

Driving And Your Car

Keep Your Car Tuned Up. A poorly tuned car runs inefficiently, using more fuel and releasing more gases into the atmosphere than necessary. A car puts out roughly its weight in carbon monoxide each year.

Drive Less. New Yorkers are driving 2.5 billion more miles than they were in 2000.

If everyone were to take an alternative way of getting to work —the train, bus, car-pooling, biking, or walking— just one day out of the week, there would be significant air quality improvement in our region. We also would reduce the amount of carbon monoxide released into the atmosphere.

Recycle Your Motor Oil. Millions of gallons of used motor oil are improperly disposed of each year. In New York State, any service establishment selling more than 500 gallons of motor oil a year must accept your used oil. Retail establishments selling more than 1,000 gallons must either accept your used oil or contract with a facility that will. The American Petroleum Institute (API) estimates that only 10% of the 400 million gallons of used oil generated annually by car owners who do their own oil changes is recycled.

Keep Tires Properly Inflated. Not only will your driving be safer, your tires will last longer and you will save gasoline.



Dear Friend:

Protecting the environment is important to New Yorkers. From the Long Island Sound to the Niagara Falls, we value lakes, rivers, oceans, open space and all the environmental resources of our state.

There are important things each of us can do to protect the environment. Our individual actions can enhance water quality, energy efficiency and recycling. This brochure provides some examples of how you can help protect your local environment. Many of these actions are simple changes in everyday habits, changes we can easily make.

I hope you find these tips helpful. Please feel free to contact me on any environmental or other issue. Together we can make a difference.

Warm regards,

A handwritten signature in black ink that reads "Roxanne J. Persaud".

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In Your Home

Reduce Your Household Waste. Americans make more than 200 million tons of garbage each year, including 106 pounds of food waste per person, per day. Don't buy products with excessive packaging; buy large sized containers; buy foods in bulk and put them in reusable containers; use wax paper instead of plastic wrap; use a grocery cart, basket or reusable bags in place of paper or plastic bags. Don't be concerned with the "biodegradability" of packaging — in a modern landfill, very little material actually biodegrades. Instead, reduce what you send to the landfill.

Reuse Containers. Use empty containers to store leftovers, dry goods, hardware, etc. Many communities collect and recycle glass or plastic containers. Ninety percent of recycled glass is used to make new containers.

Use Cloth Diapers. Disposables are an unnecessary burden on our landfills. They're also an unnecessary expense for you — diaper services, where available, can be inexpensive and convenient. Americans use 18 billion disposable diapers a year — enough, if laid end to end, to go to the moon and back seven times.

Stop Using Chemical Drain Cleaners. An old-fashioned plunger is just as effective, much cheaper, and far less harmful to your pipes and the environment. If a clog is particularly stubborn, open the pipe trap and remove the clog by hand.

Reduce Water Use. Fix leaks. Fill sinks instead of running water. Only use the clothes washer or dishwasher when full.

A quart plastic jug placed in a toilet tank will reduce an old toilet's water use (do not use a brick). Replace old plumbing fixtures with new low-flow showerheads, faucets and toilets. The average household spends as much as \$500 per year on their water and sewer bills and can save about \$170 per year by installing water-efficient fixtures and appliances.

Have Your Utility Company Perform A Home Energy Survey. They will provide suggestions on how you can save energy in your home. Use three-way bulbs in all three-way lamps, keeping them at the lowest level, unless higher wattages are needed. Replace ordinary incandescent bulbs with compact fluorescent bulbs. Put timers on lights and appliances in your home to save energy.

Around Your Home

When You Mow Your Lawn, Don't Bag The Waste. Mow often so that clippings are short, and leave the clippings on the lawn — this enriches the soil, reducing the need for fertilizer, and it reduces the amount of yard waste going to landfills. Mulching leaves is also beneficial for your lawn. If you do bag your yard waste, start a small compost pile — compost is clean, odorless and an excellent source of fertilizer. Your local cooperative extension and many lawn care centers can provide you with information on how to start a compost pile.

Use Less Water On Your Lawn. Only apply water when it is absolutely necessary. Water in the early morning and deep soak so the water reaches the roots. A light sprinkling will just evaporate. If you have automatic sprinklers, use timers and sensors so that water is applied only when needed.

Reduce Use Of Pesticides And Rodenticides. Indiscriminate use of chemicals to control pests has led to significant groundwater problems in many areas. Always follow label directions when applying pesticides. Look for alternatives to chemical treatments.

Don't Use Salt Or Other Chemicals To Melt Ice On Sidewalks. These chemicals don't just disappear, they can end up in your groundwater. Shovel, chop ice, and apply sand to slippery surfaces.

Plant Trees And Shrubs. They produce oxygen, improve soil quality, and provide natural shelter from the sun and wind that will help to reduce energy demand in your home.

Use Solar Lights To Illuminate Sidewalks, Paths And Patios. Infrared motion detectors can be added to garage and porch lights so they will come on when you arrive home and turn off once you're inside.

