

KEEP KNOXVILLE BEAUTIFUL

CREATES

APPRECIATING OUR RESOURCES: PAPER

Paper products are a crucial global resource used every day for everything from packaging and transportation to communication and creativity.

Due to the commodity of this material, it is hard to picture a world without it, appreciate its true value, or acknowledge just how many raw resources are required to supply paper products worldwide.

Paper products are often thought of as more eco-friendly option due to their recyclability, however paper can not be recycled endlessly. Recycled paper material still require raw materials, since the fibers of the paper shorten every time it is recycled until eventually it can no longer be used. All recycled products are only able to be created if there is a market for recycled goods.

Paper is also viewed as a renewable resource, with new trees being planted to harvest. However, when trees are viewed as crops, this creates monocultures (where only one type of plant is grown) and does not support biodiverse life of true forests, therefore still causing deforestation.



THINK INDIVIDUALLY

The most important (and unfortunately most overlooked) R of Reduce, Reuse, Recycle, is Reduce. Fortunately, as individuals, waste reduction is very within our control.

Waste reduction can start with reusing materials we already have to reduce the new things we buy. We can create quality items with materials we already have to reduce the amount of new products we need, which reduces the amount of raw materials needed to make them.

LET'S CREATE OUR OWN NOTEBOOK/SKETCHBOOK! PG. I

SUPPLIES NEEDED

- Cardboard food box for cover
- Paper for pages
- Pencil
- Thread or floss
- Needle
- Scissors
- Ruler

1

- Unfold box and lay it flat. The thicker sides will be the front/back cover, and the thin side will be the spine
- Trim the extra flaps off the box so you just have 3 sides
- Measure and write down the length and width of cover to create pages for the book



2

- Use old printer paper, homemade paper, or even paper bags for your pages!
- Cut your pages to double the width of the cover, since they will be folded in half. (you can also cut your cover to fit the size of your paper folded in half)
- Fold each page in half, and count how many pages you have. (2 pages per piece of paper)
- Divide evenly into signatures, or groups, with no more than 8 pages per group
- Place them inside one another to create your signatures

3

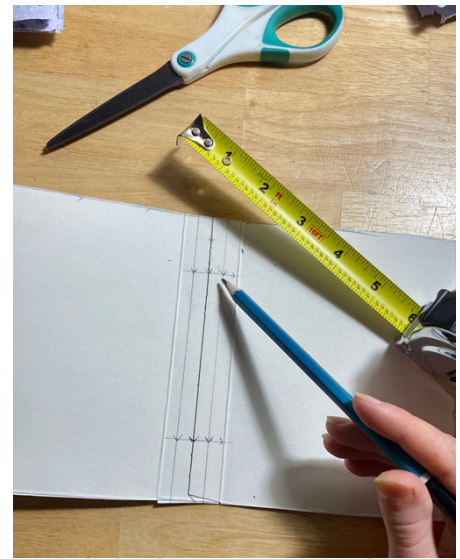
- Make 3 even marks down the fold of one page. This is where the pages will be sewn into the cover
- Place the page back in the signature using a push pin or needle to put a hole in the signature at each mark
- Using the marked page as a template, poke holes in the rest of the signatures



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4

- Make holes on the thin side of the cardboard cover where each set of pages will go. This will be the spine.
- Do this by making three dots (or one dot per signature) evenly spaced along the top width and bottom width of the spine
- Connect top and bottom marks by using a ruler, creating 3 lines along the spine

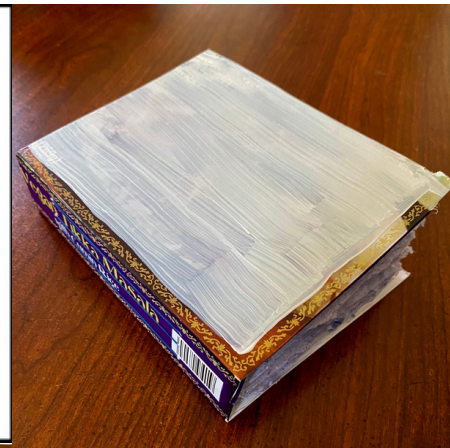
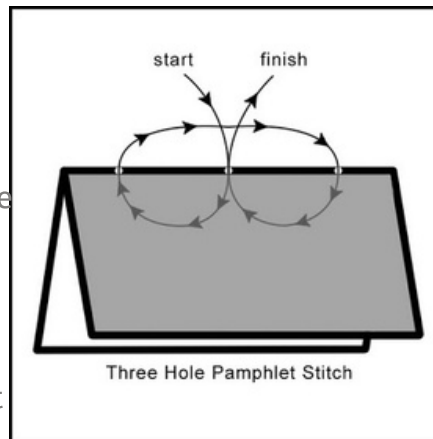


5

- Use one page with holes as a template to make three holes down the length of the cover
- Do this by carefully lining it up the page against each line on spine. Use a push pin or needle to poke holes through the spine that correspond with the holes on the paper

6

- Grab your string or floss and measure it to be three times the length of your cover, you can do this by stretching string along the length of the cover 3 times per signature
- Take your time lining up your signature on the cover, and sew it using the Pamphlet Stitch
 - Start through middle hole, through top hole, through bottom hole, then back through middle hole
- Be sure to pull the string tight before tying it off and trimming!
- Repeat this step for the rest of the signatures



For more activities and information visit
www.keepknoxvillebeautiful.org