

Have you helped the environment today?

Instead of going out and buying flowers this Valentine's Day, why not make these crafty flowers out of recycled materials — they don't require water and they don't wilt!

Egg Carton Flowers

What You Need:

- An empty cardboard egg carton
- Assorted bright paint colors and brushes
- Green pipe cleaners
- Newspaper

What You Do:

1. Line your workspace with newspaper.
2. Carefully tear the individual cups out of the carton. You should have 12 cups.
3. Paint the cups, inside and out, and let dry thoroughly. These will be your flowers, so take care to use bright spring colors. You can even paint patterns or extra flower details onto the cups.
4. Once dry, turn each cup upside down and use the tip of a pipe cleaner to poke a hole in the bottom of each.
5. Insert the pipe cleaner through the hole and fold over the top of the hole to hold in place. Twist the pipe cleaner slightly beneath it so the cup stays at the top of the pipe cleaner. Each colorful cup has now been transformed into a beautiful spring flower!
6. Arrange in a pretty vase.



February 27 is International Polar Bear Day



SOS! Save our sea ice. As the Arctic ice is warming, it is getting harder and harder for polar bears to find a place to call home. Without the sea ice, polar bears cannot reach their food as they cannot swim too far. Some mother polar bears have lost 110 pounds leading to less healthy polar bear cubs.

Each of us can play a part in stopping climate change and saving the polar bears! In order to save the polar bear habitat, we have to reduce our greenhouse gas emissions (any gas that traps heat), like driving our cars less. We can also buy our groceries locally, like at a farmers' market, as you are supporting those who use less fuel for transporting their produce.

Grocery stores use greater amount of fuel to bring in fruit and vegetables from across the country and continent.

Reducing the amount of idling your family car does also helps reduce emissions.

So on this day, take the Thermostat Challenge:
-Turn down your thermostat a few degrees in the winter season to show your commitment to reducing greenhouse gases
-Pledge to make every day a Polar Bear Day by keeping your thermostat adjusted and doing other energy-saving activities like turning the lights off when you are not using them.