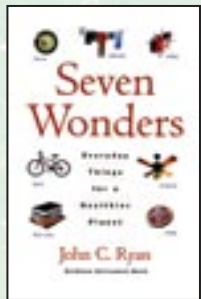


SimpleSolutions

for everyday ORGANIC™



In December 1999, a newspaper reporter from Washington called. He was writing a review of the book *Seven Wonders:*

Everyday Things for a Healthier Planet by John C. Ryan. Michael Guilfoil of *The Spokesman-Review* newspaper asked me if I had my own “seven wonders.” The story that ensued was

headlined “Simple Solutions.” Here, then, is the continuation of that story. Each issue of *MaryJanesFarm* will feature in detail new solutions, and will give you all the information you need to make them your own.

Solutions from previous issues are available in the magazine section of my website: www.maryjanesfarm.org/SimpleSolutions

7 Ways to Recycle Your Stuff

So you want to simplify your life. Start with a drawer, a closet, a storage bin. But don't just send those unwanted items to your local landfill or even your local charity store. There might be an organization that can put your discards to better use. Here are a few:

1. Office Supplies

Donate unwanted office supplies to students in your area. Call your local schools or go to www.iloveschools.com, a nonprofit online donation center that connects new, used, and in-kind resources with our nation's schools all year long. According to I Love Schools, 3.5 million teachers spend an average of \$500 yearly in out-of-pocket expenses on classroom supplies. You can help!

seven wonders

5. Shoes

Soles4Souls (www.soles4souls.org) is “changing the world, one pair at a time.” They've distributed more than 13 million pairs of shoes to those in need from the warehouses of footwear companies and the closets of people like you since their start in 2004 after the Southeast Asian tsunami. They've sent over a million pairs to victims of Hurricane Katrina to date. Shoe companies, retailers, and individuals can donate footwear, both new and used. Find a donation location near you on their website. Read about Soles4Souls spokesperson Tiffany Johnson in our next issue.

6. Musical Instruments

Donating that old clarinet hiding in your attic can help a child to develop her musical talent and learn the discipline that goes along with playing an instrument. The Mr. Holland's Opus Foundation (www.mhopus.org) keeps music alive in our schools and communities by donating your gently-used musical instruments to under-funded music programs across the country.

7. Building Supplies

If you're left with a stack of wood, an old light fixture or two, or other building materials after your latest home renovation, donate them to others that see the beauty of reclaimed materials. Habitat for Humanity's ReStores (www.habitat.org) sell reusable and surplus building materials, furniture, and appliances; the proceeds fund local Habitat projects. And the National Association of Home Builders (www.nahb.org) can help you donate to disaster victims.



by Michael Guilfoil, *The Spokesman-Review*

Organic farmer MaryJane Butters long ago embraced Thoreau's dictum to “simplify, simplify.” As a Forest Service ranger in the 1970s, she spent two summers roaming Utah's Uinta Mountains with her home on her back. Later, she maintained the most remote wilderness ranger station in the Lower 48. Today, Butters and her family live eight miles outside Moscow, Idaho, on their farm, headquarters of her mail-order dry-foods business. But even e-commerce hasn't tempered Butters' enthusiasm for simplicity.

MaryJane's

2. Cell phones

The ongoing evolution of modern technology has resulted in massive amounts of toxic waste in our landfills. It's now illegal in 24 states to send your discarded electronics (called e-waste) to the landfill. Flipswap (www.flipswap.com) takes discarded cell phones and resells them to retailers who then resell them to consumers at a lower cost. AT&T recently partnered with FlipSwap to allow customers to turn in their old phones (any brand) at AT&T stores and receive a credit they can use to offset the cost of a new phone or other products and services.

3. Office Wear

Dress for Success (www.dressforsuccess.org) provides professional attire, a support network, and career development tools to disadvantaged women. Each client receives one suit when she has a job interview and can return for a second suit or separates when she finds work. Since 1997, Dress for Success has served more than 550,000 women around the world. More than 3,000 organizations send women to Dress for Success for professional apparel and services. Visit their website to find a donation center near you.

4. Magazines

Our treasured customers tend to keep each issue of our magazine to reread, re-inspire, or share with friends. But saving every magazine you read just might land you on one of those TV shows about hoarders. Instead, find places in your community that will put your discards to good use. Hospitals, schools, retirement communities, libraries, and doctors' offices often take donations of gently used magazines. Get creative—the next time you have to wait for an oil change, you might have something more interesting than *Popular Mechanics* to read.

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