Recycling - good for ... everything FIRST READ

Recycling paper benefits the environment in a myriad of ways. According to the U.S. Environmental Protection Agency, recycling paper reduces greenhouse gas emissions that can contribute to climate change by avoiding methane emissions and reducing the energy required for a number of paper products.

Recycling paper also contributes to carbon sequestration, which is the process through which agricultural and forestry practices remove carbon dioxide from the atmosphere. The Eco Preservation Society notes that carbon sequestration activities can help prevent global climate change by enhancing carbon storage in trees and soils, preserving existing tree and soil carbon and by reducing emissions of carbon dioxide and nitrous oxide.

Recycling paper also reduces the need for a substantial amount of landfill space and cuts back on the consumption of energy and water that is necessary to produce new paper products.

Businesses looking to reduce reliance on paper can urge employees, clients and partners to use digital documents in lieu of printed documents, while private citi-

THEN RECYCLE BE KIND TO OUR

> zens can opt out of paper statements and choose to receive e-statements from their banks, mobile providers and utility companies.

Benefits of dairy

(Continued from page 16)

bone mass. Diets with sufficient potassium may help to maintain healthy blood pressure. Additionally, vitamin D functions in the body to maintain ideal levels of calcium and phosphorous so that bones are built and maintained.

The Australian Dietary Guidelines say that consumption of milk, cheese and yogurt is linked to a reduced risk of heart disease, stroke, hypertension, type 2 diabetes, metabolic syndrome, and colorectal cancer.

The Dietary Guidelines for Americans encourage children and adults to enjoy three servings of low-fat or fat-free milk, cheese or yogurt each day. Canada's Food Guide recommends between three and four servings for children in the preteen and teenage years and two to three servings for adults.

Dairy can be a nutritious part of a healthy diet, and history suggests it has been for quite some time.

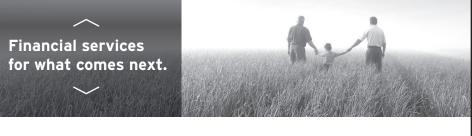


SINCE 1978

1020 2nd Ave., Jasper

812-482-1044

Call Us For Your Custom Sheet Metal, Aluminum and Stainless Steel Projects!



As a farmer, you're always looking ahead, predicting the future, taking risks where necessary, and adapting to the constant changes. Make sure you have access to the financial tools and expertise necessary to keep your operation running efficiently.

Contact Brenda, Dan or Mason today!









Brenda (Epple) Sermersheim

Dan Collignon

Mason Seav



Ferdinand: 1020 Main Street • (812)367-2288 | Rockport: 704 N. 5th Street • (812)649-2218 germanamerican.com

Agronomic Products & Services **RR Soybeans Corn Seed** Liming **Custom Application** Lawn Seeds & Fertilizer **Crop Production** All your cropping needs Jasper 812-482-5101