

Mother Earth

By: **Imee Piamonte**
Technical High School
Universidad de Zamboanga
Zamboanga City, Philippines

There are many ways to save our mother earth/environment.

Here are some practical and small ways that could help our planet get a sigh of relief. Collective small efforts by those who are genuinely concerned with earth's welfare will inevitably help her by great leap and bounds.

Reduce, Reuse and Recycle. Make it a habit to reduce the things we need or we consume. Purchase only things that we only need and eat only what you can. Let us do our share not to be part of the problem or should I say part of the garbage problem. Reuse all the things that can still be repaired/fixed or those things that are still okay. In Your Office
Recycle things to conserve our resources, collect old newspapers, books, magazines, used papers, bottles (plastic and glass), and any other things that you could sell in junkyards. There is money in garbage and at the same time we're doing our part in recycling process.
Be kind to trees. As much as possible use forests products and timber very well with optimum efficiency. You may use the back of coupons; use pencils until it become as small as possible, and don't play with matches. Try to get involved in tree planting in your local conservation program. This could be fun as trees can give us added oxygen, shades for people and a refuge to different insects and birds.

Educate our children, friends and even our local community about the harmful effects of dynamite fishing, illegal logging, animal poaching, over reliance to wood products and other environmental issues.

Be responsible with your garbage, dispose them properly. Also try to use segregation scheme with your trashes, separate those decomposable from those that are not. You may utilize a compost pit to house all of your organic trashes and eventually use this as your fertilizer for your backyard garden or to your plants.
Do the traditional way of helping to conserve our environment by virtue of avoiding smoke-belching, saving electrical energy by employing tips (like regular cleaning of our bulb and fluorescent light in our home, use only appliances when needed, avoiding dripping of water from our faucets, and reporting any case of broken water pipelines to local government).
Support any environmental conservation in your community; you may give some donations if this will not bother you to support their cause. You may also join them in their information dissemination drive and campaign as well. You may also do things that can benefit our environment. If you're living in nearby beaches try putting old tires in the sea, this will serve as sanctuary for fishes to lay their eggs and for a place to hide from predators. You may have some vegetation (vegetables, trees or ornamental plants) in your own backyard, for extra oxygen in your area.

There are also ways how to save our environment:

In our Home – Conserve Energy

Clean or replace air filters on your air conditioning unit at least once a month.
If you have central air conditioning, do not close vents in unused rooms.
Lower the thermostat on your water heater to 120.
Wrap your water heater in an insulated blanket.
Turn down or shut off your water heater when you will be away for extended periods.

In Your Home – Reduce Toxicity

Eliminate mercury from your home by purchasing items without mercury, and dispose of items containing mercury at an appropriate drop-off facility when necessary (e.g. old thermometers).

Learn about alternatives to household cleaning items that do not use hazardous chemicals. Review labels of household cleaners you use. Consider alternatives like baking soda, scouring pads, water or a little more elbow grease.
If you have an older home, have paint in your home tested for lead. If you have lead-based paint, cover it with wall paper or other material instead of sanding it or burning it off.
Use traps instead of rat and mouse poisons and insect killers.