

101 Ways



To Help Planet Earth

by:
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With Michael Plybon

For
Together We Can Change the World
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Author's Note:

Taking care of our Earth is no longer an option - it is a necessity. At times the challenge feels so overwhelmingly complicated that we give up before we even get started. Have you ever felt that way?

Maybe you were active in earth-friendly activities in the past but didn't feel your efforts were making a difference and you've abandoned them - or perhaps you just aren't as conscientious as you once were.

Taking responsibility for our actions is becoming more and more crucial. And with each of us making the commitment to start with small steps, together we can make a huge difference.

In the following E-book you will find *101 Ways to Help Planet Earth*. We have included links to websites and organizations from our online research for your convenience. *We are not endorsing any of these groups or sites (nor do they endorse us) -- we are simply offering them to you for your further investigation and research. Educate yourself and find even more ways to do your part.*

This book is our gift to you
because we want to empower you
to BE the Difference in Your World Today.

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www.TogetherWeCanChangeTheWorld.com

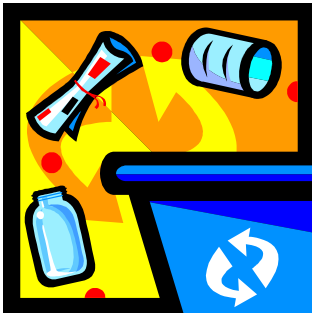
And while you're there,
be sure to sign up for our free e-zine -
BE the Difference Club

101 Ways to Help Planet Earth

1) **Stop Junk Mail.** Have you ever considered how much energy is used in creating all that unsolicited junk you get in your mailbox? It's been suggested that the junk mail we Americans receive in just one day is not only a nuisance, it could produce enough energy to heat a quarter of a million homes! The junk mail delivered to your address alone would be the equivalent of 1½ trees - which adds up to 100 million trees every year. And that's just in the United States. To help stop junk mail and help your letter carrier's aching back, write to: Mail Preference Service, Direct Marketing Association, P.O. Box 3861, New York, NY 10163-3861. By writing them you can reduce your junk mail by up to 75%. Be sure to recycle the rest!



2) **Participate in your community's curbside recycling.** Make the effort to use those recycle bins! Some communities are starting to charge fines to people who are throwing away items that should be recycled. And if your community doesn't pick up recyclables (or only certain ones) you can usually find someone who accepts them. Check with dry cleaners, supermarkets, manufacturers, your local public works department and civic organizations to find where recycled goods can be dropped off.



3) **Make recycling easier by putting recycle bins in the rooms where you use the product.** If you open the mail in your den, keep a box nearby and toss in the junk mail. If you want to save vegetable and fruit clippings for a composting pile, keep a container under the kitchen sink.

4) **Save large amounts of paper by using your spell checker.** Before you send a document to your printer, be sure to run grammar and spell check. Once you get it error-free, preview it (file → print preview) to ensure it fits well on the page and looks the way you want it to. You'll reduce the amount of paper you use, saving money and helping the environment!

5) **Use both sides of your paper.** If I print out a document I can't use, I cut it into fourths and stack them next to my computer and telephone. They make the perfect size for quick notes. Put some on your night stand for that quick reminder to yourself. Or, if you do a lot of printing from your computer that is only for your use, use the second side of obsolete or imperfect documents. It doesn't matter that there's something on the other side.

6) **Smaller children don't need clean paper to color on.** I've worked in several offices and brought home reams of scrap paper from the copier room (as long as it didn't have confidential or personal information on it) that was still blank on one side. You can also keep a look out for blank-sided paper in all that junk mail mentioned in #1.

*"Health is the capacity of the land for self-renewal. Conservation is our effort to understand and preserve this capacity."
~Aldo Leopold*



7) **Reduce how much you throw away.** Americans generate more trash per capita than people in any other country. On average, each American discards about 4.4 pounds of solid waste every day. Only about a pound of that is recycled, composted, or otherwise reused. The rest goes into our ever-growing landfills or incinerators. Avoid wasteful packaging and single-use products that can't easily be recycled. Buy reusable, repairable, rechargeable or refillable products. And look for those that are made from or are packaged in recycled materials.

8) **Inflate your tires.** Every two weeks Americans wear out nearly 50 million pounds of rubber off their tires. This is enough rubber to manufacture three and a quarter million new tires from scratch. To help prevent this - inflate your tires. This preserves the life of your tires, saves gas, and of course, money.

9) **Recycle your motor oil.** In the U.S. we use about a billion gallons of motor oil each year. About 350 million gallons end up in the environment. About 2.1 million tons are deposited in our rivers and streams. Motor oil can seep down into our ground water supply. Just one quart contaminates 250,000 gallons of water. If you change your oil yourself, take it to a gas station or oil-changing outlet which recycles oil. It may cost you anywhere from twenty-five cents to a dollar.



10) **Don't dump oil, grease, antifreeze, pesticides, fertilizers, paints, cleaners, and other toxic household products down the storm drain or street gutter.** Such products end up in rivers, lakes, and oceans (depending on where you live). You most likely have a recycling drop-off in your community. Call Public Services to find out where it is.



11) **Restrict use of plastic shopping bags.** Plastic bags are not biodegradable - they do not decompose fully. In addition, the ink is made up of cadmium and is highly toxic when released. Paper bags are reusable and biodegradable. Choose paper instead of plastic. Also - if your purchase is small enough, don't take a bag at all - this alone could save hundreds of millions of bags. Bring a cloth or string bag for smaller shopping trips.

12) **Purchase products that are recycled. Make sure it says "recycled."** By purchasing these products you are helping to conserve natural resources and protecting our earth. Look for "made from recycled waste" or "post-consumer waste." The recycling symbol or "100% recyclable" is appealing but does not mean the product was made from recycled products.



13) **Purchase CFC free products.** CFC (chlorofluorocarbon) destroys the ozone layer which protects us from harmful UV rays. CFC's are used in air conditioners (as refrigerants/Freon), some scented candles, plug in air fresheners, insect repellents, hairspray, and even some cooking products. Most often they are in aerosol spray products. UV (harmful ultraviolet radiation) rays increase the risk of skin cancer, increases cataract cases, suppresses the human immune system, and cause environmental damage.

14) **Shop for durable, long-lasting products.** For example, use a metal razor instead of disposables, or a metal roasting pan instead of a disposable one. Use items that can be repaired and are produced to last a long time.

Shop For Charity Day (www.ShopForCharityDay.com) is the largest online fundraising Mall on the Internet. There are nearly 2,200 Environmental organizations registered in the SFCD database (which has over 135,000 organizations). Every purchase you make from our 1,000 stores results in cash back to the Cause of your choice!*

*The list of organizations on the ShopForCharityDay.com website is provided for informational purposes only. The causes have been listed by persons for their own and others' use. A listing at ShopForCharityDay.com is not an endorsement of Shop For Charity Day, Inc. by the cause, nor an endorsement of the cause by Shop For Charity Day, Inc

15) **Use silverware and dishes instead of plastic and paper.** Not only will you help our earth - you'll save money as well. This is a great way to cut down on extra garbage in our landfills.

16) **Try to avoid using disposable products at all.** Use cloth diapers (remember them?) Use an old t-shirt or towel as rags instead of going through rolls of paper towels.

17) **And about disposable diapers.** Over 18 billion disposable diapers are thrown in the trash every year here in America. Lined up end-to-end - they'd reach to the moon and back seven times!



They take up 1% of our landfills and 500 years to decompose. They use 1,265,000 metric tons of wood pulp and 75,000 metric tons of plastic. Cotton diapers can be reused 100s of times and decompose in 1 to 6 months.

18) **Consider buying in bulk.** One 32-ounce bottle uses less packaging than two 16-ounce bottles. In addition, the larger bottle will probably cost less per ounce than the other two combined.

19) **Change your habits in the kitchen.** Use reusable containers instead of wrapping food in foil or plastic wrap. Use unbleached coffee filters. Use rags to wipe up spills instead of paper towels. And use wax paper and paper bags - they're biodegradable.

20) **Use rechargeable batteries.** Batteries contain heavy metals such as mercury and cadmium, which have become a major source of contamination in dumpsites. They break apart and are released into the soil or are incinerated and the deadly heavy metals are released into the air. Use batteries that are rechargeable. They will save you 10 or 20 times the original cost (by not buying batteries over and over again). You can also prolong the life of any battery by using the AC adapter for radios and other appliances. And recycle alkaline batteries if you can. The mercury and cadmium can be extracted for reuse.



21) **Don't buy products that endanger animals.** Ten years ago there were over 1.5 million elephants on the earth. It's said that today there are only 750,000. Ivory is still being taken from elephants killed by poachers. Americans purchase 30% of that ivory. Over 6.5 million dolphins have been killed by tuna fishermen. Fishing nets can reach $\frac{3}{4}$ mile in length and whatever gets trapped in them dies. Check the label of your tuna to make sure it is "dolphin-safe."

22) **Recycle your ink and toner cartridges.** Every year Americans throw out enough printer cartridges to stretch from Los Angeles to New York City and back again. Check out your office supply store, call your current toner cartridge company and ask about a cartridge-recycling program or put "toner recycle" in your favorite search engine. Some companies pay you (and your shipping charges) to recycle your printer cartridges.

23) **Be aware of the paint you use.** Use latex paint instead of oil-based which is highly toxic. The manufacturing process of oil-based paint produces additional pollutants.

24) **Dispose of oil-based paint as you would any hazardous waste.** Latex paint can be left outside for one year to evaporate. Then dispose of it with the rest of your trash. Consider donating it to a school or someone else who might be able to use it.



25) **Don't clean your paint brushes outside** as it can contaminate groundwater. Clean them in the sink.

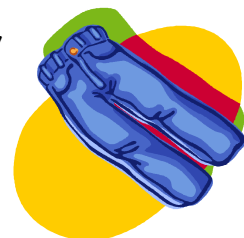


26) **Don't release helium balloons outside.** It may appear to be a beautiful experience - but releasing balloons into the air is dangerous. The balloons can cause suffocation or starvation in animals by blocking stomach or air valves. Metallic balloons can cause power outages when they get caught in power lines.

27) **Cut up plastic 6-pack holders.** This is something I've been doing for years once I learned that animals and birds die from uncut 6-pack holders and other ringed packages every year. They get caught in the holes and are choked to death or they get hung up on bushes, underwater plants, etc. Make it a habit to cut all the rings apart when you recycle or throw away that 6-pack holder.

28) **Avoid products that are over-packaged.** Look for items that have less packaging. They'll probably cost less anyway. This includes individually wrapped candy. Select fresh products from the display bins instead of pre-packaged. The more packaging - the higher the price - and more importantly, the more garbage lands up in our landfills.

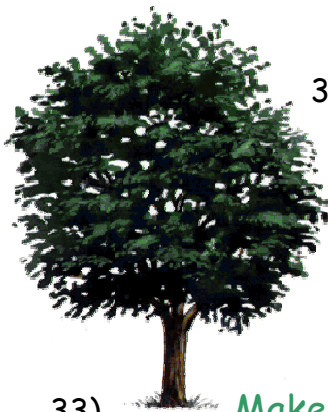
29) **Don't throw clothes away.** If they're still in good shape, give them to organizations that clothe the poor, or find a



consignment store that will pay you part of the selling price. Or have a garage sale and donate the proceeds to your favorite charity.

30) **And since we're talking about not throwing items away - don't throw furniture and other items away.** If they are in good condition and still working, call any resale organization (like Salvation Army, Goodwill, ARC etc.). Many will pick up the items or you can take them to their drop-off centers. Many have large trailers in the parking lots of shopping areas.

31) **Buy organically-grown food.** More and more grocery stores are offering organically grown products or have organic sections in their stores. Organically grown foods are foods that were grown without using chemical fertilizer, pesticides or herbicides. They're better for you and the earth because no chemicals are getting into you, the soil or water.

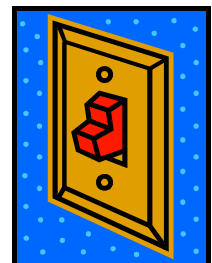


32) **Plant a tree.** Trees produce oxygen and cool the air. You can either grow seedlings yourself, or purchase them from a nursery. Visit the following sites to learn about planting and nurturing trees: International Society of Arboriculture or National Arbor Day Foundation. Or visit your local nursery.

33) **Make your meals earth-friendly.** When you pack your lunch, put items in reusable plastic containers instead of sandwich bags. Carry your drink in a washable thermos bottle and your lunch in a reusable lunch container.

34) **If you do use plastic bags - reuse them.** Plastic takes over 100 years to biodegrade. Wash out those bags and use them again and again. Not only will you be helping the earth - you'll be saving money!

35) **If you don't need the light - turn it off.** If there is sufficient natural light in a room, don't reach for the light switch. And if you'll only be in the room for a minute, let your eyes adjust for a few seconds and avoid turning on the light - most of the time you really don't need it. If you do turn on a light, only leave it on for as long as you need it. And be sure to turn it off when you leave a room.



36) **Turn off the air conditioner.** When the temperature is the same outside as inside, open your windows and save electricity, the earth and your money. If you sleep with windows safely open (your local police department can give you guidelines) at night your house will cool down and save a lot of energy.

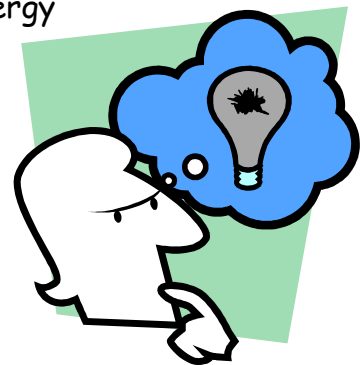


37) **If you have a leaky faucet - catch the drips until you get it fixed.** One drop of water per second can waste 2,300 gallons of water per year. Put a pan, bowl or cup under it to catch the water. Use the water for cooking, drinking, or watering a plant. Judge the size of your container - a leaky faucet can fill a coffee cup in 10 minutes.

38) **Can't afford a water-saving toilet?** This is something we've been doing for years -- put a bleach bottle inside the tank. First fill the bleach bottle with water, cap it tightly and put it in the tank after you flush it. The average toilet uses 3 - 7 gallons of water per flush. The bottle will displace from $\frac{1}{2}$ - 1 gallon of water and save you money with every flush. You can also use a brick - but put it in a plastic bag as it may deteriorate.

39) **Have a hot tub?** Keep the water at a maximum of 104 degrees for safety reasons. For each 10-degree drop in temperature, you can save up to 5% in water-heating energy costs.

40) **Use fluorescent bulbs instead of incandescent bulbs.** Fluorescent bulbs are brighter, last longer and use $\frac{1}{4}$ the amount of energy than regular incandescent bulbs. And they don't produce nearly as much wasted heat. A normal incandescent bulb lasts about 750 hours, but a fluorescent bulb will last for 7,500 - 10,000 with $\frac{1}{3}$ the wattage. A fluorescent bulb will also stop 1,000 pounds of carbon dioxide from going into the atmosphere. Carbon dioxide (CO_2) does not impair human health but is a "greenhouse gas" that traps the earth's heat and contributes to the potential of global warming.



41) **Participate in Together We Can Change The World Day on the first Saturday of every month.** Find a project happening in your area and join others helping your planet. Or if there isn't one listed in your community - start one and register it for FREE! Visit <http://www.TogetherWeCanChangeTheWorldDay.com> and get started today!

42) **Use dimmers and 3-way bulbs whenever possible** so you can adjust the amount of light you need. And use timers on lights in garages, attics and other areas where lights may be accidentally left on for long periods.

We all moan and groan about the loss of the quality of life through the destruction of our ecology, and yet each one of us, in our own little comfortable ways, contributes daily to that destruction. It's time now to awaken in each one of us the respect and attention our beloved mother deserves." ~Ed Asner

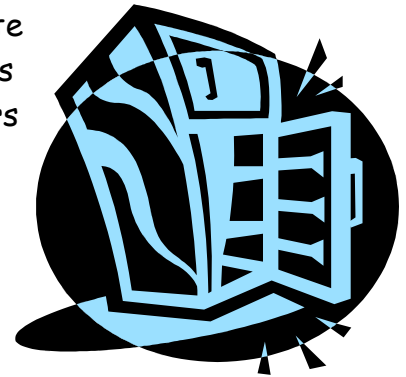
43) **Use a movement detector to control halogen security lights** to cut down on usage. If you leave lights on overnight, get double the benefit by installing a low energy lamp that has a sensor to ensure it stays off during daylight hours.

44) **If you can't use fluorescent lights, install low energy lights** - especially in rooms you use regularly. They last up to 15 times longer than normal bulbs and provide the same light for a quarter of the cost.



45) **Use a tea kettle instead of a pan to heat water** (measure the amount of water you need) and heat only that amount of water. Kettles are more efficient than pans for boiling water. And de-scale electric kettles regularly - the build up of scale means it takes more energy to boil the same amount of water.

46) **When buying a new appliance, be sure to purchase** one with the energy efficiency label - Energy Star®. Visit this Energy Star® site for good information on selecting energy efficient appliances (<http://www.energystar.gov/>). Energy Star® clothes washers use 35-50% less water per load and are at least 50% more efficient than minimum federal government standards; Energy Star® dishwashers are at least 25% more efficient than minimum federal government standards. Energy Star® also offers a refrigerator rebate program - your old refrigerator gets picked up and recycled for free!



You can find appliances and just about anything else you're looking for at Shop For Charity Day (www.ShopForCharityDay.com) the largest online fundraising mall on the Internet. Support one of the 2100+ Environmental organizations registered in the database by making purchases in the 1,000 stores available.*

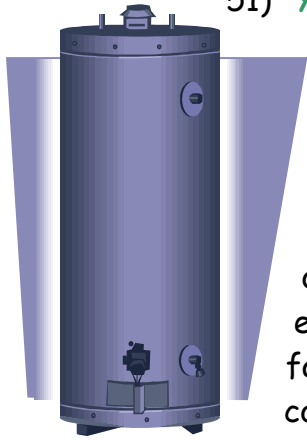
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47) **Go ahead and buy that new TV.** Modern televisions consume less than half the electricity of older models.

48) **And speaking of TVs.** Always use your television's on/off switch. Don't leave it on standby as this wastes energy.

49) **Check your hot water heater.** Your water heater uses about 20% of all the energy in your home. Turn it down to 120 degrees (130-140 if you use an automatic dishwasher). Quick recovery water heaters have two thermostats and they both should be set at the same level.

50) **Unless it specifically states not to, insulate your water heater** with a pre-fab "blanket". Be careful not to block air vents.



51) **You can also drain a bucket's worth of water from your water heater** once or twice a year from the valve at the bottom of the tank. This prevents sediment from accumulating and prolongs the life of your heater. Sediment acts as an internal insulator and inhibits the transfer of heat from the heating elements to the water. To remove the sediment, draw off water until runs clear - probably 2 - 5 gallons of water will be enough. **BE AWARE** - draining an older tank can cause the tank to fail or cause leaks in corroded areas. Contact your public utility company for guidance.

52) **America's refrigerators consume 7% of the nation's electricity.** That's the equivalent of more than 50% of the power generated by our nuclear power plants. Clean the condenser coils every year, and raise the temperature by 10 degrees and you can save 25% of your energy.

By working together a few small actions can make an enormous difference to our world."
~Stacey Powell

53) **More tips on your refrigerator.** Allow cooked food to cool before putting it away. Never overfill your refrigerator. An overfilled fridge inhibits cold air from circulating. Place your refrigerator away from stoves, heaters and direct sunlight.

54) **Make sure your freezer and refrigerator doors shut tightly.** If you can't trap a piece of paper in the door, the seal probably needs to be replaced. And keep the back of your fridge/freezer dust free. This helps improve its energy efficiency.

55) **Try to keep your freezer at least three quarters full at all times.** And don't allow more than $\frac{1}{4}$ " thickness of ice to build up.

56) **Watch those showers.** Four people taking showers every day for just 5 minutes use 700 gallons of water in one week. This is enough water for a person to live off of for three years. Purchase a low-flow showerhead and save at least 14,000 gallons of water every year. If 100,000 families installed low-flow showerheads we could save 1.4 billion gallons of water in the U.S.



57) **Wash dishes instead of using paper or plastic.** Run your dishwasher with a full load if at all possible. Use the "economy" or energy saving setting. And use the no-heat dry feature - or open the door and let them air dry.

58) **Washing dishes by hand?** Don't let the hot water run continually. And instead of filling up a sink, use a large bowl (one you used for cooking your meal is perfect - you have to wash it, anyway).

59) **Use cold water instead of hot to operate your garbage disposal.**



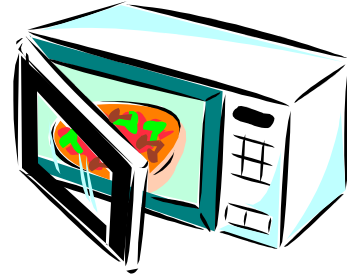
60) **The average American family uses 350 gallons of water each day!** On laundry day, always try to wash with a full load. Match your machine's size setting with the amount of clothing. Don't waste water and energy washing a small load of clothing in a large load setting. And use the lowest recommended washing temperature.

61) **Consider adding a solar water heater to your home.** Even in the Pacific Northwest, a solar water heater will meet at least 50% of your annual hot water needs. The sun can heat all the hot water you need during the spring, summer and fall, and reduce the amount of work for your standard water heater during the winter. Many utility companies offer rebates to encourage the purchase and installation of solar equipment.

62) **Check your dryer's vent annually** to make sure moist air is exhausting outside your home. Like your washer, operate your dryer only when it has a full load (but not overloaded). Use the lowest heat setting appropriate to the clothes fabric and be sure to keep the filter free of lint.

63) **Don't over-dry your clothes, you'll avoid wrinkles** (and possibly the need to iron).

64) **Use a microwave oven to cook vegetables.** They will cook quicker, and retain their color and nutritional content. Microwaves and small appliances consume less energy than the range.



65) **Cover saucepans with lids** whenever possible to reduce cooking time.

66) **Match the size of your cooking utensil to the burner.** The bottom of a pan should completely cover a heating element but not extend more than an inch beyond it. Avoid using a larger cooking area for a small saucepan. If you have dual rings, use the inner ring whenever possible.

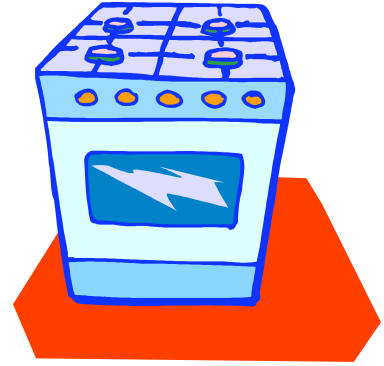


67) **If the recipe will allow it, cut food into smaller pieces.** They will cook quicker and save that much more energy.
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68) **You can save more energy by using a steamer or segmented pan.** That way you can cook two (or more) vegetables in one pan at the same time.

69) **If you are cooking vegetables in saucepans, use** just enough water to keep them covered. And once boiling, turn down the heat to simmer.

70) Many modern ovens, particularly those with fans, need little or no pre-heating. If you are baking something for longer than 60 minutes, you don't need to preheat the oven.



71) Decrease the oven temperature by 25 degrees if you use glass or ceramic dishes. And don't peek in the oven. Every time you open the door you lose up to 25% of the heat.

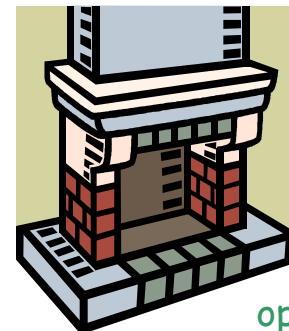
72) Don't use the oven to heat your kitchen.

73) When heating your home, make sure heat vents and return air vents aren't covered. And change your fiber furnace filter twice a year, cleaning it monthly during the heating season.

74) Turn your thermostat down. By turning your thermostat down you'll save up to 3% on heating costs for every degree your thermostat is lowered. Set your thermostat at a maximum of 68° and at least 10° less at night, unless you have a heat pump or cable heat.

75) Weatherstrip and caulk around all doors and windows.

76) Keep dampers closed when your fireplace isn't in use. A good chimney can draw up to 20% of the warm air out of the house each hour.



77) In cold weather, keep your drapes and shades open on sunny days and close them at dusk.

open

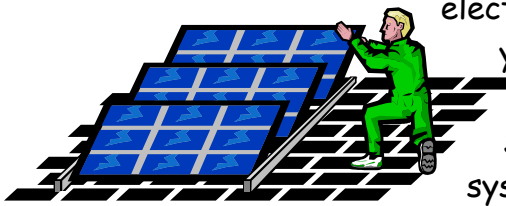
78) The average yearly cost of heat for an electrically-heated home is about 58 cents per square foot of living area. A newer single-family home built to high insulation standards probably costs about 34 cents per square foot to heat for a year.

79) If your home has individual room heating systems such as baseboards, wall heaters and ceiling cable heat, turn them off in rooms you aren't using and keep the doors closed.

Did you know the First Saturday of every month is Together We Can Change the World Day? (www.TogetherWeCanChangeTheWorldDay.com) Register your service project (it's free!) or search for a project in your area. With hands and hearts joined around the country – we can make a difference for people and our environment!

Together We CAN Change the World!

80) Consider installing solar cells, or photovoltaics (PVs), which produce electricity from sunlight. If you're interested in producing your own "green power," utility companies will often help finance the cost of installing your PV system. Some companies even let you connect your generating system directly to their electric system. If your generation exceeds your consumption you gain credits on your bill.



81) A solar swimming pool heater is very cost effective and can pay for itself in as little as 3 to 5 years. Then you've got many years of virtually free pool heating.

82) Recycle your sneakers with Nike Reuse-A-Shoe.

Reuse-A-Shoe collects, slices, and grinds up used (any brand) and defective (Nike only) athletic shoes to make Nike Grind material, which is then used in sports surfaces. Since its inception in 1993, the Reuse-A-Shoe program has recycled more than 13 million pairs of shoes and has helped donate over 100 athletic courts, tracks, fields and playground surfaces to communities around the world. The National Recycling Coalition has partnered with Nike and is currently in the following states: AZ, CA, CO, CT, ID, IL, MA, MI, MO, ND, NJ, NV, NY, OH, OK, OR, SC, TX, WA, WI, and Washington D.C. If your state is not listed, they want to hear from you.



83) **Does your state have a "bottle bill"?** Bottle bills are a proven, sustainable method of capturing beverage bottles and cans for recycling. The refund value of the container (usually 5 or 10 cents) provides money as an incentive to return the containers for recycling. They also supply recyclable materials for a high-demand market, conserve energy and natural resources, create new businesses and jobs, reduce waste disposal costs and reduce litter. And no state bottle bill has ever been repealed. The Container Recycling Institute offers 2 websites.



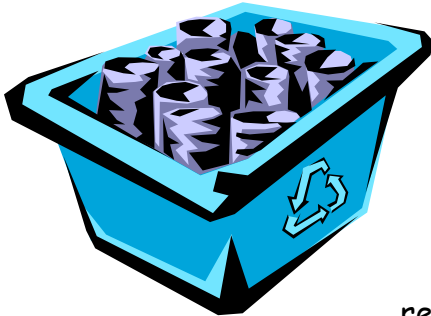
The CRI website (<http://www.container-recycling.org>) gives general information about container recycling. The Bottle Bill Resource Guide (<http://www.bottlebill.org>) is dedicated to issues specifically related to beverage container deposit legislation or bottle bills. If you are interested in advocating for a bottle bill, but not sure where to start, get CRI's "Bottle Bill Toolkit" at <http://www.toolkit.container-recycling.org/>

84) **Recycle your aluminum cans!** The average American bought 351 aluminum cans last year - twice as many as in 1980. Between 1990 and 2000 Americans wasted a total of 7.1 million tons of cans - enough to manufacture 316,000 Boeing 737 airplanes. Since the first Earth Day in 1970, Americans have wasted an estimated 910 billion aluminum cans worth over \$15 billion. The quantity of cans wasted in 2001 -- 759,625 tons - was equivalent to the entire annual production capacity of four major aluminum smelters in the Pacific Northwest. That was also greater than the amount used nationally for trucks, buses, bridges, street and highway applications combined. And laid end-to-end, those 50.7 billion cans would encircle the Earth 153 times.



85) **Does recycling your aluminum cans really make a difference?** Consider these facts:

- Recycling cans takes one third as much energy as making them from bauxite
- The electric and thermal energy required to replace the cans wasted since 1970 - 16 million tons of metal - is equivalent to about 342 million barrels of crude oil - or 15 billion gallons of gasoline. Enough to supply the total energy needs of 20 million homes for a year or supply 29 million cars with gasoline for a full year.



- Replacing one wasted can requires about 0.5kWh of electricity - enough to light a 100-watt bulb for 5 hours, or to power an average laptop computer for 11 hours
- More than 2 million tons of coal were burned to generate the thermal and electric energy required to replace just half the cans wasted in the U.S. last year
- Over 3 million tons of greenhouse gases were produced to replace the aluminum cans trashed in 2001 with new cans made from virgin materials and 2 ½ billion gallons of water were used.

86) **Please don't litter!** Put your cigarette butts in ash trays (and then deposit those ash trays in waste receptacles - not parking lots or roadsides). Littering has resulted in litter taxes, which generate funds to educate the public about not littering. Very little of that money is used for actual litter cleanup. Cleaning up litter is much like mopping up the floor while the faucet is running. It's so easy to put your trash in appropriate trash containers. The few extra steps to the trash will benefit to your health as well.

87) **Buying a new car?** Consider purchasing a hybrid. Hybrids come in compact car, compact SUV, midsize car, midsize SUV, and two seaters. Visit <http://www.hybridcenter.org/> to find the key consumer resources on how hybrid vehicles might fit into your lifestyle, detailed comparisons of hybrid technologies, reviews, and comments from current hybrid owners around the nation. This site is a project of the Union of Concerned Scientists. There are currently no hybrids available in the large car, minivan or pickup truck categories. But if you'd like to find the most fuel-efficient models (of any car or truck) currently on the market, got to the ACEEE Green Book (<http://www.greencars.com/byclass.html>)



88) **Ever thought of "driving vegetarian"?** You can drive your car on 100% used vegetable oil. Greasecar vegetable Fuel Systems allow mechanically injected diesel vehicles to run on straight, filtered



vegetable oil. Vegetable oil as fuel is cleaner, safer and less expensive than petroleum based fuel. It can be locally produced - even grown in your own back yard. The Greasecar Vegetable Oil Conversion System is an auxiliary fuel modification system for diesel vehicles. The kit comes with everything you need to convert your diesel vehicle to run on vegetable oil.

Other sites are: [Golden Fuel Systems.com](http://GoldenFuelSystems.com) and [Grease Works](http://GreaseWorks.com) . **DISCLAIMER:** Unlike biodiesel, this is an experimental fuel and is not covered under any manufacturer's warranty, is not considered by the EPA or IRS as "legitimate" on-road fuel, and should be used with caution. And, except for copious anecdotal evidence that does not hold up to scientific scrutiny, there is no clear evidence that this type of fuel is not detrimental in the long-term modern diesel engine.

89) **If you have a diesel car, consider using biodiesel.** Biodiesel is the name of a clean burning alternative fuel produced from domestic, renewable resources. It contains no petroleum, but can be blended at any level with petroleum diesel to create a biodiesel blend. It can be used in compression-ignition (diesel) engines with no major modifications. Biodiesel is simple to use, biodegradable, nontoxic, and essentially free of sulfur and aromatics. Biodiesel is registered as a fuel and fuel additive with the EPA (Environmental Protection Agency) and meets clean diesel standards established by the California Air Resources Board (CARB). Neat (100 percent) biodiesel has been designated as an alternative fuel by the Department of Energy (DOE) and the U.S. Department of Transportation (DOT). Biodiesel is available anywhere in the U.S. The National Biodiesel Board (NBB) maintains a list of registered fuel suppliers as well as petroleum distributors and retail fueling sites.



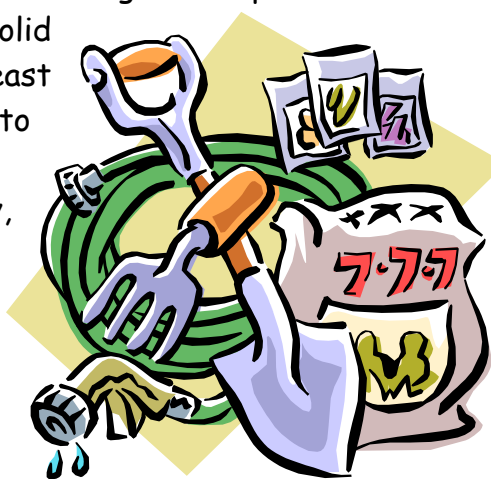
90) **Consider eating grass-fed beef.** These cattle are not fed grain and are allowed to roam in organic (no pesticide or herbicide) pastures. (Most beef in our stores comes from feedlot cattle that are routinely fed hormones - to induce growth -- and antibiotics to deter health problems associated with feedlots.) Some of the environmental benefits of grass-fed beef are:



- Reduction in heat-trapping gases that contribute to global warming
- Decreased fuel use
- Decreased soil erosion
- Improved air quality
- Reduction of antibiotic residues in water supplies

91) **Consider purchasing milk and dairy products that come from pasture-fed dairy cattle.** The reasons are the same as #88 above.

92) **Consider composting.** Food and paper are the two largest components in landfills, accounting for nearly 50% of all municipal solid waste. According to the EPA, food waste is the #1 least recycled material. You don't have to have a big yard to do composting. You can compost in your kitchen. Recycle food (vegetables, coffee grounds, even dairy, meat and fish) and paper waste into rich, organic fertilizer right in your kitchen. No odors, worms, bugs, hand mixing or turning. Uses just 10 watts of electricity - takes just 2 weeks. Avoid chemical fertilizers in your garden - produce your own rich, organic fertilizer and save our landfills.



93) **Consider purchasing all natural furniture.** Look for products that are earth-friendly and organic: cotton, wool, hemp, natural rubber latex. Also look for items made from recycled products. Try putting "all natural organic furniture" in your favorite search engine to find companies and organizations specializing in such products.



94) Use wood products that have the FSC (Forest Stewardship Council) logo, which guarantees the wood came from a certified, well-managed forest. Many retailers in the U.S. stock FSC products including The Home Depot, Lowe's Home Improvement Centers, and Kinko's. Ask your local retailer for information on their FSC-certified products. For more information on the Forest Stewardship Council, visit their website at

You can find furniture and just about anything else you're looking for at Shop For Charity Day (www.ShopForCharityDay.com) the largest online fundraising mall on the Internet. Support one of the 2100+ Environmental organizations registered in the database by making purchases in the 1,000 stores available.*

* The list of organizations on the ShopForCharityDay.com website is provided for informational purposes only. The causes have been listed by persons for their own and others' use. A listing at ShopForCharityDay.com is an endorsement of Shop For Charity Day, Inc. by the cause, nor an endorsement of the cause by Shop For Charity Day, Inc.

95) If you own a business consider joining 1% For The Planet. This is an alliance of businesses committed to leveraging their resources to create a healthier planet. Businesses donate at least 1% of their annual net revenues to environmental organizations worldwide. It also creates opportunities for collective marketing and information sharing on best environmental practices. The alliance promotes its business membership at every opportunity, thus increasing your visibility. You use the 1% For The Planet logo, thus letting your customers know of your company's commitment to ensure a healthy planet now and for the future. If you don't own a business - encourage your "boss" to consider joining 1% For The Planet.

96) If you sit on the Board of an organization or business considering new construction, encourage them to "go green." That's not painting the walls or building green



- it's designing the building to be environmentally friendly. Encourage them to seek Leadership in Energy and Environment Design (LEED) certification from the Washington-based U.S. Green Building Council. LEED is a coalition of builders, architects, government agencies and nonprofit groups. While meeting the energy-efficient and environmental guidelines may add 3.5 - 4% to the building budget, the energy cost savings from the design could reach 30%. That really is a "spend now, save later" mantra that works!



97) Join the Ben & Jerry's Lick Global Warming

Campaign. Commit to reducing your annual CO₂ emissions by 5% or 2000 lbs. Their Take Action Table shows how to do it. For instance, by avoiding 15 miles of driving per week (carpool, walk, ride your bike, etc.) you'll eliminate 900 pounds of CO₂ emissions per year. Or by keeping your car in good running order with regular maintenance, including regular oil changes and tune-ups, you'll save 1,000 pounds of CO₂ emissions! Did you know that under-inflated tires can

increase your fuel consumption by 6%? Replace 3 standard incandescent light bulbs with 3 compact fluorescent bulbs and save 300 pounds of CO₂. Those are just 3 of the 11 ways the table suggests.

98) **And while we're talking about Ben & Jerry's** they're working with Penn State University to create a thermoacoustic refrigeration prototype. (Refrigeration that uses environmentally friendly sound/pressure waves instead of toxic gases for cooling.)

99) **Support new wind farms and dairy farm methane projects** by joining The *CooDriver*(sm) Campaign (<http://www.cooldriver.org/>). Did you know that each gallon of gas burned in your car produces 19.5 lbs of CO₂? And that the average car in the US produces 6 tons of CO₂ each year? Find out how you can become part of the solution and still drive your car at The *CooDriver* (sm) Campaign site.



100) You can also buy Green Tags to financially support wind farms and join the fight against global warming. Even if you can't purchase wind energy, by purchasing Green Tags you achieve the same environmental benefits. Purchasing Green Tags (and ordinary electricity from your utility company) is the same as buying green electricity (electricity produced by environmentally friendly generators, such as wind turbines). Visit <http://www.nativeenergy.com/how-works.html> to find out how it works, and to help fight carbon dioxide emissions.

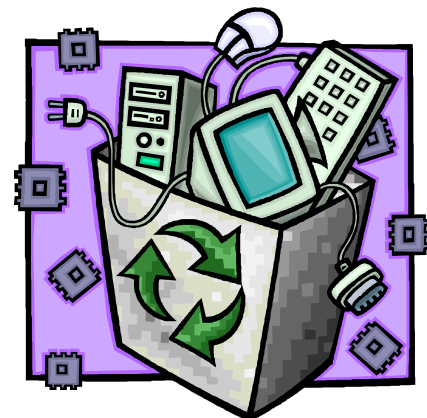


101) Use environmentally friendly cleaners instead of chemicals. Here are a few: Window Cleaner: mix $\frac{1}{2}$ cup white vinegar in one quart warm water. Silver Cleaner: put 1 teaspoon salt and 1 teaspoon baking soda in 2-3 inches of boiling water in an aluminum foil-lined pan. Add silver and boil three more minutes. Oven Cleaner: mix 1 part vinegar to 4 parts water in a spray bottle. Spray onto cool oven surface and scrub the oven clean. Use baking soda on stubborn spots. All-Purpose Bathroom & Kitchen Cleaner: dissolve 2 tablespoons baking soda in 1 pint warm water. Add lemon juice or vinegar to cut grease. Visit the National Wildlife Federation's "Get Green" web pages for more ideas:

5 More BONUS IDEAS follow:

102) Kill roaches naturally - keep a spray bottle of soapy water on hand. Spraying roaches directly with soapy water will kill them.

103) Recycle your electronic gadgets! With nearly one billion pounds of electronics being discarded in the U.S. each year, the National Wildlife Federation (NWF), is partnering with Access Recycling to reduce the amount of electronics



ending up in landfills and incinerators. They recycle old phones, cell phones, inkjet, laser toner, fax and copier cartridges, laptop computers, PDAs, and 60 or more desktop computers and accessories. Visit this website for information on packaging and getting pre-paid FedEx labels:

104) **Support industries that recycle tires** by buying items made from tires. You can find doormats, roofing, playground material, pet products and much more.

105) **Use antifreeze that contains propylene glycol** rather than ethylene glycol as it will eventually break down into water and carbon dioxide. However, both are very toxic to pets and wildlife and the sweet taste of the antifreeze attracts animals to any spills. And large quantities of glycol can suffocate aquatic life and disrupt sewage treatment processes. Dispose of correctly.

106) **Don't use higher wattage bulbs than necessary.** And dust/clean your lamp shades and bulbs regularly to ensure maximum light. Dirt absorbs light.



Well, there you have them - 101+ Ways to Help Our Earth. There are

many, many more but these should help you get started. Remember - every little bit does make a difference! Choose one or two ways to get started and when they become "second nature" to you, add a few more.

And thank you for making a difference.

Together We Can Change The World!

I invite you to visit the following websites where you can continue making a difference!

www.TogetherWeCanChangeTheWorld.com has many free gifts for you, E-Cards, more E-books, and beautiful Prints you can download.

www.ShopForCharityDay.com is the premier online fundraising mall with over 1,000 stores and millions of products. In order to go shopping you must choose (or add) an Organization that you'd like to support. Each of your purchases result in generous cash back rewards sent to the Cause of your choice.

www.TogetherWeCanChangeTheWorldDay.com is a free site where you can list (or find) service projects across the U.S. The first Saturday of every month is Together We Can Change the World Day.

And take advantage of our **Free Weekly eNewsletter**. Sign up on any of the above sites. It is chock full of simple ways you can make a difference, stories about people who are changing our world a little bit every day, ideas, tips, quotes, days to celebrate, and much more. To see a sample go the <http://samplenewsletter.homestead.com/Sample.html>

(See next page for acknowledgements and resources.)

In addition to websites sited, ideas were also found on the following websites:

<http://www.clarkpublicutilities.com>

<http://www.eetcorp.com>

<http://www.rbrubber.com/>

<http://www.nwf.org>

<http://eartheasy.com>

<http://www.fscus.org>

Stop junk mail

(<http://library.thinkquest.org/11353/gather/help.htm> and

https://energy.navy.mil/awareness/tools/tools_7.html)

<http://members.aol.com/Ramola15/help.html>

http://www.epa.gov/ozone/science/q_a.html

<http://www.treesaregood.com>

<http://www.arborday.org>

<http://www.nutramed.com/environment/index.htm>

<http://www.e-lindsey.gov.uk/environment/energy-efficiency/>

<http://www.energytaxincentives.org/tiap-residential-solar-energy-systems.html>

Nike Reuse-A-Shoe: <http://www.nrc-recycle.org/partnerships/nike/index.htm>

<http://www.nike.com/nikebiz/nikebiz.jhtml?page=27&cat=reuseashoe>

http://bottlebill.org/impacts/aluminum_waste.htm

Union of Concerned Scientists (<http://www.ucsusa.org/index.jsp>)

<http://www.greasecar.com/>

Golden Fuel Systems.com (<http://www.greasel.com/>)

Grease Works (<http://www.greaseworks.org/index.php>)

Biodiesel http://www.nbb.org/pdf_files/fuelfactsheets/CommonlyAsked.PDF and

<http://www.biodiesel.org>

To learn more about where to find grass-fed beef go to

<http://www.americangrassfed.org> and for greater detail regarding grass-fed and

pasture-fed cattle (see #89) visit

http://www.ucsusa.org/food_and_environment/sustainable_food/greener-pastures.html

The American Grassfed Association maintains a list of producers at

<http://www.americangrassfed.org>

Kitchen composting <http://www.naturemill.com/>

<http://www.onepercentfortheplanet.org>

To learn more about LEED and building green, visit their website at

<http://www.usgbc.org/>

Ben & Jerry's <http://www.lickglobalwarming.org/pledge.cfm> and

http://www.benjerry.com/our_company/sounds_cool/