

WANTED:

400 T-shirts in 30 days!

Your old T-shirts are wanted to help third-world babies!

Fitness Stylz member Denise Ouellette makes diapers for poverty-stricken babies in Nicaragua, Honduras and Haiti. The diapers are distributed through a charity that helps babies in third world countries. The diapers are lined with cotton cloth from old T-shirts, and Denise is looking to her fellow members for donations.

There are over 400 members here at Fitness Stylz, so we would like to help Denise reach a goal of 400 T-shirts in 30 days. If you have some old T-shirts that you don't mind parting with, please bring them in. There will be a special bin for them in the lobby.

Some types of shirts and fabric can't be used for various reasons, including lack of proper absorbency, so Denise has provided us with the specifics of what types of T-shirts she can work with:

* 100% cotton T-shirts. (No buttons, zippers or side seams, please.)

* Any color, size, design or message is okay.

* Stains are okay, but please make sure the shirts are clean.

Please bring in your T-shirts by Tuesday, March 11th. Your non-member friends and family are encouraged to contribute, too!



THE BOTTOM LINE — Fitness Stylz member Denise Ouellette converts old, clean T-shirts into much-needed reusable diapers for children in Haiti, Honduras, and Nicaragua. Our goal is to collect 400 shirts by March 11!

We will keep a running total to update members on how close we are to reaching 400 shirts. Denise said that as soon as shirts start to arrive, she can begin working on more diapers. Hopefully, she will be emptying the bin quite often over the next month!

Why are these cloth diapers so important to third world babies?

Cloth diapers are better than disposable diaper donations for many reasons. Babies in disposable diapers are more likely to experience diaper rash, because the diapers feel dry and might not be changed as frequently. But even though the outer layer of a disposable diaper may appear dry, bacteria from the urine stays in contact longer with the

baby's skin. Cotton "breathes" better, letting out the ammonia formed in the bacterial breakdown of urine and reducing the chance of diaper rash. Third world babies are unlikely to have access to products that safely treat rashes, let alone an adequate supply of diapers.

There is also a more serious threat of contamination from disposable diapers in third world countries because of human sewage going into landfills. Live viruses and parasites thrive in feces and can live in landfills for a long time. Many of the poor pick through the landfills looking for anything they can use, which brings them into direct contact with contaminated feces from disposable diapers. Likewise, there is a real danger of contamination working its way into the local water supply.