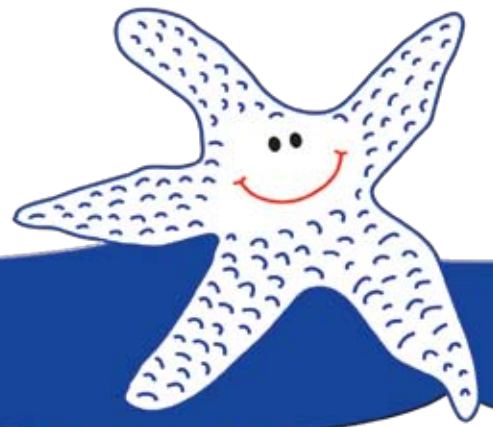


# Sea Scoop



Kid's Klub Newsletter  
From AllSouth



Fall '09

## What is Recycling?

Recycling means to use something again. It is a special process that turns old waste materials into new materials. These new materials can be used to make new products. Recycling saves energy and natural resources through conservation. Listed below are some interesting facts about recycling:



- Did you know that if you recycle one soda can, it would save enough energy to run your television for three hours? There is no limit to the amount of times an aluminum can can be recycled. And, did you know that we use over 80 billion aluminum soda cans every year? Wow!
- If every American recycled just one-tenth of their newspapers/papers, we would save about 25 million trees a year. Now that's a lot of trees!
- Did you know that the energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours? Every month, we throw out enough glass bottles and jars to fill up a giant skyscraper. All of these jars are recyclable!

**Get your family involved and start recycling today.**

## For Parents: Temperatures are dropping...

Temperatures are beginning to drop. Make sure to keep your child healthy and happy. Follow these helpful tips to avoid a cold or the flu:

- Wash your hands. Frequent washing with warm water and ordinary soap for 10 seconds is one of the simplest and most effective ways to avoid catching a cold or the flu.
- Disinfect your home regularly. Spray the surfaces in your bathroom and kitchen with a

mild solution of 2 to 5 percent bleach in water to kill viruses and bacteria.

- Eat a well-balanced diet. It's essential to building a healthy immune system.
- Get plenty of rest. On average, humans require seven to eight hours of sleep every night.

The best way to teach your child these healthy tips is to lead by example. Changing your family's habits can lead to a better, healthier lifestyle.

# Just For Fun

## Recycle & Make a Bird Feeder with Your Parents

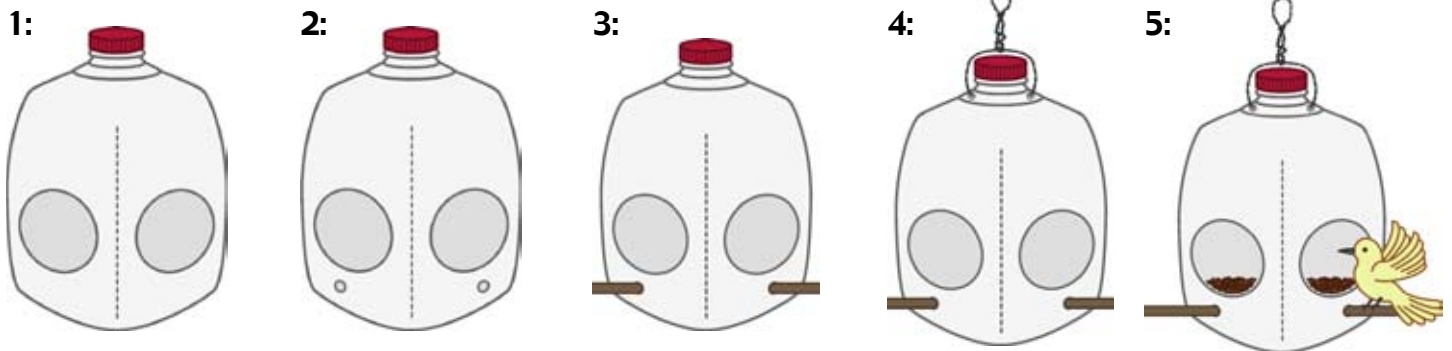
Birdwatching is fun. It can be done in your own back yard without costing you a lot of money. You can attract birds to your back yard with a milk jug feeder.

### Items Needed to Make Feeder:

1. Help from an adult
2. Plastic gallon milk jug with a cap – clean and dry
3. Scissors
4. Hole punch or large diameter nail
5. 1/4" wooden dowel rod – 9" to 10" long
6. Wire cutters
7. Small diameter nail
8. Wire for hanging feeder – 18 gauge, 20" to 22" long
9. Birdseed

### How to Make:

1. Cut out a circle (window) on both sides of the jug. Most milk jugs have an indented circular area on each side. Use these as a guide for cutting. Be very careful when cutting with scissors.
2. With a small nail, punch a couple of holes through the bottom for rainwater drainage. Don't make them too large.
3. Use a hole punch or large nail to make a small hole about 3/4" under the center each window. Push dowel rod through the holes in order to make a perch for the birds. The holes need to be smaller than the dowel rod so the perch fits snugly.
4. To make the wire hanger, punch a hole through both sides of the neck of the milk jug just below the cap and slip a wire through it. Twist the wire and then form a circle with the wire at the top. Use this to hang your feeder.
5. Fill the bottom of the jug with birdseed and hang outside.



## Starfish Facts

Did you know that **Starfish** have eyes? While they can't see as well as we do, starfish have an eye spot at the end of each arm.

### Sea Scoop

© 2009 AllSouth Federal Credit Union. A quarterly publication for members of AllSouth Federal Credit Union's Kids Klub. All rights reserved. Your suggestions, comments and Klub activities are welcome and should be mailed to Sammy the Starfish. He is located at AllSouth, 6923 North Trenholm Road, Columbia, S.C. 29206.

Kid's Klub Accounts: 0.75% Dividend; 0.75% Annual Percentage Yield. Dividends are paid on balances of \$100 or more and are based on the Credit Union's earnings at the end of the dividend period and therefore cannot be guaranteed. Rates effective September 30, 2009 & are subject to change. Please call 1-800-272-0695 for the most current rates and terms. Federally Insured by the National Credit Union Administration.