. The initial investment for a good, energy-efficient dishwashing machine will quickly pay for itself in reduced waste.

Magazines, newspapers and books... that are no longer wanted at home can find new uses at school.

Recycling programs... are popular and a good way to raise money for school projects.

Reuse... has its place at school, too. Jars, boxes, paper bags, old clothing and other materials listed earlier in this publication (pages 5, 6 and 25) can have many new lives at school.

Take pride in your school... Organize school clean-up clubs, or work with service clubs to get trash cans placed on campus and educate students to use them. Be certain that the school administration helps to maintain them.
Life in the Great Outdoors
A Checklist for Life in the Great Outdoors

Practice your environmental etiquette when you’re outdoors. Treat your campsite, trailer park or cottage as your home. Visit a national park during your vacation. Never litter or contaminate the beach or the water.

**Boating** Keep trash and garbage on the boat. Make it a rule to take it back to shore with you and dispose of it properly. Bring back more than you take out.

*Watch your wake...* especially if you’re within 300 feet (90 meters) of shore. Waves cause shoreline erosion and can also disrupt wildlife habitat. Know the speed of your vessel that produces the minimum amount of wake.

*Observe speed limits...* especially where manatees might be present.

*To help prevent...* the spread of exotic aquatic plants, thoroughly clean the boat’s hull and propeller after you pull the boat from a lake.

*Avoid the temptation...* to top off your gas tank when refueling, because doing so often results in small spills. A spill of a cupful or less will create a large oily sheen on the water.

*Use phosphate-free...* detergents when you wash your vessel.

*Use extreme caution not to pollute the environment...* when using chemical cleansers, paints and anti-fouling compounds on your boat. Use degradable, environmentally approved, safe products. Consider using non-toxic wax as an alternative to anti-fouling paints. Always select the least toxic product that will do the job.

*Be careful about discharges...* of so-called “gray water” from onboard sinks, shower drains and bilges. Use phosphate-free soaps and never dump hazardous products or oily water down the drains.

*Pump out your holding tanks...* only at approved pump-out stations and marinas.

*Have your on-board sewage holding tanks and toilet plumbing system inspected...* Make certain that you meet all local regulations for storage and discharge. Make certain that the marina you use has adequate pump-out facilities.
Always dispose of waste oil ... in special oil recycling tanks available at most marinas and government docks. (One gallon of oil can contaminate up to a million gallons of water)

Carry a litter bag in your boat ... and always properly stow your trash. Don't allow your trash to blow overboard. Marine debris is a threat to wildlife. Unfortunately, many marine animals ingest marine debris and become sick or die. If you spot an injured manatee, sea turtle or dolphin, call the Florida Marine Patrol at 1-800-DIAL FMP.

Recycle cans and plastic bottles ... Even your monofilament fishing line is recyclable.

Do not "run out" your line ... when you need to replace your old line. Fish and other animals often become tangled in old fishing line and die.

Stay in the proper channel ... Shortcuts can — and do — damage environmentally valuable sea grass beds or coral reefs.

Why not consider canoeing, sailing, kayaking or windsurfing as alternative boating activities? They require little or no fuel. Active living is environmentally friendly and good for you.

**Camping Ethics** Become a low-impact user of our many parks and wilderness areas. Leave only your footprints. No one, especially the wildlife, should see any evidence that you have been there at all. Plan ahead. If you packed it in, pack it out again ... take along a litter bag and properly dispose of your trash.

Report ... illegal dumping to law enforcement authorities.

Use existing campsites, trails and portages ... Don't cut new trails, dig a trench around your tent or try to improve a site by pulling out vegetation or trees. Use public restroom facilities.

**Sustaining Renewable Resources** Soils, forests and fisheries are important natural resources. We will reap benefits from them in the future — if we do not harvest them more quickly than they can renew themselves. The harvesting of renewable resources also affects the health of wildlife and ecosystems. Efficient use and careful management of renewable resources are important environmental goals.
Plan to use a camp stove... on your next camping trip. The new ones are light, reliable and safe. And they save wood while reducing fire hazards.

Using biodegradable soap... Wash your dirty dishes, clothes and even yourself in a dish pan and not in a lake, stream or river. Discard the dirty water some distance away from streams or other bodies of water.

Avoid disturbing wildlife... particularly young animals or nesting birds. Remember, you're the guest in their home.

Be sure to guard your food... and garbage carefully from wildlife. Also, never feed wildlife, as this interferes with their natural habits and makes them unafraid of humans.

If you find injured or dead wildlife... contact the Florida Game and Fresh Water Fish Commission, or (along the beach or in salt water) the Florida Marine Patrol.

Visit Florida's many parks and greenways... The visit will be well worth your time. To find out more, call the DEP's Florida Park Service at (904) 488-9872 or Florida Greenways Program at (904) 488-3701.

Resist taking that souvenir... the pottery shard, fossil, plant or live shell you discovered at the park. Leave them there for others to see and enjoy.

Fishing Keep wastes and garbage on the boat. Take them back to shore with you and dispose of them properly.

If they're biting... keep only what you need. If they're really biting well, practice catch-and-release fishing.

Use phosphate-free detergents... when you wash your boat.

Use extreme caution not to pollute the environment... when using chemical cleansers, paint and anti-fouling compounds on your boat.

Use environmentally safe products.

Always dispose of waste oil in special oil recycling tanks... available at most marinas and government docks.
At the Cottage  No one has a better chance to observe the adverse effects of human population and pollution on wilderness than do cottagers, who return each year to the same location.

The environmentally friendly . . . behavior you practice at home is particularly important for vacation cottages, because they are usually located on the banks of rivers, or the shores of lakes or the ocean. The guidelines (earlier in this document) for the environmentally safe operation of septic tank systems are crucial: be sure to locate the systems as far from the water’s edge as possible.

If you have a recycling program at home . . . make sure you bring back all the recyclables from your garbage.

Consider a biological toilet . . . as an alternative to septic tanks for human waste. They are simple and produce no residue or sludge.

Protecting Our Historical Heritage

Historic and archaeological sites and artifacts provide connections to our past. They tell us how we, and the Native Americans who preceded us, lived in and with the environment. They provide educational opportunities for Floridians and visitors, letting them see firsthand how the past has helped shape today’s Florida.

However, valuable historical resources are deteriorating or are being lost. More effort must be placed on commemorating and protecting Florida’s heritage.

If your cottage . . . is located on or near a bank or shoreline, preserve as much of the natural vegetation as possible between the cottage and the water to reduce rainfall runoff that may carry silt or harmful sewage organisms. Plant new (native) shrubs and trees if need be.

Preserve local wildlife . . . by not disturbing birds or their nesting areas with personal watercraft (jet skis) or power boats.

It is unlawful to fill in wetlands . . . or alter shorelines without the appropriate approval from state or local government.

Keep pets contained . . . so that they do not disturb or harm birds and wildlife.
Avoid motorized sports ... such as trail-bike riding and speedboating in favor of less polluting activities such as hiking, sailing, canoeing, cycling or walking.

Ride all-terrain vehicles or trail bikes only in designated areas ... and never along beaches, through marshes or in other areas where birds nest and breed.

Other Outdoor Tips
- Make nature-oriented, passive outdoor activities, such as bird watching, wildlife photography, animal study or stargazing a hobby for the entire family.
- Never litter — and do help out by picking up any litter left by others. Participate in organized litter clean-up campaigns, or organize one yourself.

Use insect repellents safely ... Mosquitoes, biting flies and ticks are annoying and can represent a serious threat to your health. Knowing this, most of us use insect repellents when we are outdoors in spring, summer and early fall. Be certain the repellent you use is registered with the EPA — the information is on the container. Enough is enough. Do not overuse. Do not apply to the eyes and mouth, and with young children, do not apply to the hands. Wash up when you're back inside.

If you come across a polluted area that needs a cleanup, or if you see polluters in action, report them either to the county sheriff, the nearest park ranger or office of the Florida Department of Environmental Protection.

If you hear requests for volunteers to assist in environmental emergency cleanups, participate whenever possible.
Outdoors at Home

It's summertime, and the livin' is easy... especially when it comes to cooking. In fact, 62 percent of Americans like to grill, and cookouts are the single most popular form of home entertaining. Here are some ways to ensure that your barbecues are eco-friendly.

Don't waste charcoal (or gas)... When you’re done cooking, smother the coals by closing the vents and putting the lid on. You can use the leftover coals to start the next fire, thus saving on charcoal. And, rather than keeping the grill going after you cook so you can burn off the residue, smother the coals or turn the grill off. Clean up at the next use, after warm-up but before cooking. Use a wire brush. No caustic and dangerous chemical cleaners are necessary. You save materials and money!

Save indoor energy... by keeping the oven off and cooking the entire meal on the outdoor barbecue. Wrap vegetables in foil and grill them. Soak corn-on-the-cob in the husk in water, and then steam it on the grill. You can even poach fish fillets quickly and easily. Wrap in foil with some white wine and a little butter. Place on the grill for about 5 minutes. (It really works!)

Turn the heat down... don't raise the grill up. For users of gas and electric grills, this saves money, too.

Finally, cook only what you need, and eat what you cook... Will your 10 guests really each eat 2 hamburgers, a hot dog and 3 pieces of corn? If there are leftovers, send some home with the guests.

Have a Pool? Pool covers retain heat and reduce water loss by 90 percent. They also keep leaves out of the water. Save energy, save money, save time.

When you know you will be draining your pool... stop adding chemicals a day or two before to allow the chemicals to dissipate. Drain the pool slowly over a large expanse of yard.

If you build a deck... look into plastic lumber made from recycled materials. It is low on maintenance, termite-free, without poisonous preservatives, and saves trees.

Use solar-powered outdoor lighting.
Your Community Spreading your Environmental Citizenship: Your environmental concern can move out from your household and into your community.

Neighborhood action... Participate in (or organize) neighborhood clean-up, paint-up, fix-up days. These are times when the community can get together to clean up the neighborhood stormwater drains, take trash to the landfill, or even have a community yard sale to dispose of unwanted but still useful items.

Be involved... Keep up with local environmental, planning and zoning issues, and make your concerns known to planning and zoning boards and to city and county officials. Adopt a highway, street, road or shoreline, and help prevent litter.

Promote environmental education... Work to ensure that your schools have a well-thought-out, balanced environmental education program that is spread across all disciplines.

How You Affect the World Around You
If you have access to the Internet's World Wide Web, you can visit the Personal Environmental Impact Calculator and find out your impact on the world environment. Here is the address:

http://fatman.neep.wisc.edu/~ans/sama.ies575/personal.impact.html
Litter

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Knowing More About Litter

Knowing more about litter is the first step to a cleaner community. A cleaner community is a safer community and is a better place to live and work. When was the last time you saw someone littering? It may be hard to remember, but litter doesn’t just appear — it’s the result of careless attitudes and waste handling. Knowing more about litter and where it comes from is a good place to start.

Why people litter

Research by Keep America Beautiful, Inc., found that people litter because:

- They feel no sense of ownership, even though areas such as parks and beaches are public property.
- They believe someone else — a park maintenance or highway worker — will pick up after them.
- Litter attracts litter — areas that are littered attract more trash.

On the land and in the water

What is on the land often ends up in the water . . . More than half of Florida’s marine debris originates from land. Since so many of us in Florida live near the water, trash and litter that is dumped on the land often ends up washing into nearby lakes, rivers or the sea.

You can help educate your community by stenciling storm drains which show “this way to the bay,” river, lake or stream. Contact the Center for Marine Conservation at (813) 895-2188 or Keep Florida Beautiful, Inc., ENVIRO-LINE at (800) 828-9338 for information on how you can become involved in preventing litter and marine debris.

“Litter-known” facts

Motorists and pedestrians are often blamed for litter. There are actually seven primary sources:

- Household trash handling and its placement at the curb for collection.
- Dumpsters used by businesses.
- Loading docks.
- Construction and demolition sites.
- Trucks with uncovered loads.
- Pedestrians.
- Motorists.
A Checklist for Controlling Litter

Litter is blown about by wind and traffic or carried by water. It moves until trapped by a curb, building or fence. Once litter has accumulated, it invites people to add more.

Litter and your taxes

Litter is a costly problem. Highway departments spend millions of tax dollars and many hours annually picking up litter -- money and time needed for more important services. Local, state and federal governments also spend money removing litter left by careless park visitors.

Clean communities also have a better chance of attracting new businesses than those where litter is common.

What can I do?

• Set an example for others, especially children, by not littering.
• Carry a litterbag in your car.
• Stow your trash and carry a litterbag in your boat.
• Make sure trash cans have lids that can be securely fastened. If you have curbside trash collection, don’t put out loose trash in boxes.
• Tie papers in a bundle before placing them in a curbside recycling bin.
• If you own a business, check dumpsters daily to see that top and side doors are closed.
• If you or a member of your family is involved in a civic group, scouting or a recreational sports program, encourage the group to “adopt” a spot in your town and maintain it on a regular basis.
• Attach litterbags to your bicycle, and make sure your friends use them, too.

Illegal dumping

Illegal dumping is a serious environmental problem. Illegal dumping is a costly threat to our public lands and the animals that depend on them. Also, many private land owners are denying public access to their lands because of the threat of illegal dumping. Denying public access on private lands further increases the burdens placed on our public lands.

Be on the lookout for illegally dumped garbage or debris. Report areas where people have illegally dumped or littered to your local highway, public works or conservation office, and ask that the material be removed. Get involved by volunteering to help organize a cleanup.
For More Information

FLORIDA
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For More Information

There’s lots more good Environmental Citizenship information available to you.

Some DEP Publications

- Ecosystem Management Around the Home,
  Florida Department of Environmental Protection, 1995
- You, Your Car and Your Environment,
  Florida Department of Environmental Protection, 1996
- Toward Environmental Citizenship,
  Florida Department of Environmental Protection, 1994

(Note: The texts of most of these and other DEP publications may be found on the DEP’s Internet World Wide Web site: http://www.dep.state.fl.us).

You Can Write Us At:

  Office of Environmental Education
  Florida Department of Environmental Protection
  3900 Commonwealth Blvd. (MS 30)
  Tallahassee, FL 32399-3000

Publications From Other Agencies

- Florida Public Service Commission — Conserve Your World. Energy and water conservation tips from the experts. 101 East Gaines Street, Tallahassee, FL 32399. tel. 1-800-342-3552

- Florida Sea Grant — Florida’s Estuaries: A Citizen’s Guide to Coastal Living and Conservation. (SGEB-23) — University of Florida, P.O. Box 110409, Gainesville, FL 32611-0409
For More Information

More Internet World Wide Web Sites With Useful Ideas For Environmental Citizens

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<thead>
<tr>
<th>Organization</th>
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<tr>
<td>Aluminum Association</td>
<td><a href="http://www.aluminum.org">http://www.aluminum.org</a></td>
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<tr>
<td>American Forest &amp; Paper Association</td>
<td><a href="http://www.afandpap.org">http://www.afandpap.org</a></td>
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<td>American Iron and Steel Institute</td>
<td><a href="http://www.steel.org">http://www.steel.org</a></td>
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<td>American Plastics Council</td>
<td><a href="http://www.plasticsresource.com">http://www.plasticsresource.com</a></td>
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<tr>
<td>Better World</td>
<td><a href="http://www.betterworld.com">http://www.betterworld.com</a></td>
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<tr>
<td>(On-line, electronic magazine that guides readers to better environmental living.)</td>
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<tr>
<td>Envirolink</td>
<td><a href="http://www.envirolink.org">http://www.envirolink.org</a></td>
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<tr>
<td>(Everything environmental, and then some.)</td>
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<tr>
<td>EnviroPage</td>
<td><a href="http://www.FL-EnviroPage.org">http://www.FL-EnviroPage.org</a></td>
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<tr>
<td>(Learn more about Environmental Citizenship)</td>
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<tr>
<td>Enviro Sense</td>
<td><a href="http://es.inel.gov/index.html">http://es.inel.gov/index.html</a></td>
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<tr>
<td>(The EPA's center of information on pollution prevention.)</td>
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<tr>
<td>Florida Department of Environmental Protection</td>
<td><a href="http://www.dep.state.us">http://www.dep.state.us</a></td>
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<tr>
<td>(Details about the Florida DEP — people, rules and programs.)</td>
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<tr>
<td>Glass Packaging Institute</td>
<td><a href="http://www.gpi.org">http://www.gpi.org</a></td>
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<tr>
<td>(Learn about KAB and its programs.)</td>
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<tr>
<td>(Get involved in state and local hands-on, environmental grassroots programs.)</td>
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<tr>
<td>(Promoting successful recycling in the state of Florida.)</td>
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<tr>
<td>Solid Waste Association of North America</td>
<td><a href="http://www.swana.org">http://www.swana.org</a></td>
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<tr>
<td>Southern Waste Information eXchange</td>
<td><a href="http://www.webvista.com/swix/">http://www.webvista.com/swix/</a></td>
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<tr>
<td>(Minimizing industrial waste through recycling and resource reuse.)</td>
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<tr>
<td>Steel Recycling Institute</td>
<td><a href="http://www.recycle-steel.org">http://www.recycle-steel.org</a></td>
</tr>
<tr>
<td>U.S. Environmental/Recycling Hotline</td>
<td><a href="http://www.1800cleanup.org">http://www.1800cleanup.org</a></td>
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<tr>
<td>U.S. EPA</td>
<td><a href="http://www.epa.gov">http://www.epa.gov</a></td>
</tr>
<tr>
<td>(Good information about federal environmental programs and issues.)</td>
<td></td>
</tr>
<tr>
<td>Use Less Stuff!</td>
<td><a href="http://www.cygnus-group.com/uis">http://www.cygnus-group.com/uis</a></td>
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<tr>
<td>(Good information on reusing, reducing and recycling.)</td>
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Environmental Citizenship

1: an idea that we are an integral part of our environment. 2: recognition that our future depends on how we care for our ecosystems. 3: a willingness to embrace the challenge of individual responsibility to the environment.

Prevent Pollution

Get involved with environmental groups and projects.

RECYCLE

explore alternate energy sources

prevent litter • manage waste • conserve water

KEEP FLORIDA BEAUTIFUL
A Checklist for the Home

continued

Miscellanea

Be careful with CFCs (Chlorofluorocarbons) ... If your old air conditioner or refrigerator needs repair, be sure the technician captures the CFCs and does not allow them to escape to the atmosphere. If you are disposing of an old refrigerator or air conditioner, have a technician capture all the CFCs. New appliances use less harmful coolants.

Dispose of paints, solvents or other hazardous chemicals properly ... First, never dispose of them on the ground or down drains. Disposal on the ground contaminates soil and eventually will reach ground and surface waters. When disposed of into drains (in sinks or down the toilet), these materials can damage septic tanks or sewage treatment plants. Many chemicals resist treatment and pass straight through into our lakes, streams or ground water.

Indoor Air

The air you breathe in your homes ... Everyone knows about outdoor air pollution, but the air can be dangerous inside your home as well. Some indoor air pollutants are natural, but far more of them come from man-made materials.

Ventilation is crucial ... Many household chemicals — even the most common — produce fumes which can be dangerous if they are inhaled in any quantity. These include such common materials as ammonia, floor and furniture polishes, and many kinds of paint, varnish and glue. When you work with any of these materials (or with any material that has a strong odor) ensure that your workspace has proper ventilation.

Radon, a natural indoor air pollutant ... Radon, a colorless, odorless, radioactive gas, comes from the rocks and the ground under your home. According to the EPA, radon causes between 7,000 and 30,000 lung cancer deaths each year. Smokers are at higher risk. Based on a national survey in 1991, the average indoor radon level is 1.3 picocuries per liter (pCi/L).

There are steps you can take to reduce exposure to radon. Have your home tested. Tests are easy and inexpensive. A reading of 4 pCi/L or higher needs to be corrected. Do-it-yourself tests are available, or you can check your telephone company’s yellow pages for companies that can test for and correct radon problems.
A Checklist for the Home

Environmental tobacco smoke... If there are smokers in your household, secondhand smoke can contribute to illnesses such as eye, nose and throat irritation, respiratory infections (especially in children) and lung cancer. The solution is to not allow smoking inside the home, to not smoke around children or infants, and, if indoor smoking cannot be avoided, to provide good ventilation.

Biological air pollutants... Damp walls, ceilings, floors and carpets, and poorly maintained air conditioners can be sources of indoor fungi. Rugs, bedding and pets are sources of dust mites. The mites, and spores from the fungi, can cause eye, nose and throat irritation, fever, digestive problems, shortness of breath and other ailments. Again, ventilation will help. Install fans vented to the outdoors in bathrooms and the kitchen. Be sure that clothes dryers vent to the outdoors. Maintain humidifiers and air conditioners to eliminate mold.

Carbon monoxide... Unvented kerosene and gas space heaters are the most common sources of carbon monoxide, although it can be created by poorly vented or leaking fireplaces, gas water heaters, wood stoves and gas stoves. Automobiles left running in a closed garage will cause a significant buildup of indoor carbon monoxide.

At low concentrations, carbon monoxide causes fatigue in healthy people and chest pain in people with heart disease. Higher concentrations can cause impaired vision, headaches, dizziness, nausea — and death. Proper venting of gas-burning appliances, water heaters and space heaters, and whole-house ventilation are the principle means of eliminating the threat of carbon monoxide poisoning. Do not idle an automobile inside the garage.

Phasing Out Ozone-Depleting Substances

The ozone layer protects us and the ecosystems of which we are a part from dangerous levels of ultraviolet radiation. It is being depleted by CFCs and other chemicals we release into the atmosphere. The reduction or elimination of ozone-depleting substances can have important consequences for the health of people and ecosystems. CFCs have been eliminated from spray cans and are being phased out of auto air-conditioning systems.

Potentially Hazardous Products

Paint... And related products (emulsion and gloss paints, stains, varnishes, paint thinner and stripper [and their residues], wood treatments and preservatives, and turpentine).
A Checklist for the Home continued

Automotive products ... (engine oil, brake, power steering and transmission fluid, antifreeze, waxes and polishes, fillers and body repair materials, car batteries, spray paint [including volatile emissions from spray-painting operations] and gasoline).

Household ... cleaners (ammonia, bleaches, disinfectants, air fresheners and deodorizers).

Pharmaceuticals ... (medicines and medical waste, cosmetics and toiletries, and beauty products, such as nail polish).

Water treatment ... chemicals (water softeners, hardeners, pool and pond chemicals).

Garden and pet ... products (pesticides and pest repellents, herbicides and fungicides, and fertilizers).

Many communities operate local hazardous waste storage sites where household wastes can be collected and stored before being taken away for proper disposal. Many also sponsor local Amnesty Days (days set aside for special collections of toxic materials) during which time many of the items listed above can be taken in to a central location, then collected for proper disposal. Many service stations collect used motor oil. For a location near you, call 1-800-741-4337.

Here Are Some Natural Pest Controls

Fleas ... Rather than use poisons (flea collars, sprays or pills), regularly mix brewer’s yeast and garlic into your pet’s food to help control fleas.

Roaches ... "Bug bombs" help roaches develop resistance to pesticides. Instead, combine boric acid, sugar and flour in a dish and place it near suspected roach habitats. They’ll transport it back to their nest and poison the others with it there. Or build your own roach trap. Simply apply a layer of grease to the inside of a beer bottle with a little stale beer in the bottom. Place it strategically and check it daily, emptying it when necessary.

Ants ... Make them toe the line. They will rarely cross a barrier made of talcum powder or chalk dust.

NOTE: As with the more toxic poisons, these bug remedies should be kept out of the reach of pets and small children.
The Yard and Garden

FLORIDA
love it or lose it
A Checklist for the Yard and Garden

**Taller grass holds water better**... Avoid overcutting grass; keep it around 2 1/2 inches (about 6.4 centimeters) high.

**Reusing water**... If your community has a dual water system — one for drinking water and the other carrying reclaimed wastewater for landscape use — take advantage of it. Call your city water department.

**Try a push mower instead of a power mower**... Power mowers are noisy, use fossil fuels and have become a major source of air pollution in some urban areas. Push mowers use your energy and are pollution free. Battery- and solar-powered lawn mowers are showing up in the market — and cordless mowers (as well as electric mowers that plug into a power outlet) do not contribute to local, uncontrolled air pollution.

If you do use a power mower, fill the gasoline tank carefully, keep the engine maintained, mow less often so emissions are reduced, and keep the blades sharp.

**Mulch is best**... Leave clippings on the lawn. Clippings represent nutrient recycling at its best and reduce the need to fertilize your lawn. Using mulch also saves water.

**In any event, fertilize sparingly**... Excess fertilizers washing off lawns is a major source of stormwater pollution. Fertilize only if your lawn needs it. Test your soil first so you know how much you need. The same can be said of lawn pesticides; use them only when necessary — and follow label directions.

**You don't have to have a lawn**... Lawns take a lot of maintenance. Consider other ground covers for at least part of your lawn area. Steep slopes, eroded areas, shaded areas and excessively wet areas are ideal sites for an alternative ground cover. Create a wildflower meadow. A terraced brick and sand deck or patio in sloping areas will reduce erosion. A water garden might find a home in an area that always is wet.
Shrubbery and Landscaping

Plant trees... Planting a tree always makes you feel good, but there are other benefits. Trees help filter pollutants from the air. They consume carbon dioxide, produce oxygen and provide homes for wildlife. Planted strategically around the home, they shelter it from sunlight in the summer and cold winds in the winter. They help create islands of peace and quiet in your yard.

Watch how you water... Freshly transplanted and young garden plants need small amounts of water applied frequently, rather than extra quantities, until they are established. Soaker hoses or drip-watering tubes are ideal. Mulch... use 3- to 4-inch layers of grass clippings or wood chips around plants, shrubs and trees to hold and retain water.

Sustaining the Diversity of Wildlife

On land and at sea, Florida's biological diversity is a major part of our legacy to tomorrow's Floridians. Wildlife populations are under stress from damage to and loss of habitat, overharvesting, disease and the effects of toxic substances. To maintain and improve the health and diversity of our wild plants and animals, we must protect their habitats and shield them from the harmful effects of human activity.

Fix leaky taps... Shut off all outdoor taps tightly and inspect them for leaks. In North Florida, winter can take a toll on outside taps. Repair leaks promptly.

Xeriscape... Select and plant new shrubs, trees and plants that need less water. Plants that are native to your area are adapted to natural cycles of rain and drought. (They also will be less susceptible to local pests and attract beneficial butterflies, birds and wildlife.) Contact your local Extension Service office about the Florida Yards and Neighborhoods program to get information about environmentally sound landscaping.

Food for thought... Many native plants and shrubs will give you delicious fruit at the end of summer. Native blueberries (Vaccinium genus) and persimmon trees are two that make attractive additions to any yard. Blackberries can cover that eroding bank, or the old fence you don't want to look at. If you don't want the harvest, birds and other wildlife will. Other native plants offer spectacular flowers in the spring, such as dogwood, redbud and magnolia.
A Checklist for the Yard and Garden

Tools ... Maintain your garden and other tools properly and they will last a long time. Seldom-used items — some power tools undoubtedly fall into this category — are better rented or borrowed than owned. Otherwise, they gather dust and rust in your garage, and operate poorly (if at all) on the rare occasions you need them. Infrequently used items might even be bought and shared by an entire neighborhood or family.

Garden Pesticides It makes good sense to avoid using chemical pesticides and herbicides in our yards. Since the 1950s, the number of insects and other pests known to be resistant to pesticides has grown from fewer than 10 to about 450.

Read the label ... When chemical products are used, they must be applied safely and responsibly, according to the label instructions.

Keeping Toxic Substances Out of the Environment
The quality of life in Florida depends upon the beneficial use of chemicals — at home, on the farm, and by industry. However, the improper production, transportation, storage, use and disposal of chemicals threatens our wildlife, the ecosystems in which they live, and human health. We can protect our environment by reducing or eliminating the use, waste and discharge of persistent toxic substances.

Chemical-free alternatives ... The first line of defense against using too many hazardous chemicals in your yard is buying and using only non-hazardous alternatives.

• A strong spray of water will remove spider mites, aphids and mealybugs from your plants, bushes and trees.
• In early mornings (the best time to garden), you can pick small groups of insects such as lilac leaf miners, leaf rollers, potato beetles and other larger pests off your plants by hand. Wear garden gloves.
• Likewise when forest tent caterpillars have hatched, pick the larvae off your plants when they cluster together on cool days or in the late evening.
• Remove eggs or cocoons from other species in the same manner.
Dig out weeds by hand... Do it daily and you can keep up.

Some other non-toxic pest controls...

- Keep cutworms away from your tomatoes, peas, cabbages and beans by removing both ends from cans and sinking them around the bedding plants, or placing aluminum foil around the base of the plants.
- Place tar paper around the bases of cabbage plants to prevent cabbage flies from laying their eggs.
- Scatter onions throughout your garden instead of planting them in rows to prevent root maggots from traveling from plant to plant.
- Hoe your garden regularly to control weeds and to keep plants healthier and more resistant to weeds.
- Get rid of slugs by placing a flat board near your plants, and then later lifting the boards and destroying the slugs that gather there to avoid sunlight. (A saucer full of beer left outside overnight also will attract slugs, which will drown.)
- Use environmentally safe insecticidal soaps to dislodge or suffocate insects.

Keep your garden clean... Avoid leaving old bags and baskets, decaying vegetables and other rubbish in your yard because they will become homes for slugs and insects. Old tires are breeding places for mosquitoes.

Crop rotation at home... Rotate the species of vegetables and flowers in your garden from year to year, or at least rotate the same species between locations, to discourage soil diseases and insects from setting in.

Natural bug repellents... Marigolds, chrysanthemums, chives, onions, garlic, basil, savory, horseradish, mint, thyme and similar plants mixed though your garden will repel insects because of their natural odors and root secretions.

Birds eat bugs... Put bird feeders and bird houses in your yard; birds are a natural form of insect control.

Buying plants... Again, for landscaping, buy native plants. Buy bedding plants in pulp or peat flats or pots. Plant pot and all, and they will degrade in the soil. Return plastic pots to the nursery.
Using Hazardous Chemicals Safely

If you must use hazardous chemicals ... follow these guidelines:

- Always keep hazardous chemical pesticides in their original containers, and follow the instructions on the labels carefully.
- Store hazardous chemical pesticides in tightly closed and waterproof containers and in secure, preferably locked, well-ventilated places that are out of the reach of children and pets.
- Apply only the amounts of chemical pesticides specified on the label, and apply only to the appropriate plants and areas.
- Never use hazardous chemical pesticides near wells, streams, ponds or marshes unless their labels specify that the products can be safely used in such areas.
- Never apply chemical pesticides to bare ground or to eroded areas. Rain may wash them into streams, rivers, lakes, etc.
- Most chemical pesticides should not be used on days when rain is forecast (read the labels).

Compost to improve your soil ... Compost reduces the amount of garbage you send to landfills by as much as one third and provides a chemical-free source of nutrients for your lawn and garden. Information on composting is available from the DEP's Office of Environmental Education, at most community libraries, and from agricultural organizations such as your County Agricultural Extension Agent. Those with Internet access will find all they need to know at: http://www.envirolink.org/orgs/vegweb/composting.

How and what to compost ... You can buy an inexpensive, pre-made compost bin, or make your own. A simple, homemade compost bin should be a minimum of 3 feet square and 3 to 4 feet high. Any smaller size will not generate enough heat to decompose the materials efficiently. Almost all kinds of kitchen and yard wastes can be added to the compost bin, including vegetable tops and salad extras, coffee grounds, tea leaves, egg shells and fruit peelings, to name a few. However, avoid meat scraps, bones or milk products or you will attract animal pests. Yard wastes can include small branches, grass cuttings, hay, straw, even soil.
A Checklist for the Yard and Garden

Guarding Help reduce stream-bank and other harmful soil erosion by taking
Against Runoff measures to channel rainwater runoff so that it collects and then
filters slowly down through the soil, rather than running off rapidly into
storm drains or streams. Guide rainwater into low areas and create a
small home wetland.

Patio and decks . . . Carefully arrange, or rearrange, stones
and interlocking bricks in walkways and patios to trap rainwater. Make
diversions to direct rainwater off sections of pavement and onto the grass.
Install wood decking or bricks or interlocking stones instead of impervious
cement walkways.

Paved areas . . . Gravel trenches along driveways or walks will collect
runoff and allow it to filter into the ground or direct it onto your lawn.

Catch that rainwater . . . Rather than letting it run off across the
yard, catch the rain that falls from your eaves in a barrel or other container,
then use this (chlorine-free) water for delicate potted plants, shrubbery and
garden during dry spells. However, do not let it stand unused too long or
it will promote the growth of mosquitoes.

Protecting Ecosystems

Florida still has a great diversity of
natural areas.

These are valued because of
their beauty and tranquility, for their
recreational and economic value to
surrounding areas and to the state as
a whole, and for ecological reasons.

They provide safe harbor for wildlife,
help keep our air, streams and lakes
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Protecting Florida's special places
means preserving important landscapes
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A Checklist for the Yard and Garden

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Some Miscellaneous Ideas

Here are some other helpful hints and habits to cultivate around the yard.

- Trees absorb carbon dioxide. Contribute with others to slowing down the greenhouse effect and reducing carbon dioxide air pollution by planting and looking after as many trees as possible in your yard.

- Help birds by using bird feeders (but maintain the food supply all year round, since the birds become dependent upon the extra feed you supply).

- Put out bird houses for various species that live in your area.

- Grow shrubs and trees that provide birds with food and shelter. The right shrubs and flowers will attract bees and butterflies.

- Maintain a bird bath (but empty and refill it regularly to reduce the mosquito problem).

- Never use salt to kill weeds, because salt can be very harmful to the environment.

- Use pressure-treated lumber, rather than wood that has been preserved with pentachlorophenol chemicals, for building backyard decks, borders and fences.

- Better yet, use timbers made from recycled plastic.

- Never use preserved wood or old railway ties near a vegetable garden, because rain can wash chemicals out of the wood and into the soil.
The Marketplace

FLORIDA
love it or lose it
A Checklist for the Marketplace

What we buy and how we buy it can have far-reaching effects on local, national and even world environments. Your decisions as you shop can affect energy, air pollution, water use and waste disposal decisions in areas far removed from your local supermarket. In the long run, enviroshopping will save you money and time.

While Shopping

**Buy only what you need** ... You will save money and cut waste.

**Good things come in light packages** ... Avoid excessively packaged goods, and let the retailer and manufacturer know why. Shopping is our first line of defense for keeping environmentally damaging products out of our homes, yards and landfills. Our purchasing power, as consumers, can influence manufacturers and merchants to make available more environmentally acceptable products.

**Use them again** ... Packaging makes up about one-third of all waste. Buy products in recyclable containers. Buy products you can store in bulk, rather than in typically overpackaged smaller sizes. Store these products in the jars and other containers that you have saved.

**No excess packaging** ... Avoid fruit and vegetables in excess packaging. If you must buy them, leave the packaging with the retailer. Consider buying fruit and vegetables that are loose. Tell the store manager that you don’t want excess packaging.

**Say no to the throw-away society** ... Avoid buying disposable products such as paper napkins and towels, plastic razors, paper plates and plastic cups.

**The great diaper debate** ... Although disposable diapers are great for convenience, they present environmental problems. They often are improperly disposed of down toilet drains, clogging up sewage systems. More commonly, they add to the volume of garbage in landfills. Their manufacture uses large quantities of trees and usually involves bleaching processes that pollute our rivers.

“Old-fashioned” cloth diapers and cleaning services are becoming popular again, but they tend to add significantly to our use of water and the energy needed to heat it. They also contribute to an additional load to our sewage treatment systems. The debate continues, and you as a consumer need to decide.
Cutting Waste

Floridians produce almost 2 tons of garbage per citizen annually (9.6 pounds per person per day), or more than 24 million tons a year. In 1991, we created a little more than 8 pounds per person every day. We recycle about 40 percent of this garbage, and we send 38 percent to our rapidly filling landfills and 22 percent to incinerators or resource recovery facilities. Generating and managing this waste costs all of us, and it costs us environmentally.

We can help by reducing waste at home, in the office and at the factory; by recovering and reusing materials; and by recycling. In this way we ease the social and environmental fallout from the improper management of solid waste.

Cut out the trash... The typical family can easily reduce their trash output by about 60 pounds a year by buying products that are not over-packaged. On a national basis, that would keep about 600 million pounds, or 300 thousand tons, of stuff out of our landfills. Even more amazing is that it is easy to do. Out of all of the products you buy and shop for, you need only to think about 5 items: juice, coffee, breakfast cereal, laundry detergent and pasta.

The savings are in the packaging... In the cases of coffee, breakfast cereal and pasta, all of the savings are related to the source reduction features of flexible (plastic, cellophane, foil) packaging vs. rigid packaging (cans, bottles, cardboard). The far lighter flexible packaging saves significant amounts of materials from being used and therefore saves landfill space. The juice and laundry detergent have the added advantage of coming in the form of a concentrate.

So... what to look for in packaging... There are three simple things you can do the next time you go shopping. As you'll see, they're all interrelated:

CONCENTRATE! Most powdered and liquid laundry detergents now come in concentrated form. You get more washes, less packaging and usually save some money as well. Another concentrated product that can save packaging and money is fruit juice. While most people are familiar with the frozen kind, some companies have come out with concentrate in a juice box. Since it doesn't need to be kept cold, the box saves energy. And the box is the source reduction winner among all juice packaging; once reconstituted, you get 99 percent juice and only 1 percent package. And... you're not paying someone else to add the water.
BUY REFILLS. Refills reduce waste for three reasons: First, they’re usually larger than the original packages and thus contain more product per ounce of package. Second, they’re often made of thinner material than the original container, since they’re only intended to hold product, not dispense it. Finally, they’re stripped down, so you don’t end up with (or paying for) extra spray tops, pour spouts, etc. Lots of products now come in refills, including liquid soap, window cleaners, hand lotion, hair-care products and laundry detergents. Better yet, many of the refills contain concentrates, and the containers are made with recycled materials.

BE FLEXIBLE! Flexible packaging is just like regular packaging, but much thinner, lighter and less bulky. The advantage of flexible packaging is that you get so much more product per a given amount of package. Good examples include coffee, nuts and snacks that come in foil brick packs and pouches rather than in cans or jars; or juice sold in boxes or pouches rather than in rigid containers; and household cleaner refills that come in thin pouches rather than in plastic or glass bottles.

Buy nonhazardous or least-hazardous products... Study the labels to help you choose. Buy only those environmentally hazardous products you really need, and buy them in quantities you can use up completely, so that you will not need to dispose of the leftovers.

Buy recycled... If recycling is going to work, we consumers must buy recycled material. This might include stationery and writing paper, as well as products printed on paper with recycled fiber content. Many small plastic household items now are made from recycled materials. You can even buy comfortable clothing made from recycled plastic bottles!

And, once again, reuse stuff... Reuse your old supermarket paper and plastic bags rather than bringing home new ones each time you go to the store. Better still, buy or make fabric shopping bags that can be used again and again.

Encourage businesses to recycle... For instance, ask your local photo developing shop if they recycle their chemicals and reclaim the silver from processing operations. Ask your supermarket to recycle its cardboard boxes. Ask your hair salon if they refill hair-care products so customers save money and avoid waste.
Recycle yourself... Take part in local recycling programs. If there are none, try to get one started in your community. In any event, there may be a local merchant who will buy old newspapers, aluminum cans and other materials for recycling. Here are some general recycling tips:

PLASTICS: Remove the lid, and rinse and recycle the following:
Milk bottles,
Water bottles,
Soda bottles,
Butter and yogurt containers.

GLASS: Unbroken glass containers.
Clear glass is the most desirable.
No ceramics.

METAL: Rinse and recycle aluminum and tin cans.
(Avoid spray cans.) Scrap aluminum, such as old lawn chairs and window frames, also are recyclable.

PAPER: Separate and recycle the following: newspapers, magazines, junk mail, phone books, cardboard boxes (flatten to save space).

PLASTIC BAGS: Many grocery stores will take back plastic bags.

Be careful when you shop... Take a "buyer beware" attitude while shopping; ask more questions about the environmental safety of the products you are buying and their packaging. Speak up, and regularly make your views and wishes about environmentally safe products known to store managers.
And Then
PRECYCLE!

Precycling is the first step to waste reduction . . . Precycling makes your recycling even easier and saves time and money by eliminating the need to recycle. Precycling focuses on reducing and reusing. The amount that you need to recycle is reduced by buying products that can be reused. This includes buying in bulk or buying products that come in containers that can be reused once they are empty. Precycling also includes shopping for products that come in containers that can be recycled safely and efficiently, if and when they are not reusable.

Follow these basic steps to precycle . . .

BUY PRODUCTS IN GLASS CONTAINERS. Wash them out when empty. Then, either reuse the container for bulk goods bought at the store, for leftovers (instead of plastic wrap or foil), for other materials (buttons, nails, paper clips, or other knickknacks), or recycle the glass after removing the lid.

BUY IN BULK. Transfer the bulk goods to your glass containers. Better yet, bring your glass containers to the store and fill them directly with bulk goods. Some goods that come in bulk are: peanut butter, rice, flour, cereals, spices, coffee and teas, and body-care products, such as soap, shampoo and lotion.

REUSE BAGS. Take reusable bags (plastic and paper) back to the store (not just the grocery store, but all kinds of stores).

TAKE YOUR FAVORITE MUG OR A THERMOS TO THE COFFEE SHOP. You will save paper, and many coffee shops offer discounted prices when you bring your own mug or thermos.

REPAIR BROKEN ITEMS AND USE DURABLE GOODS. Use cloth towels, napkins and diapers that can be washed instead of disposable paper products.

SUPPORT THE RECYCLING INDUSTRY. Purchase goods that are made of, or wrapped in, recycled or recyclable material.

This list is only the beginning. Precycling can adapt to your lifestyle in any way that reduces or eliminates your consumption of packaging and other resources. (Packaging makes up about 50 percent by volume of landfill waste.) The more creative you are, the better precycling works for you.
Some more tips:

WHEN YOU'RE PAINTING OR FIXING UP  Buy water-based, rather than oil-based, paints. Water-based paints contain fewer dangerous chemicals and do not need thinners or chemical brush cleaners.

MUSCLE-POWERED SPRAYS  Many of the products that come with pump sprays can be refilled, and the sprayers can be reused. If you do use aerosol cans, find out about recycling them in your community.

AVOID SIX-PACK RINGS  The plastic rings that hold the six-pack of your favorite beverage together may be made of recycled plastic these days, but they can still threaten wildlife. You should cut each link of the ring before disposing of them. Never allow six-pack rings to end up as litter or marine debris.

RARE AND EXOTIC MATERIALS  Avoid buying products made from exotic tropical hardwoods; they are the cause of much of the deforestation in tropical rainforests. Do not buy products made from ivory from endangered elephants, or products from other endangered or threatened species. “Dolphin-safe” tuna is available. Check the label on the can.
When You're on the Go

FLORIDA
love it or lose it
A Checklist for When You’re on the Go

 Autos and oil... The combination is damaging to Florida’s land, air and water — and to the health of its citizens and visitors. But, for many of us, the automobile is an essential tool. Since the automobile seems to be here to stay — for a while at least — you, as an environmental citizen of Florida, should take every step to see that it operates as cleanly and efficiently as possible.

This is important. Cars are the major source of air pollution in Florida’s cities. The driving habits of individuals make a big difference in the amount of pollution a car produces. Driving a private car may be a typical citizen’s most polluting daily activity.

So, to keep emissions as low as possible, and to reduce other adverse environmental effects:

• Avoid unnecessary driving.
• Maintain your car properly.
• Drive your car wisely.
• Carry a litter bag in your car.

By combining these strategies, you can effectively reduce the amount your car pollutes. And there are additional benefits — your car will last longer, and you often will save money!

Avoid Unnecessary Driving

The most effective way... to reduce emissions from your vehicle is to use it less. Vehicle travel in this country is doubling every 20 years. Traffic trends that see more and more cars driving more and more miles will soon begin to outpace technological progress in vehicle emission control.

You have several options... consolidate trips, car-pool, use public transit, and choose clean transportation alternatives, such as biking or walking.

TIP: Put a yellow stick-on note on your dashboard that says: Is this trip really necessary?

By planning errands... you will get the most out of the time you do spend behind the wheel. For example, call ahead to confirm that the product you need is in stock before you drive to the store. Plan to do several tasks when you go somewhere. Drive to a central location and park, then walk between nearby destinations.
Ridesharing... can be an ideal way to reduce your personal contribution to pollution. Every time you share a ride and eliminate a trip, you help the environment. Try pairing up for trips to work or to social events — even an occasional car pool or ride on public transportation will make a difference.

Employers might provide... financial incentives... for car-poolers, such as special parking, racks for bicycles, and lockers and showers where cyclists can change from biking to business or work clothes.

Reducing smog... In summer, more than half of all Floridians are exposed to concentrations of ground-level ozone (smog), that can damage our health. Our cities are the areas of primary concern, especially Miami and Ft. Lauderdale, Tampa/St. Petersburg, greater Orlando, and Jacksonville. Elevated ozone levels also damage crops and contribute to forest decline. Reducing concentrations of ground-level ozone is an important environmental goal, and some of the tips in this publication will help.

Biking or walking... to your destination creates no pollution at all. And you’ll increase your fitness level at the same time!

And finally... although it probably is not an option open to many, consider taking a job closer to home — or moving closer to your job.

Maintain Your Car

First... buy autos with the highest gas mileage — at least 35 mpg (50 mpg cars are available).

Maintenance... You will reduce your car’s emissions and enhance performance if you follow the manufacturer’s recommended maintenance guidelines. Taking proper care of your car will extend its life, increase its resale value, and optimize its gas mileage or fuel economy.

RECOMMENDED MAINTENANCE intervals and product specifications for your car are outlined in the owner’s manual provided by the manufacturer. The manual also explains the manufacturer’s warranty of the emission control system. Contact the manufacturer or a nearby dealer to obtain a copy of the owner’s manual if you do not have one.

CHOOSE AN AUTO REPAIR SHOP that employs ASE-certified or ASERT-trained mechanics, and request exhaust emission readings both before and after repair.
A Checklist for When You’re on the Go

PROPER MAINTENANCE generally involves keeping your car tuned and changing the oil periodically. Air filters, spark plugs, oxygen sensors, hoses and other expendable parts should be replaced at regular intervals. It’s also important to keep the tires aligned and inflated to recommended pressure. This will minimize tire wear and help your car get the best possible fuel economy.

Trade in... your old car battery when you buy a new one. The dealer will properly recycle it.

To conserve water... (Floridians are among the world’s worst water wasters) and eliminate runoff, wash your vehicle only when absolutely necessary. If you wash your car at home, park it on the lawn so the runoff does some good. Wash one section of the vehicle at a time and then rinse it quickly with a high-pressure, low-volume hose with a shut-off valve.

Tampering
Tampering is the act of removing, disabling or rendering inoperative any emission control device or element of design that is installed on a motor vehicle or motor vehicle engine. Today’s vehicles are designed with emission controls as integral components of the power train. Any tampering with this system will not only drastically increase emissions, but is likely to have a negative effect on vehicle performance and durability.

Many drivers ask about use of “premium” or “super” grade gasolines... These fuels contain additives to increase octane. Only a small percentage of vehicles require high-octane fuel for optimum performance. These are generally turbo-charged or high-performance vehicles. Check your owner’s manual to see what type of fuel is recommended for your car. Unless your car needs high-octane fuel, use of “premium” gasoline will not improve performance or emissions — it will just cost you more.

Use motor oils that help conserve energy... When you change your oil, refill with an oil designed to improve gas mileage. The best oils are labeled ECI or Energy Conserving II. And if you change your own oil, dispose of the used oil properly.

Used Oil Disposal
In Florida, call 1-800-741-4337 for an oil recycling location near you. Never dispose of used oil on the ground or down storm drains.

Carry a litter bag in your car... Litter is a costly program. Highway departments spend millions of tax dollars and many hours annually picking up litter. You and your family are part of the solution.
Managing chlorofluorocarbons (CFCs)... Have your auto air conditioner worked on by a certified technician. Be sure the repair shop captures and recycles the CFCs. If you suspect or witness a violation of the laws relating to CFC release and recycling, call the Federal Stratospheric Ozone Information Hotline at 1-800-296-1996.

Drive Wisely Even a perfectly maintained car will pollute more than necessary if it is driven carelessly. Your car’s emissions will be lower if you apply common sense to your driving and follow basic rules of the road. Driving situations likely to increase pollution include:

IDLING: If you expect to have to idle your engine for more than 30 seconds, you will save gas and reduce pollution by turning the engine off and restarting it again. After all, the gasoline you’re burning at idle is getting you nowhere. You will certainly create less pollution by parking your car and going into restaurants, banks and the like, instead of idling in drive-up lanes.

STOP-AND-GO DRIVING: Driving in traffic is not always avoidable. But whenever possible, plan trips outside of rush hour and peak traffic periods. Try to “smooth” your driving by accelerating and decelerating gradually, anticipating stops and starts for traffic lights, changing traffic speeds, and so on.

AIR CONDITIONING: Use of a vehicle air conditioner increases load on the engine. This can increase emissions and decrease fuel economy. In Florida, driving without air conditioning often is impossible, but try opening the window when driving at slow city speeds, or the fresh air vent at highway speeds, to cool the inside of your vehicle.

PARK: in the shade if you can to prevent the car from heating up in the sun. Besides keeping the interior temperature of your car more comfortable, you will reduce the pollution and waste that occurs when gasoline evaporates from the engine and gas tank. A window screen or shield can help keep your car cool.

REFUELING: Spilled gasoline pollutes the air when it evaporates. Watch what you do at the gas station to prevent overfilling your tank. It’s best to avoid “topping off,” especially in hot weather. Apply the same precautions against sloppy handling when refueling outdoor power equipment such as lawn mowers and outboard motors.

AVOID HIGH SPEEDS: You can improve your gas mileage about 15 percent by driving 55 mph rather than 65 mph.

USE OVERDRIVE: If your car is equipped with overdrive gearing (usually on 5-speed manual transmissions and 4-speed automatic transmissions), be sure to make use of the overdrive gear as soon as your speed is high enough. Your owner’s manual will give you additional information.
At Work and School

FLORIDA
love it or lose it
A Checklist for Work and School

Work for your environment as well as for your employer. Take your environmental etiquette and citizenship with you to work.

**Indoor Workers**

**Use the stairs** ... instead of the elevator for short trips (1 - 2 flights, more if you're fit). You'll save electricity, and active living is better for you, too.

**Always turn restroom taps off tightly** ... so they do not drip, and also watch for and report drips or leaks. Be sure someone repairs them promptly.

**Flush toilets** ... only when really necessary, and do not use toilets as garbage cans to dispose of cigarette butts, paper tissues and other items.

**Fix things** ... Attempt to have items that no longer work repaired, rather than automatically discarding and replacing them.

**Pass items** ... you no longer need to co-workers who can make use of them, rather than automatically throwing them out.

**Follow, and encourage** ... your employer and fellow employees to follow, environmentally safe practices in the storage, use and disposal of hazardous wastes at the work site.

**Encourage** ... your employer to purchase and, if appropriate, to manufacture environmentally friendly products, including recycled products: paper of all kinds; copier, printer and laser cartridges; rulers; wastebaskets; pens; pencils; and binders.

**Recycle (and save) paper** ... Most office paper is recyclable. If your workplace does not have an organized paper recycling program, then encourage your employer and fellow employees to start one.

Or, if a recycling program does not exist, organize an informal one yourself by:

- (a) establishing paper collection sites.
- (b) providing collection boxes or containers.
- (c) informing and reminding co-workers of the sites.
- (d) arranging for pickup of the paper by a recycling firm.

Most people do not need to be persuaded to participate, and typically most programs will run themselves. Just be sure that the collection and deposit sites are conveniently located. It's possible that the program could even make a little money.

**Use litter receptacles** ... and avoid contaminating recyclables.
A Checklist for Work and School

Save energy at work... Turning off office lights in empty rooms (or installing motion sensors that will turn lights off and on) will save electricity and money.

Turn off electrical equipment (computers, faxes and copying machines) at night and over the weekends.

Use both sides of the paper... Double-sided copying is possible with many modern copying machines. Turn one-sided paper over and use the blank side for note-taking or scratch paper. Or use it in your printer for preparing draft copies of your work.

E-mail... saves time, paper and energy. For further savings, rather than travel to meetings, use a conference call. If you must drive, share rides, if possible.

Reuse large envelopes... Stick a new stamp over an old one, or a new address label over the original address. Cut scrap paper and old letterhead into quarters and use it for memo and telephone notepads. Reuse envelopes to circulate interoffice mail.

Be certain... your place of business has enough trash cans and they are properly maintained.

One person's waste... The Southern Waste Information eXchange (SWIX) clearinghouse, a service of Keep Florida Beautiful, Inc., and Florida State University, was established to put companies in touch with each other to find uses for solid and hazardous wastes, byproducts and leftovers, as well as to provide information about other waste management services. The SWIX manages a toll-free hotline (1-800-441-7949). Its catalog lists waste materials that are available from, as well as wanted by, firms and agencies. E-mail: swix@mailer.fsu.edu.

Find out... if your company is a member of this exchange. If it is not and should be, contact the exchange to find out more and how to become a member.
Outdoor Workers

Operate work-related . . . vehicles as you would your own. When changing oil, collect it in a sturdy container and take it to a garage that accepts waste oil. Dispose of work-related hazardous wastes as carefully as you would household hazardous wastes.

Farmers . . . Locate manure piles in places where they will not pollute groundwater, rivers or lakes.

Never . . . store or apply pesticides or nitrate fertilizers near wells, rivers or lakes. Do not spray pesticides or fertilizers on windy or rainy days.

Contact your nearest county cooperative agricultural extension agent . . . for information on environmentally responsible farming methods and for the latest guidelines on safety precautions and timing for applying fertilizers and pesticides. They're in the phone book under (County) Cooperative Extension Service.

All Workers

If your workplace does not have car pools, suggest to your employer, to an appropriate committee, or to your union, that they be organized. Ask your employer to provide racks for bicycles, and showers and changing rooms so workers can change from biking clothes to work clothes.

Use your own . . . coffee cup at work rather than using disposable polystyrene foam cups (which use energy and resources to produce and create litter).

Storage tanks . . . if there are gasoline, heating oil or chemical storage tanks at your work site, inspect them yourself from time to time to look for leaks and report any immediately.

Also inquire . . . about the system your employer has for routinely monitoring the contents of the tanks in order to detect leaks. Be an environmental protector at your work site.
It's Paradise, but you call it home. Beaches and coral reefs, crystal springs, rivers, lakes, cypress hammocks and dunes, the gentle Gulf and tumultuous Atlantic surf. Florida, full of flowers, hibiscus, azaleas, dogwoods and orange blossoms. Land of tangled mangroves, stately pines, swaying palms, majestic live oaks and banyans. Yes, it's America's playground, fun under the sun, but you know there's a price to pay. So you're willing to get informed, get involved, get out and do something to help make sure the future is beautiful, too. This is, after all, your heritage, your responsibility, your future, your Florida.
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Why Should I Become an Environmental Citizen?

Because You Care About Florida.

Responsible environmental action is at the heart of being an Environmental Citizen. In this publication, we at the Florida Department of Environmental Protection and the staff of Keep Florida Beautiful, Inc., have gathered tips and suggestions to help Floridians become good Environmental Citizens.

While much of this information may not be new, we have brought it together in a way that shows how easy it is to help the environment through small changes in our everyday lives. We hope you see several that you are doing, or that you should be doing — and then, that you do them.

We live in a complex world. Unfortunately, it seems to be getting more complex every day. One of the basic lessons of ecology is that everything is connected to everything else. This applies as much to us in our daily lives as it does to the ecosystems around us. In fact, there are so many of us now — most of us city dwellers, crowded into a relatively small area — that what any one of us does often affects a large number of other people.

The actions here are suggested because they are good for Florida’s environment. We have tried to make this as complete as possible, while avoiding trivial or meaningless activities. We also tried to provide accurate and helpful explanations of why we should do these things. But we’re sure we have missed something — one of many other good and effective steps we can take as Environmental Citizens of Florida. If you know of any that should be here but aren’t, please let us know.

You can write to us at:
Love It Or Lose It, R.O. Box 3186, Tallahassee, Florida 32315-3186
or send e-mail to: mail@FL-EnviroPage.org
The Home

FLORIDA
love it or lose it
A Checklist for the Home

What better place to start and concentrate your environmental citizenship than in your own home? It’s where we spend most of our time; it’s where we have the most control over how things are done; it’s where we want to feel safest... and it’s where we display to the world who and what we really are.

The Bathroom Almost 3/4 of our home water use occurs in our bathrooms. Most of that comes from toilets.

Install water-saving devices in toilets ... A typical toilet uses at least 6 gallons (23 liters) of water per flush. Over the course of a year (2,000 flushes), then, each of us uses 12,000 gallons (45,428 liters) of water to flush away 212 gallons (803 liters) of waste.

Toilet dams are available that reduce the amount of water used per flush. One do-it-yourself method is to fill a clean 1/2 gallon milk jug with water, then place it in the tank. Be certain it does not interfere with the operation of the valves. The jug displaces its volume of water and saves a little each time the toilet is flushed.

Repair leaky toilets ... A toilet that continues to run after it is flushed can waste more than 60,000 gallons (200,000 liters) of water over the course of a year. How can you tell if your toilet leaks? Add a few drops of food coloring to the tank. Wait a few minutes. If the color shows up in the bowl, you have a leak.

Installing or replacing your toilet? If your toilet is more than 10 years old, it probably wastes water. Newer, low-flush toilets use 20 - 30 percent less water.

Protecting Water Resources

Most Floridians live near the coast, where fresh-water supplies are scarce or threatened by salt-water intrusion or pollution. Beach closures, repeated closing of shellfishing grounds, over-pumping, and contaminated water supplies from leaking fuel storage tanks or pesticides are symptoms of an over-stressed environment. We are straining the capacity of nature to supply us with safe and adequate supplies of water and at the same time maintain healthy and productive ecosystems. We can protect our water supplies through efficient water use.
A Checklist for the Home

Use less water when you shower... A typical showerhead will spray about 7 gallons (26.5 liters) of water a minute. Low-flow showerheads will cut the water used by half — or more. This saves water, as well as the energy used to heat the water you're not using. Also, taking shorter showers helps.

Cut water use elsewhere in the home... Putting low-flow aerators on every tap in your home (kitchen, spare bathroom, laundry and elsewhere) will cut water use by half. Do not confuse low-flow aerators with standard screen aerators which do not reduce the rate of flow.

Fix leaks... At one drop per second, a leaky faucet can waste almost 7 gallons a day — or 2,600 gallons (10,000 liters) a year! In many cases, fixing it only takes a ten-cent washer. To check whether you have a leak in a pipe or faucet, check your water meter last thing at night and then first thing in the morning. If no one ran water overnight and the reading has changed, you have a leak.

Turn off the tap... Turn off the tap while you brush your teeth. Fill the sink when you shave and save 3 - 5 gallons (10 - 20 liters) of water each time.

What NOT to put down the toilet... Keep disposable diapers, dental floss, feminine hygiene products and hair out of the toilet; they'll clog the toilet drain.

The Kitchen and Laundry

Keep a bottle of drinking water in the refrigerator... Especially in the summer, you have to let the tap run for a moment if you want cold — or at least cool — water to drink. Refrigerated bottled water eliminates this waste. Be sure to wash the container every week to prevent the growth of bacteria.

Save water while you prepare food... Clean fruits and vegetables in a partially filled sink, then rinse quickly. Try steaming your vegetables; steaming uses less water than boiling. If you do boil, use only enough water to cover the vegetables. Microwaving vegetables uses the least water of all.
A Checklist for the Home

When you wash, do full loads... For dishwashing or laundry, run the washing machine when it is full. You save water and energy. While many clothes-washing machines have water-saving settings, they still use about the same amount of energy to heat the water. When possible, use cool or cold rinses for laundry. To save even more energy, hang-dry some or all of the laundry. Use the energy-saving settings on your dishwasher and let the dishes air dry.

Buy wisely... When you look for new appliances, make energy efficiency a key part of your decision. Check the energy guide label.

Handling food waste... Food (and yard) waste make up almost 20 percent of all household garbage in Florida. You can reduce the amount that goes to landfills by composting much of your food waste, but avoid putting meat scraps in compost. The scraps attract pests and create odors. Many people grind up and dispose of food wastes through sink disposal units, but disposal units waste water and contribute to overloaded sewage and septic tank systems. Wastes that cannot be composted, reused or recycled should be disposed of with the garbage.

Managing Waste

Avoid disposable products... Disposable batteries, razors and drinking cups are only a few of the many items that are meant to be used once or a few times, then thrown away. This wastes resources and contributes to the overload that now faces solid waste managers across Florida. Electric shavers use some energy, but eliminate disposal of blades and shaving cream cans. Items like disposable batteries contain less toxic material today than they did a few years ago, but they are still dangerous, and they still add to the overall solid waste problem. In the long run, you will save money and protect the environment by using rechargeable batteries. Call 1-800-BATTERY for information on proper disposal of batteries.

Do you really want all that mail? Especially just before the holidays, your mailbox seems to overflow with unsought and unwanted catalogs. Most, if not all, of these catalogs can be recycled, but that takes effort on your part — for something you did not buy or ask for in the first place. You could write each company and demand that it drop you from its mailing list, but that, too, is a lot of work. However, by writing one letter, you can reduce the amount of junk mail you receive by as much as 75 percent.
On the other hand ... Shopping by mail can be more energy-efficient and can save you time.

Use it again, Sam ... Lots of things can be used over and over, even though they were not designed to be reused. Here are a few; you probably can think of others:

JARS have a multitude of uses around the home. We use them to store buttons, paper clips, nails, thumbtacks or dried foods — cereals, flour, nuts, pasta and more. BOXES and other containers can be reused again and again — then recycled when their useful life has finally ended.

BREAD AND CEREAL BAGS can be reused to store food. To cover that bowl full of leftovers for tomorrow’s lunch, use that shower cap you took from your last hotel visit.

TIE OLD MESH potato or onion bags into a series of knots, then use them as scouring pads.

PLASTIC BAGS from the grocery store have many uses. Hang one from a nail in the garage and store those odds and ends that have no where else to go. Put another one in the utility closet. Use them as containers for dirty clothes when you are traveling. They make great litter bags for the car. And, rather than “brown bagging” it for lunch, pack lunch in a plastic grocery bag. They can be used over and over again. And of course, you can take them back to the market when you shop. The bags are easy to store: Make a storage container out of a paper towel tube; you’ll be surprised at how many thin plastic bags can be crammed inside.

ODD WOOD scraps always can be put to use. Children love to play with blocks (but sand them first to reduce the likelihood of splinters, and be certain it is not termite-treated wood). Dip them in leftover latex paint. If you have a fireplace, wood scraps (again, from untreated wood) can be burned. Or donate the scraps to hobbyists.

WIRE COAT HANGERS can be reused by dry cleaners and are always welcomed by second-hand or vintage clothing stores.

EYEGLASSES can also have a second (or third) life after you have outgrown them. Many civic clubs collect old eyeglasses for the less fortunate.

BOOKS (hardbound and paperback) can be donated, sold or traded to used bookstores or the public library (to be either sold or added to the collection).

LOTS OF OTHER THINGS can be reused. Use your imagination — and if you come up with a good idea, let us know.
A Checklist for the Home
continued

The Holiday Season
The holidays may be the most wasteful time of the year. Here are several suggestions to help you use less and be more more efficient.

For those great holiday meals... Keep your first serving small. If you’re still hungry, ask for seconds. The cook will love you — and you’ll waste less food.

Don’t let Santa waste things, either... Make sure that Santa eats the cookies and milk left out for him. (He’s already overweight!)

A Great New Year’s Resolution
To Be an Environmental Citizen and to Use Less Stuff.

Reuse

Reuse it for the holidays... Think “reuse” before, during and after the holiday season, for birthdays or for other special events.

Holiday cards... Can be cut up and made into new, original and more personal cards next year. Use them for gift tags, to decorate gift boxes, or as unusual tree ornaments.

Wrapping paper and ribbon... Also can be reused.

Old (but useable or repairable) toys... That are outgrown and are being replaced often can find new homes.

Here are some other gift ideas that feature reuse:
OLD CLOTHES and jewelry can fill a child’s dress-up box (and reuse an old trunk for this purpose).
USED TOOLS and gadgets are ideal for the young gadgeteer, would-be handyman and inventor.
EMPTY ROLL-ON DEODORANT BOTTLES can be cleaned and refilled with poster paints for the young artists in the family.
OLD IRONING BOARD COVERS can be the basis for pot holders or oven mitts. These can be hand colored and decorated (see below).
OLD CLOTHING, draperies, robes or tablecloths can be used to make doll clothes, covers for throw pillows, or to decorate those pot holders or mitts you’ve made.
EMPTY LIPSTICK CONTAINERS can be taken apart and thoroughly cleaned, then turned into easy-to-use pill boxes for aspirin or breath fresheners.
A Checklist for the Home

continued

Christmas trees also can be reused ... Buy a live tree and reuse it forever out in your yard (but be certain it is a species that will live and thrive in your climate). Or buy an artificial tree and use it Christmas after Christmas. If you do buy a cut tree, recycle it into wood chips and reuse it for mulch in your community or yard.

Garage, yard or white elephant sales ... Have yours just before the holidays and give some of your "stuff" a new life. Invite your friends to add to the selection and have a party while you're at it.

Reusing water ... And while you're reusing stuff, if your community offers reclaimed water for outside lawn watering and irrigation, take advantage of it. Reusing our treated wastewater conserves and protects our natural water supplies. Call your city water department.

And, of course, recycle ... Unbroken glass containers (clear glass is best); clean, dry newspapers and newspaper inserts; mixed paper (junk mail, magazines, photocopies, computer printouts, cereal and shoe boxes, corrugated cardboard); clean, empty metal cans; plastic containers stamped #1 or #2 on the bottom; and scrap aluminum (lawn chairs, window frames, kitchen pots) are all recyclable.

For recycling to succeed ... We must all buy recycled products. Read labels. Paper napkins, paper towels, bathroom tissue, writing and note paper, packaging of all kinds, plastic bags and other plastic containers and materials (toys, tools, etc.) and clothing; all can be (and are) made from recycled materials. Look also for retreaded tires, rebuilt auto parts, and recycled automotive oil, oil filters and license plate frames.

Preventing Litter

Litter prevention begins at home ... Make sure that when you take out the trash the lid on the container is securely fastened to prevent trash from spilling out on the ground and being blown around your neighborhood.

By recycling you can help prevent litter ... Items that are properly recycled do not end up in the litter pile! When you place your recyclables in your curbside recycling bin, be sure that containers are not overflowing and that papers are secured or tied in a bundle.
Education is a key to preventing litter... Set an example for others around your home. Be certain that children, family, friends and neighbors understand what they can do to prevent litter. If a yard or neighborhood is attracting litter, work with the community to identify the sources and organize programs to prevent it.

Cleaning and Polishing

Many household cleansers may be classified as household hazardous wastes. It’s easy to avoid using them: Make your own.

Furniture polish:
Mix 3 tablespoons of lemon juice in one pint of mineral or vegetable oil and wipe your tables and chairs.

Here’s a great window and glass cleaner:
- 1 gallon water
- 1 cup white vinegar
Apply with cloth or spray bottle. Dry with a clean cloth.

Extra-strength, all-purpose cleaner:
- 1/4 cup baking soda
- 1/2 cup white vinegar
- 3/4 cup household ammonia
- 1 gallon warm water

To remove lime from the inside of a tea kettle or coffee pot:
- 1 cup apple cider vinegar
- 2 tablespoons salt
- 1 cup water
Mix ingredients. Add to pot and boil for at least 15 minutes. Let it stand overnight. In the morning, rinse with cold water.

Silver polish:
- 2 tablespoons baking soda
- 1 tablespoon salt
- Small piece of aluminum foil
Mix the ingredients and soak the silver for an hour. Then wash normally.
A Checklist for the Home

To remove burned- or baked-on food:
2 tablespoons liquid dishwashing detergent
3 teaspoons baking soda
Add ingredients to enough water to cover the burned-on food. Boil for
15-20 minutes, then wash normally.

Drain cleaners:
REGULAR MAINTENANCE: Pour 4 tablespoons of borax, followed by a
slow pour of boiling water down the kitchen and bathroom drain once
every 2 weeks.
EXTRA-STRENGTH DRAIN CLEANER:
1 cup baking soda
1 cup salt
3/4 cup white vinegar
Pour ingredients down a clogged drain. Let stand for 20 minutes, then
flush with one gallon of boiling water.

Lighting, Heating
and Cooling

The last one out of the room, please turn off the lights . . . When
we light our homes, we use about 1,000 kilowatt hours (KWH) of electricity
per year. By the simple act of turning out lights, televisions, radios and
personal computers when we are not using them, you can significantly
reduce this number — and what you pay for it each month.

Buy lighting that conserves energy . . . Consider using compact
fluorescent bulbs rather than high-wattage standard incandescent light
bulbs. A 26-watt fluorescent bulb will provide the same light as a 100-watt
incandescent bulb.

Stabilizing greenhouse gas emissions
We are beginning to understand how our activities contribute to climate change.
Most of our concern focuses on emissions of so-called “greenhouse gases” which could
lead to warming of the Earth’s surface. Weather patterns (and growing seasons) and the
intensity of storms could change, and sea levels could rise enough to drown low-lying
coastlines.

An international effort is underway to reduce production of greenhouse gases, but
for the individual, reducing the use of almost all energy can make the largest contribution.
A Checklist for the Home

Managing hot water ... Heating water accounts for up to 25 percent of the average household's use of energy. In addition to the wasted water, a leak of one drop per second can cost you $1.00 or more per month, so there's an economic reason to repair that drip. Installing aerators in faucets and using low-flow shower heads can save a significant amount of hot water. Rather than heating water that no one will use while you're on vacation, turn your water heater off. In any event, don't heat your water to more than 125 - 130 degrees Fahrenheit.

Insulate and go solar ... By insulating your hot water pipes and water heater, you can save energy and cut your energy bill. An inch of insulation around your tank will almost double the insulation, saving energy and money. Better yet, install solar water heating and almost eliminate the energy and money wasted on heating water. Your savings on your electric bill will recoup your costs in a few years.

Keep the heat out — or in ... The summer's heat seeps into our homes; in the winter, especially in northern Florida, it seems to escape just as readily. Weather stripping around doors and windows will help keep the indoor temperature where it belongs, saving energy and your money. And when that day comes that you must repair the roof or replace a broken window, take energy use into account. Use white or light-colored roofing material, and consider installing double-pane glass.

Watch that thermostat ... Save energy and money by finding the setting on your thermostat that's not too cool in the summer or hot in the winter (75 - 78 is a good setting for summertime, and 68 - 72 is comfortable in the winter). And turn your air conditioner or heater down at night and when you are out of the house (installing a timer makes this easy and automatic). Consider a separate heating system for upstairs.

Blinds and shades will keep you cool ... For large windows on the east or west sides of your home, close the blinds when the sun hits that side of the building. If you are building a new home, design the east and west sides with larger roof overhangs to shade the windows. In winter, closing drapes at night will keep the heat in.

Don't heat unused rooms ... Have the kids left the nest? Are their rooms unused except when they're home for the holidays? If so, close off the heating and cooling vents in that room. There's no sense in heating an unused room.

Maintain your air conditioner ... Keeping the unit's condenser and filters clean means it will not have to work so hard.
A Checklist for the Home

continued

In fact, maintenance pays off ... Simple maintenance of other appliances can save energy and money: Clean the coils on refrigerators and freezers. Keep refrigerators at the correct temperature — 36 - 42 degrees Fahrenheit — and be certain that the doors seal properly.

Cooking ... The outdoor barbecue saves energy. Microwaves, or better yet, convection ovens, also use less energy. Don't use a stovetop burner that is larger than the pot that sits on it. And you can reduce oven temperatures by about 25 degrees when you cook with glass cookware. Get your money's worth; cook several things at once in the oven.

Try the old-fashioned way of staying cool ... On those "in-between" days, rather than switching on the AC, use ceiling fans, or open windows at opposite ends of the house to promote ventilation. The "fan" setting on your air conditioning unit will help to circulate air.

Septic Tank Systems

Maintain your system ... Misused or malfunctioning septic systems can be very harmful to the environment. Watch for the following signs of septic tank system malfunctions.

- Bright green spots in your lawn,
- Puddles of sewage on your lawn,
- Soft, spongy sections of ground, and
- Sewage odor in your basement.

If any of these occur, arrange for immediate repairs.

Out of sight is NOT out of mind ... Never pour antibiotics or household chemical products down your toilet or drains — they destroy the bacteria that are needed if septic tank systems are to work. To avoid overloading the system, wash small loads of laundry. Know where the drainfield is located and keep heavy vehicles away from it. Keep shrubs or trees away from the drain field. Roots can clog drain lines.

Check your system annually ... Pump out sludge and scum at least every 3 to 5 years.