

days

GIFTS FOR THE

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ONSCIOUS ONSUMER

JACK LAMMERS

Wouldn't it be nice to have something more meaningful to show after the holidays than the aftermath of wrapping strewn across the floor, a shrine of gifts to be given and the living room torn asunder by fierce holiday frenzy; a blizzard of bows, ribbons and tape?

Abandon tradition? No, but we can augment our joy by serving a greater cause with our gift selection. Whether it is an eco-friendly gift, or a donation made with your purchase, gifts can offer a greater joy to both the giver and the recipient. We receive more by giving back.

According to the National Retail Federation's Holiday Consumer Intentions and Actions Survey for 2005 - 2010, consumers this year plan to spend \$688.87 on gifts during the holiday season. In the wake of this spending craze, it might be rewarding to broaden our scope of gifts to not only give to friends and family, but to others as well.

Gift of Trees, \$3 each

- The Arbor Day foundation works to restore forests, and sells trees with the proceeds benefiting the foundation.

- There are 11 varieties included, the two varieties suitable for Oregon are Noble Fir and Coastal Redwood

- The trees are available on their website, www.arborday.org.

Staple Free Paper Stapler, \$5.99

This product is great because it does not require any other purchase, just one purchase and staples are history.

www.thinkgeek.com

E-conscious organic cotton beanies, \$15

- E-conscious not only supplies eco-friendly products, but also gives a portion of the profit to an array of non-profits which vary over time

- www.econscious.net

Flip Flop Doormat, \$15

Recycled materials can be used to replace many items in our homes. These small products may not seem significant but when combined make an impact.

- www.uncommongoods.com

RM30 20 inch reel mower with grass catcher, \$115.70

- Each weekend about 54 million Americans mow their lawns using 800 million gallons of gas per year. Here is the solution, a new push mower.

www.amazon.com

Some ideas for gifting:

- Donate to a person's favorite cause.

- Shop locally

- Volunteer to help others

Courtesy of www.thenewecologist.com

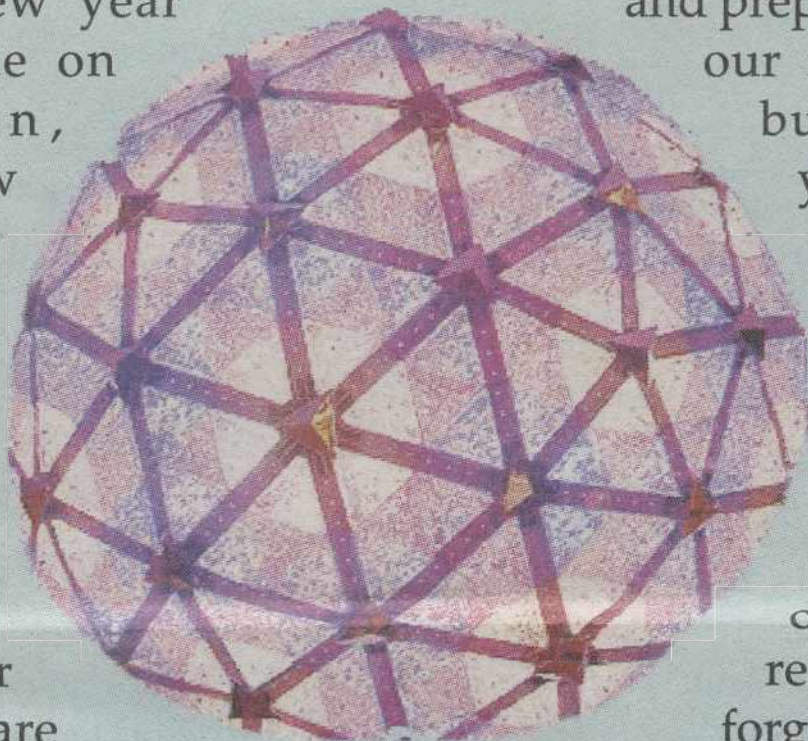


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ESOLUTIONS EVOLUTION

EMILY ART

Out with the old and in with the new. The new year is right around the corner and so are new resolutions for 2011. So often we begin motivated in the new year and prepared to take on our resolution, but as the new year progresses, our resolutions are forgotten and ignored. A smart way to make resolutions is to have them change as you change.



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The main reason resolutions are abandoned is the long term commitment that is required, to accomplish the goal. This year, take a different approach towards New Year's resolutions by choosing one new resolution every month. Choose a resolution based around activities, school or the hobbies in which you participate.

By changing your resolutions monthly, they will individually suit your changing needs. Flexibility and change is key to keeping and accomplishing a resolution. Bring in the new year by resolving to create more resolutions.

WHAT YOU EVER RECEIVED?



"The gift of love from my best friend, Ben Trussell."

