

# A Treemendous Renewable Resource

**T**rees are our breathing partners. You may not live in a forest, but you need trees in order to live. **People and animals depend on trees** and other plants for oxygen. As you breathe in, your body uses oxygen. As you breathe out, it gives off carbon dioxide (CO<sub>2</sub>). Trees do just the opposite. **They take in CO<sub>2</sub>, then release Oxygen, which helps clean the air.**

**Trees also help cool the earth.** They give off moisture, and more moisture in the air means more rain. All living things—plants, animals, insects, birds and people—need water to live. In fact, most living things are made largely of water. About 70 percent of a person's body is water, and **about 70 percent of a tree is water.** Even the earth is 70% water.

Trees help cool the air by shading and through water evaporation. **They act like huge pumps to cycle water up from the soil back into the air.** The 200,000 leaves on a healthy 100 foot tree can take 11,000 gallons of water from the soil and breathe it into the air in a single growing season.



Willamette Industries, Inc.

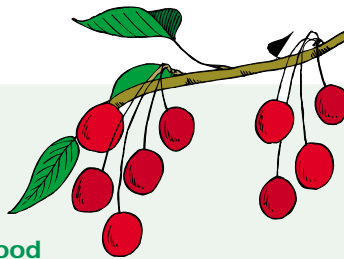
**Trees are a natural resource that are renewed. Since 1940, we have grown more trees each year in America than we have used for making paper, houses, books and other things we use every day.**

## We Depend on Trees



Cities and urban areas can always benefit from more trees. Plant a tree in your town or backyard today!

**T**he average American uses 18 cubic feet of wood and 749 pounds of paper—equal to a 100-foot tree with an 18 inch trunk—each year. People depend on forest products. **We eat the many fruits and nuts produced by trees.** We burn wood for heat, and use it to make houses, furniture and thousands of other things we use each day. Paper is used to make the books we read, the letters we write, **the boxes we ship**, the bags we bring home from the grocery store and **the cartons which hold our crackers and breakfast cereal.**



## Tree Trivia



Almost a third of the world's total land area is covered by forests.



Arbor Day is a special day when people learn about, plant and care for trees. Find out when your community celebrates Arbor Day and get involved!

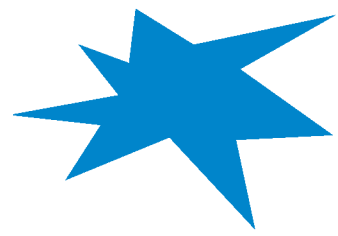


About 1.5 million tons of cacao beans, from the tropical cacao tree, are used each year to make chocolate and cocoa products. That's greater than the weight of 300,000 elephants.



By reusing and recycling your used paper, you can help conserve an important renewable resource—trees!

# From A to Z... Things that come from Trees



**W**hat do a dollar bill, the Declaration of Independence, the Mayflower, a guitar, chewing gum and a glass of orange juice have in common? You guessed it... they were all made possible by trees! Paper, wood and other forest products are a part of America's history and a part of our everyday lives.

**Native Americans used wooden tools to hunt** for food and provide shelter for their families.

Settlers sailed to America in wooden ships, and our nation's most important religious and legal documents—from the bible to the Bill of Rights—are preserved on paper. **Today, paper is used for the books, magazines and newspapers** we read, as well as the letters we write. Scientists use tree extracts in many of the health products we use, and the foods we eat. **Wood provides us with housing and heating**—and probably the desk and chair you use each day at school.

**Fact:**  
Thanks to today's technologies, close to 100% of a tree is used.

## “Wood” you believe it?

More than 5,000 things are made from trees. Which forest products does your family use?



**Paper products** — boxes, computer paper, library **books**, grocery bags, newspapers, napkins, envelopes and **movie tickets**.

**Hardwood products** — lumber for building new homes, furniture, pencils, **baseball bats**, skateboards, hammers, crutches, and fences.



**Tree Extracts** — cologne, baby food, clothing, carpeting, football helmets, milk shakes, hair spray, deodorant, and **toothpaste**.



**Tree bark** — cork boards, **shoe polish** and garden mulch.

Lignin (lig' nən) is a sticky substance found in the fibers of trees. It is used in many food and health products.








**For more fun facts on forestry and recycling, contact:**

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Americans, and people around the world, use forest products to provide food, shelter, music, medicine, transportation, tools and so much more.

## True or False?

-  The rubber for bicycle tires comes from the Rubber tree.
-  Cinnamon is actually the inner bark of the Cinnamon tree.
-  Rayon, a fabric used in today's clothes, is made from wood.
-  Sandlewood is a valuable wood prized for its aroma.
-  Ice cream, shampoo and toothpaste all contain a wood fiber called cellulose.
-  Some chewing gums are made from the sap of the Sapodilla tree.
-  Acorns, the seeds for oak trees, are an important food for deer, turkey and chipmunks.

Answer: They're all TRUE.