

Green cont. from pg. 1

- save energy and money.
- To go even greener, unplug an appliance when it's not in use so that it doesn't continue to pull from the grid. Most appliances draw about 40% power from the socket even when they're turned off. Be sure to unplug hair tools when you're not using them.*
- Use your printer wisely by printing on both sides of the paper, using the backs of drafts and cutting down on the number of documents you print.
- Use the newer, eco-friendly fluorescent light bulbs. Although the bulbs cost more, they will last a good deal longer and will save you money in the long run. If you live in a dorm, try to cut down on using the overhead lighting. Purchase and use smaller area lighting instead.
- Use eco-friendly canvas bags instead of plastic or paper bags when you go to the grocery store.
- When using your computer, make sure the power settings allow the computer to go into sleep mode more quickly when not in use. If possible, all electronic equipment should be plugged into the same power strip and turned off at night to save money and energy.

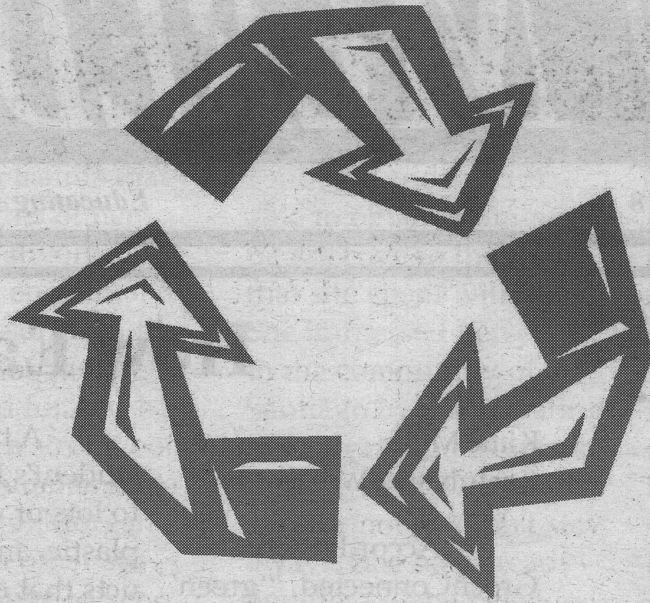
- Try using cosmetics made with organic ingredients. Organic products are grown without pesticides, which can seep into the soil or your skin. The USDA Organic Seal must contain at least 95% organic ingredients.*

Did you know?

- For every ton of paper that is recycled, the following is saved: 7,000 gallons of water; 380 gallons of oil; and enough electricity to power an average house for six months.
- You can run a TV for six hours on the amount of electricity that is saved by recycling one aluminum can.
- By recycling just one glass bottle, you save enough electricity to power a 100-watt bulb for four hours.
- Plastic takes 1000 years to decompose.
- Paper bags use 14 million trees per year.
- Americans throw away almost 100 billion plastic bags each year; only 1 to 3 percent is recycled.
- If all U.S. households received and paid their bills online, it would eliminate more than 800,000 tons of waste each year.

*Cosmopolitan, November 2007

Visit gogreeninitiative.org for more information.



St. Patrick's Day is Coming.
Don't Forget to Go Green!!

Sleep cont. from pg. 1

- slipping away, so cover it up so that you cannot see it.
- 4. Exercising late in the afternoon will increase metabolism and temperature; during the night they decrease. Many sleeping problems, come because of the metabolism and temperature not dropping enough. By exercising a few hours before going to sleep, your metabolism and temperature will drop faster and will allow better sleep.
- 5. Other ways to slow your metabolism at night are to avoid caffeine and unhealthy foods. Drink milk, or herbal teas. Avoid alcohol, coffee, tobacco, and any stimulants.
- 6. NO ALL NIGHTERS! Losing so much sleep does not help the body and can actually hurt you in the long run. A good

night's sleep is the key to succeed on a test, relaxing the mind and allowing it to regenerate.

- 7. Relax before bed: light reading, a simple hobby like knitting, doing yoga, or just lying in the dark is great before sleeping.
- 8. Bright light therapy: fresh bright light, like sun light, helps stimulate the mind and activate the brain. And when falling asleep, avoid light.

Sleep is a necessary and essential requirement of the body to function at its most optimal level. Personality, productivity and our relationships are all affected by sleep deprivation. During college, due to student schedules, exams, living environments and other demands, college students are at risk for sleep deprivation. However, this is also a wonderful opportunity in our college life to develop healthy sleep habits. Obtaining better sleep will benefit us not only now but also later in life when we face new

challenges. Our overall health, both physically and mentally, will benefit from better sleep hygiene. Just sleep on the idea!

Do you have any useful tips to share? Send them in to the Herald.

Email your tips to herald@meredith.edu.

Vagina Monologues is back! The performance will be held in the Studio Theater tonight and tomorrow night at 8 p.m. You don't want to miss this show!