

Green Tip 4-07- During Earth Hour 2007, in Sydney, Australia, 2.2 million people and 2,100 businesses turned off their lights for one hour. The energy saved during this 60-minute span had an impact similar to taking 48,000 cars off the highway for an entire year. Wow!!!! What does that say for us?

It says that if we all turn out every light every time we are not using it, every time we leave a room, and we tell everyone we know to do the same, we can make a difference!!! Make this a habit and support others in doing the same!

For Earth Week, I picked 10 easy things to do to help save the planet. We can make many of these into habits and feel good every time we remember to do them.

1. Change your light bulbs to compact fluorescents (CFLS)
2. Take shorter showers. (*I time mine to last no longer than five minutes.*)
3. Bring your own bags to stores. You provide a model for others and don't waste plastic or paper.
4. Walk or bike instead of using a car whenever possible. It's good for you and the planet!
5. Don't throw out plastic, aluminum or paper!! Recycle it at home or at school.
6. Turn out your lights every time you leave a room and don't turn on lights unless you need them.
7. Don't run the water while brushing your teeth, shaving or washing dishes.
8. Stop unwanted junk mail. It takes only a few minutes to log into www.catalogchoice.org. Put in the names of catalogs you don't want or don't NEED!
9. Power off home electronics when you're not using them. These include cell phone charges, toasters, coffee pots, microwaves, televisions, and all computer equipment. Get power strips and turn them off.
10. Keep this list with you as a constant reminder of easy changes you can make to stop global warming.