



God's Turf: Everyday ways to help the environment

When we look at environmental health issues, we become aware that our lives are part of the intricate web of living and nonliving natural resources that make Earth a single, vital ecosystem. Americans use about 100 gallons of water per person a day for domestic purposes: 3 times the per capita average for the world as a whole. Here are some tips to help you conserve water:



Bathroom: 65% of home water is used in the bathroom.

- Install a low-flow toilet, which saves about 30 gallons of water per day.
- Install water-saving showerheads and flow restrictors on all faucets. If you can fill a 1-gallon bucket in 15 seconds, you need a more efficient fixture.
- Repair leaks promptly. A faucet that leaks 1 drop a second can waste 200 gallons of water in a month.
- Test for toilet leaks by adding a few drops of food coloring to the water in the tank. If you have a leak, some color will show up in the toilet bowl within minutes.
- Take shorter showers. Cutting your shower time by 1 minute saves about 500 gallons of water/year.
- Turn the water off when you brush your teeth, shave, or wash your face. An open faucet sends about 7 gallons of water down the drain every minute.

I Corinthians 10:26

The earth is the Lord's, and everything in it.



Fireworks Safety

Nearly 7,000 people visited the ER last year because of fireworks-related injuries. Bottle rockets are the #1 cause of injuries. Sparklers are 2nd & can heat up to 1,800 °-- hot enough to melt gold.

Most fireworks explode in the 130-190 decibel range--any sound above 80 decibels can be harmful to your ears. Is it any wonder babies cry & dogs howl?

If you do set off fireworks, always have several gallons of water as well as reliable transportation... you may be taking a fast trip to the ER. Don't hold fireworks in your hands or have any part of your body over them while lighting. Never relight a dud or carry fireworks in your pocket—friction can cause it to go off at any time. Soak all fireworks in a bucket of water before disposing of them.

Fireworks First Aid

If a child is injured by fireworks, *immediately* go to a doctor or hospital. If an [eye injury](#) occurs, don't allow your child to touch or rub it, as this may cause even more damage. Also, don't flush the eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention — your child's eyesight may depend on it.

If it's a [burn](#), run cool, not cold, water over the burn (do *not* use ice). Did you shudder? Is it worth it?

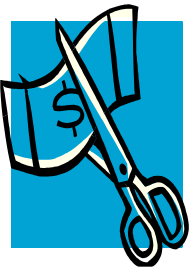
Forego backyard fireworks & enjoy a professional fireworks display such as that at Mt. Rushmore—it's one of the Nation's best! Or let your kids celebrate with glo-sticks, glo-ropes & glo-jewelry or other non-flammable toys. There are *other* options, even if the kids insist otherwise!



Rachel Ray: Have Fun With Food Again

You don't have to sacrifice taste for nutrition according to Rachel Ray, cookbook author and star of her own cooking show. Here are several of her tips that will enable you to eat healthy without giving up flavor.

- (1) Try replacing cream or whole milk with stock when making mashed potatoes for a flavorful, low-fat alternative.
- (2) Purchase quality cuts of meat for better flavor & less fat. Less-expensive, fatty beef will have to be trimmed. The amount of waste, balanced against lean meat, evens out the expense. A small amount of lean protein is better than a larger amount of fatty protein.
- (3) Stock up on fresh meats & veggies when they're on sale or fresh from the garden, then divide & freeze. Prepared foods, such as microwave meals, are not as healthy an option because they are generally high in salt, fats and additives.
- (4) Experiment with fresh herbs such as dill, chives, & cilantro. They are a no-fat addition & brighten the flavor of salads, dressing and sauces.



Obesity-Economy Connection

As food budgets shrink and resources diminish, people will be tempted to buy lower-cost foods. And the cheapest foods, in calories per dollar, are refined grains and those with added sugar or fats. For the most part, those foods have lots of energy in a small volume—a chocolate bar or potato chip—so it's easy to overeat. That's not true with fresh produce, which is nutrient-rich, not calorie-heavy. But can you afford fresh produce at today's prices??

In addition, the physiological mechanism that makes you stop eating doesn't work well with energy-dense foods...a perfect set-up for obesity. This connection between low income and being overweight has been apparent among the impoverished for decades. It is predicted that obesity rates will go up even further with the economic downturn. Obesity breeds disease, and treating disease costs \$\$\$.

Eat nutritiously for less: Frozen fruits & vegetables can be almost as nutritious as fresh, and are usually much cheaper. For protein, you can have canned beans, soups, pasta, eggs, canned fish & some lean cuts of meat. Buy milk, yogurt and cheese in bulk and save. And let's not forget peanuts & almonds, which are a very good value per calorie.

Bring back the Crockpot: People are spending more time working, so cooking has become a TV spectator sport. We need to bring back the notion that a meal has a structure—salad, main course, and even dessert. We understand that there is an economic trade-off. An hour spent cooking beans is an hour you aren't working for money, or spending some leisure time. Buy a crockpot cookbook and learn to create nutritious meals which satisfy both your budgeted time and income. Yes, you can...



John 14:23 (NIV) & 15:7

Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and **we will come to him and make *our* home with him.**"

"If you **remain in me** and my words **remain in you**, ask whatever you wish, and it will be given you." Have Jesus & the Father made their **home with you?**

Prayer: Lord, sometimes we need to escape: from the world, from ourselves & the things that tie us down. Give us your wisdom as an anchor when we are adrift in worry & fear. Be our sanctuary. Amen.