

THE Cambridge Landing *Lifestyle*



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Earth Day Every Day

Earth Day is observed every year on April 22, motivating people to take part in protecting the planet. There are many ways you can help the environment on Earth Day and every day, and they offer additional benefits for you as well.

Need to stop at the supermarket, pharmacy and ATM? Combine these errands in one trip, and plan your route so you don't have to backtrack. *Perks:* If taking your own vehicle, you'll save money on gas and reduce fuel emissions.

Take reusable bags with you when you go shopping, carry a refillable water bottle instead of buying bottled water, and bring your own travel mug to coffee shops and convenience stores. *Perks:* Many businesses offer discounts to customers who bring their own bags and drink containers. Saving a few cents on every purchase can add up quickly!

Leaving the water running for just a minute can send 3 gallons of water down the drain, so turn the faucet off while brushing your teeth or shaving. Try to trim a few minutes off your shower time. *Perks:* In addition to saving hot water for the rest of the people in your household, you will be contributing to water conservation in your community.

When you can, reduce your carbon footprint by walking or cycling to your destination. *Perks:* You'll get exercise and fresh air, which benefits both your physical and mental health.

Celebrate the Earth

Earth Day is April 22. Celebrate by building a bird feeder, picking up litter at an area park or making a commitment to recycle more year-round.



Turn Spoons Into Spring Blossoms

These cheerful flowers will never fade!

Materials:

- Scissors or wire cutters
- Plastic spoons, various colors
- Paper doilies
- Hot glue gun and glue
- Pompoms, various colors
- Magnet (optional)

Directions:

Use scissors or wire cutters to cut the handles off the spoons. You will need five or six spoons for each flower you make. Discard the handles and use the tops of the spoons for the flower petals.

Create a flower by arranging five or six of the plastic petals on a paper doily. Glue the petals in place. Finally, glue a pompom in the center of the blossom.

Glue a magnet to the back of the doily to hang the flower, or make several flowers for a springtime centerpiece.



April Fools' Day

Watch out for practical jokes April 1.



Appreciate Our Planet

In celebration of Earth Day on April 22, spend some time enjoying the beautiful sights of spring.



Set the Stage for Spring

Spring is a splendid time to spruce up your home. Incorporate bright colors, flowy fabrics and a touch of nature to craft a well-designed interior that's perfect for the season. *Lighten up textiles.* Fabrics such as velvet and silk can feel a bit heavy for spring. Switch to throw pillows in linen or cotton for a more carefree appeal. Revive your bedding with a new blanket or duvet. Add something bright underfoot with a colorful throw rug or two. *Refresh what you have.* Give your wall art a new look by replacing or repainting the frames. Reorganize your bookshelves and cut down on the visual clutter. Swap out your coffee table books to incorporate new color into your living room. Rearrange your furniture for a quick update that will have your home feeling brand-new.

Go for the greenery. Plants not only add life and color, but also act as natural air filters. Put large plants on the floor and smaller ones on desks, tables and shelves. An alternative to potted plants is an arrangement of large leaves, such as palm or papyrus. *Choose colorful accessories.* When shopping for pillows, vases and other decorative objects, consider a palette of bright blue, green and white, plus touches of daffodil and lilac. If you prefer a do-it-yourself project, paint a lamp base or reupholster an ottoman.