



## Will that be paper or plastic?

## How to be a Green Consumer

by Kimberley McGee

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Every time we go to the grocery store we make decisions that affect the environment. To be "green consumers" we need the knowledge to make responsible, effective decisions aimed toward helping the environment. Choosing "green" alternatives to usual purchases means a healthier way of living.

One dilemma encountered at the grocery store is whether to buy paper or plastic.

It's easy to get confused with the recent publicity the plastic industry has pelted

consumers with. They say plastics are biodegradable and/or photodegradable which means they will desintegrate or decompose over time.

Imagine how many plastic bags are taken home from the grocery store and thrown away.

Tons of plastic garbage are dumped in landfills each week. It takes years for the plastic to break down once it is buried beneath all the other trash that is generated faster than it can be disposed of. Newspapers which are 30 to 40 years old have been pulled out of the bottom of dumps, still readable.

Trash at the bottom of a landfill does not receive the sunlight and air that is needed to decompose, so its preserved instead.

When plastics do degrade they turn into toxic substances that can contaminate groundwater. One of these is methane, a caustic gaseous by-product produced by the biodegradation process.

Most stores now have a recycle bin for people to bring their bags back. However, the food wastes and paper receipts found in the bottom of plastic bags make them hard to recycle into useful

plastic.

Paper bags were the right choice for green consumers. However, the air and water pollution created by the paper industry, along with the fact that they are made entirely from virgin wood, has made paper bags a bad choice. The amount of carbon monoxide, dust, sulfur dioxide and nitrogen oxides that are produced during manufacturing is incredible compared to that of polyethylene bags.

Many companies have heard whispers from the small amount of environmentally aware persons who

want something done. There is now a paper bag made from 100-percent-recycled fibers from such sources as old newspapers. One company, Duro Bag, makes a recycled bag from 70-percent post-consumer waste, which usually goes to landfills, and 30-percent post-industrial waste.

Using cloth and cotton bags, or even re-using plastic and paper bags, would greatly save the world from waste abuse. If we begin to shop as green consumers, with the environment instead of ignorantly against it, we can make a difference.

The Green Consumer Supermarket Guide gives ten basic guidelines to use while choosing products at the supermarket. Green products are those that use minimal packaging and have the least harmful effect on the environment. By following these ten guidelines we can have maximum impact on the environment with minimal effort.

see GREEN page 10

## 'Tatts' are becoming trendy among college folk

by Felton Mathews

Tatoos are more prevalent and popular on college campuses than ever before. Look at the ankles of women as they strut across Valerie Pida plaza and you'll see an array of roses, butterflies and handcuffs.

The process of getting a tattoo is relatively safe. The artist uses a soap that contains green alcohol in it to sterilize the area where the tattoo is going to be placed. The area is then shaved and wiped clean. The artist uses a stencil to print the outline of the tattoo on the body.

After the stencil ink is printed on the skin, a tattoo gun is used to finalize the outline of the transfer stencil. The outline is then filled in by another gun with a needlebrush head for perspective and contour. The paints used in tattoos are cosmetic dyes that are mixed in minerals.

Tattoos usually take 25 minutes or more to be painted.

At the Shadow Brite II Tattoo Shop, 1206 Stewart St., prices range from \$30 to \$50,000 for a full body tattoo.

All tattoo shops in Clark County must have health licenses.

A tattoo can be placed anywhere desired. The artists at Shadow Bright II have placed tattoos on the most intimate of places

for customers.

There is a little discomfort and drinking alcohol makes it worse.

"Alcohol makes it worse, but people get nervous and they have a few drinks. They pass out about 20 percent of the time," said Viki Lydic, who has 19 tattoos. She said that getting a tattoo does sting but it numbs after a while because the skin builds a resistance.

"It is mind over matter," she said. "The worst part is the outlining."

Her husband and co-owner of Shadow Bright II, Steve Lydic, said that everyone, including doctors, lawyers, teachers and even police officers, get tattoos.

"Detectives come in and get them every once in a

while," he said.

Celebrities are notorious for getting tatoos and now its being passed down to the mainstream. Charlie Sheen, Mickey Rourke and Cher all sport them, just to name a few.

"Tattoos are good for you," said Jim Case, another employee at the shop. "They make their own statement."

When getting a tattoo, keep in mind that if you don't like it you must either suffer or go to a doctor and have it surgically removed with a laser. Tattoo shops are not allowed to remove them, but are allowed to cover them up with another tattoo of more intricate design.



Illustration by Robert Sundin III

## How to play the dating game

### Forward is good

by Andre Lagomarsino

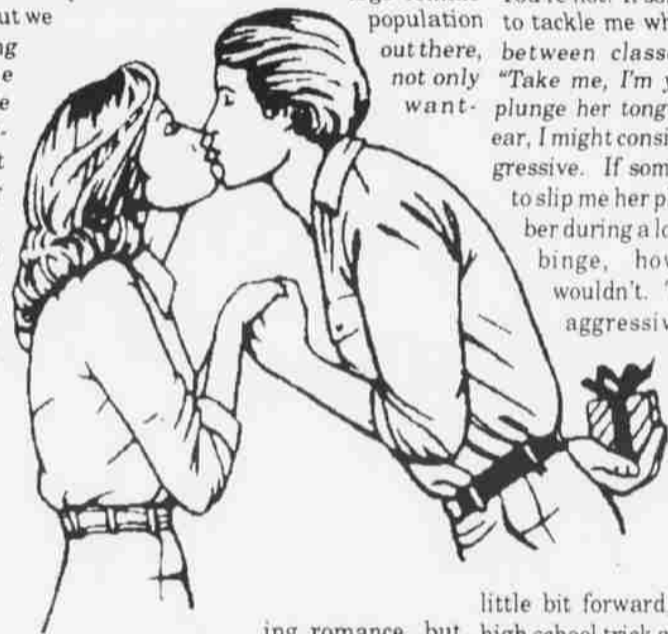
It's been a usual Monday morning and we are all back at school again. We sit in the library because it offers the best atmosphere for studying. But we end up talking about the same thing we talk about every week at this time: our dates.

We don't want to admit it to each other, but we're all pretty frustrated. We've just blown a good deal of time, money and emotion and we are still "physically anxious." But then, we are always "physically anxious," it's part of our chemical make-up. We decide that we could all use a good physical relationship, no matter how brief.

We haven't always been this way. We've all been through our spells of seriousness—legitimate devotion to love, commitment and fabulous futures. We've had our share of meaningful relationships, but they have all collapsed when we were forced to deal with "eternity." So we go out every weekend, too realistic to want every-

thing, but very anxious for something. And we usually come home with nothing.

But wait. Can it be true? Can there actually be a college female population out there, not only want-



ing romance, but actually sitting around waiting for it to happen? If so, I have two words for all of you: Speak up!

Look, guys are clueless. We will never know that you're interested unless you somehow make it known. Say something. Anything.

("Hi," how ever, isn't enough. Anyone can say that.)

Be daring. Make lengthy eye contact. Pass a

note. If domesticity doesn't repulse you, make cookies. Lie if you have to. Say you simply didn't have room in your cupboard and everyone else you know is on a diet.

And don't worry about being viewed as aggressive. You're not. If someone were to tackle me while walking between classes, scream "Take me, I'm yours!" and plunge her tongue into my ear, I might consider her aggressive. If someone were to slip me her phone number during a long library binge, however, I wouldn't. That's not aggressive, that's beautiful.

If you just can't bring yourself to be even a little bit forward, pull the high school trick and have a friend do it for you. "I think you should ask out so-and-so," she can say. "She doesn't know I'm telling you this and she would kill me if she found out." Choose a friend who is a convincing liar.

Guys are traditionally expected to make all the moves and a lot of us are worn out from doing it. We've made so many wrong moves in so many wrong directions that we're tempted to stay home every weekend and remain immobile. If you are longing for one of us to make a specific move in a specific direction, then say so.

Many factors make a woman more attractive; knowing she's interested is definitely a major one.

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