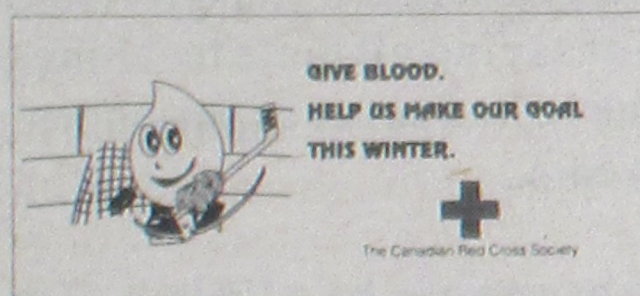


## Environmental Tips of the Week: The 3 R's

Did you know that the average Canadian generated close to 500 kilograms of garbage every year. The best way to lessen that amount is to REDUCE our consumption of products. Think twice before throwing away items that possibly could be repaired and buy products that are durable and lasting. Try to avoid disposable or over packaged products and don't buy more than you need. Always try to RE-USE products as much as possible before throwing them away. By RECYCLING items, we are conserving forestry and metal resources and reducing pollution by ordinary garbage disposal methods. Just think, one family's yearly supply of newspapers can be recycled into nearly enough insulation for one house. Remember, our environment is merely borrowed from future generations. We do not have the right to pollute the planet so start making the 3 R's reduce, re-use and recycle, part of your daily lives.

Student Union Green Committee

Next meeting Friday, March 13, 12:30 at the Barn. Everyone welcome.



## UPEI BLOOD DONOR CLINICS REQUIRE 225 FIRST-TIME AND REPEAT DONORS

Red Cross Blood Clinics Scheduled Tuesday, March 17 from 9:00-11:00 a.m. and 1:00-3:00 p.m.

### Where and when can I donate blood ?

UPEI's Old Alumni Gym is the site of our upcoming Red Cross Blood Donor Clinics. This clinic will be UPEI's first doubleheader featuring two sessions from 9:00-11:00 a.m. and from 1:00-3:00 p.m. Registration will open at 8:45 a.m. and 12:45 p.m. respectively.

Your "Gift of Life" Can Make a Difference:

In only a few minutes you can complete a blood donation-but that could mean a lifetime for someone who may be a cancer patient, an accident victim, or someone facing major surgery.

When you arrive at the clinic you will be registered and asked for a brief medical history. Your blood type will be identified and skilled professional nursing staff will guide you through the donation process (about 10 minutes).

The entire procedure from registration to enjoying coffee and cookies afterwards takes about 1 hour. How Safe is Giving Blood?

In donating blood you can take absolutely no risk of contracting AIDS or any other disease. All materials used for collecting blood are sterile, used only once and discarded. The usual blood donation is about half a litre (one pint). Your body soon replaces the small amount of blood you donate.

### What is Required for Me to Donate Blood?

To donate the "gift of life", one needs only be a healthy 17 years old. First time donors must be 17 to 60 years old, and must bring identification indicating their full name with either their photograph or signature. Repeat donors may donate up to their 71st birthday. Donors can donate blood every 70 days or up to 5 times a year.

### What to Do After Your Donation?

After you have donated blood you can continue your normal activities for the rest of the day, keeping in mind the following: - Keep the band-aid on your arm for at least four hours - Avoid strenuous activities, such as heavy lifting - Eat regular meals and drink extra fluids - Smoking and drinking alcohol soon after a donation may cause dizziness. Join the Lifeline:

Red Cross provides lapel pins for 5th, 10th and higher donation levels; certification are awarded for 35th, 50th, 75th and 100th donation levels. Join the Lifeline on March 17th and perform your St. Patrick's Day deed for those who need our assistance.