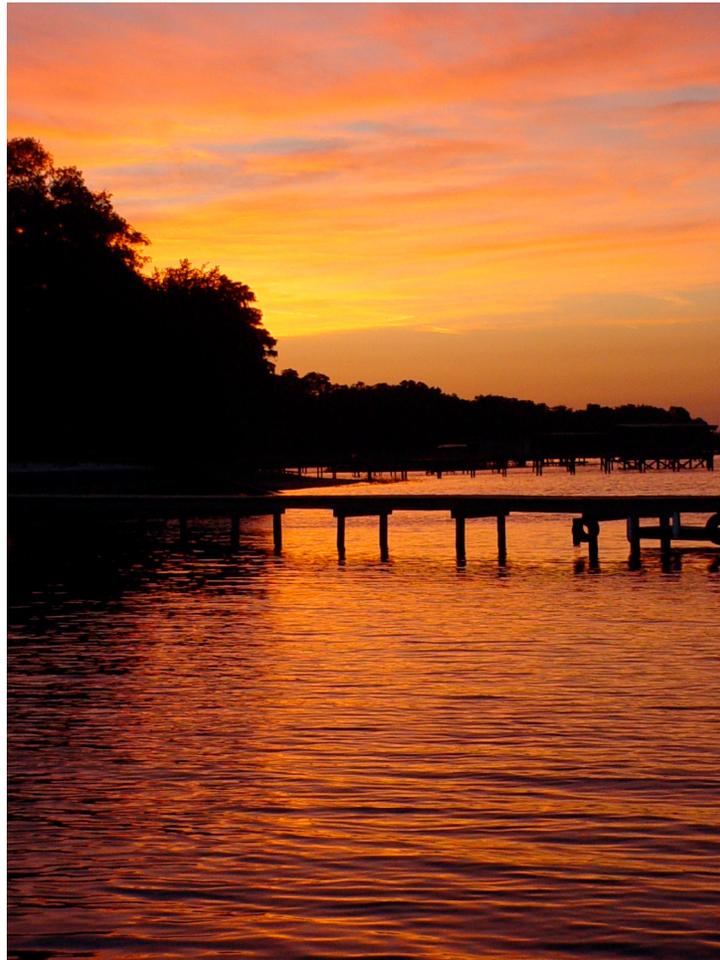


THE LITTLE BOOK OF  
'CONVENIENT' THINGS YOU CAN  
DO TO STOP GLOBAL WARMING

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## Introduction

Many books have been published on things that can be done, as citizens of this planet, to help the environment. Most offer helpful solutions, but many contain confusing information, promote unrealistic behavioral changes, or show no specific benefits that will keep a person motivated to continue to do their part.

There are many areas of pollution and concern in our environment today, the four greatest of which are:

- Air pollution
- Global warming
- Water pollution
- Habitat alteration

Primarily, suggestions in this publication are about reducing the factors that cause global warming and air pollution, but they may also have a positive effect on other areas as well.

This publication has two simple goals:

- To address the areas of concern where we, as individuals, can have the greatest impact with the least effort and quantify the results of our actions.

- To offer these suggestions in a simple and concise way that will allow all of us to spend more time 'doing' than reading about how we can help. Hopefully, the 'KISS' rule (keep it simple, stupid) will be apparent in all of these suggestions!

## How We Spend Our Money Makes a Difference

There are many factors that influence the health of our environment. As individuals, we contribute, either positively or negatively, by the purchases we make. An intensive study by The Union of Concerned Scientists found that the majority of environmental impacts were linked directly to three areas of consumer activities:

- Transportation
- Food
- Household Operations

**Transportation** includes the manufacturing, maintenance and use of personal vehicles, which account for 84% of all modes of transportation. Personal transportation accounts for greenhouse gas emissions of 27% and toxic air pollution of 46%.

**Food** is another major source of our contribution to our environmental problems. We need to eat, but may wish to consider *what* we eat when these numbers are considered: greenhouse gas emissions are 9%, total air pollution is 18%, water pollution is 54%. Food production is responsible for land habitat alteration of 45% and 73% water use. Food manufacturing produces **2 billion tons** of wet manure yearly - more than 10 times the municipal solid waste. 45% is from cattle, 34% from chicken and 12% from pigs.

**Household operations** involve the consumption of many different things. We will look at the three largest categories:

Heating and cooling, hot water, appliances and lighting - account for 31% of greenhouse gas emissions and 24% of air pollution.

Water, sewage & waste disposal - account for 11% of water pollution. 3/4 of the air pollution is from individuals burning trash and yard refuse.

Furnishings, cleaning products, paint and chemicals - Dry cleaning alone produces 90,000 tons out of 3.5 million from all sources of toxic air pollution. Cleaning solvents, household chemicals and paints add another 500,000 tons - 1/3 of which is directly related to household use.

The last two categories are responsible for approximately 10% of greenhouse gas emissions and 35% of total air pollution.

These three categories account for **77%** of all greenhouse gas emissions, **58%** of all air pollution and **40%** of the water pollution each year.

The last chapter presents specific ideas to help individuals do their part to reduce their negative contributions, but these are the top eleven items that will have the greatest impact overall:

#### Transportation

1. Live where you can drive less - close to work and schools.
2. Think twice before purchasing another car - Before it's bought, a car adds 4 tons of carbon & 700 lbs. of air pollution.
3. Choose a fuel efficient, low emission car.
4. Set concrete goals to reduce travel, just as you might when trying to lose weight; have one or two no car days each week.
5. When practical, walk, bike or use public transportation.

#### Food

6. Eat less meat.- the average household of 2.7 people consume 8.9 lbs. of meat, pork and chicken per month.
7. Buy certified organic products.

#### Household operations

8. Choose your home carefully - is it energy efficient and the right size for your needs?
9. Reduce environmental costs of heating and hot water.
10. Install efficient lighting and appliances.
11. Choose an electrical supplier who offers renewable energy like wind, solar or water. Participate in you electric company's renewable energy program, or ask why they don't have one.

## How Much Power Do Those Appliances Use?

When buying new appliances, look for the Energy Star rating label. These appliances use between 20 and 40% less energy than others. Here is a list of common appliances in the average household and how many kilowatts of electricity the average unit uses (lighting is per household):

refrigerator - 1155  
lighting- 940  
television - 360  
dryer - 875  
stand alone freezer - 1240  
range/oven - 458  
microwave - 191  
waterbed heater - 950  
dishwasher - 299  
pool pump - 2022  
washer - 99  
computer - 77

Based on these numbers, this house could save between \$170-\$437 per year by purchasing energy efficient models. (at .098 per kw)

## **What Can Your Government Do?**

Individuals can influence their governments to regulate things they cannot affect as individuals. Communicate your opinions by writing or e-mailing your state and federal elected officials. Make a point to know their environmental voting record and cast your ballot appropriately.

Your government can:

Stop giving tax breaks and deductions to oil companies, subsidizing the cost of water to farmers and government land leases to ranchers.

Tax pollution and offer incentives for conservation and modernization.

Create programs similar to those that exist in other countries: Germany makes producers responsible for the packaging they generate; Ireland's 15 cent tax on plastic bags has cut consumption by 90% and raised millions for environmental projects.

Set limits on emissions and allow pollution permit trading between companies.

Charge deposits on items that should be returned - bottles, cans, lead based batteries. Germany has deposits on paint cans to ensure safe recycling; Norway get 90% of it's junk cars back to approved sites.

Require efficiency standards for appliances and car mileage - set them high. Certify their validity and label to educate and protect consumers.

Make renewable energy a standard - solar, water, wind.

Fund research and development.

Buy green. When local, state and federal governments commit to using recycled paper goods and renewable energy, they set an example to the public and help bring down costs.

Stop urban sprawl.

Assist those who want to preserve lands.

Provide incentives for developers to rejuvenate old neighborhoods and existing communities, shopping centers and commercial buildings before new ones are built.

Provide incentives for builders who use green architecture and build energy efficient homes.

Improve and update mass transit, add bike lanes and sidewalks, and cross walks with signals for pedestrians. Let the public know about alternatives to driving cars.

Educate the public.

## **Can I *REALLY* Make a Difference?**

Yes, yes and yes!

Think about this example:

If every home replaced a standard light bulb with **one** CFL, it would save energy equivalent to removing 1 million cars from the roads.

Put another way, replacing 4,984 standard light bulbs with CFL's would save 1,305,800 lbs. of carbon from the atmosphere.

If Walmart changes the bulbs in ceiling fan displays in their stores to CFL's, they will save \$6 million dollars per year in energy costs. If they sold 1 CFL to each of their million customers, that would be **261,160,000 lbs.** of carbon saved each year.

Getting the point?

Al Gore calls the fight against global warming "An Inconvenient Truth". It is an apt title. It is easier to get in the car and drive on the spur of the moment without planning your trips in advance. It is more comfortable to set the thermostat on 78 in the winter, rather than at 74 and wearing a sweater.

It is important, though, that we pay attention to our planet's need for help. There are many ways that most people can participate in making a difference. Some may be slightly more inconvenient than others, but none are impossibly difficult.

The solutions that follow illustrate how to *meaningfully* address the three areas of greatest concern that have been addressed. Calculate your personal carbon imprint, or that of your business, by visiting <http://yosemite.epa.gov/oar/globalwarming.nsf/content/ResourceCenterToolsCalculators.html>. Then take action - **today**.

What You Can Do	Why	Impact	What Else You Can Do
Reduce emissions from vehicles, get better gas mileage	<p>One third of the CO<sub>2</sub> produced is from the transportation of people or goods. Speeding, rapid acceleration, braking and weight affect gas usage.</p>	<p>A hybrid car can reduce CO<sub>2</sub> by 16,000 lbs. and save \$3,750 per year.</p> <p>Every 3 miles per gallon improvement can save 3,000 lbs. of CO<sub>2</sub> per year.</p> <p>Removal of roof racks increase efficiency by 5%</p>	<p>Vote for candidates who are serious about this problem; buy a hybrid; write your congress-man. Drive under 55 mph. Consider using biofuels. Visit <a href="http://www.epa.gov/autoemissions">www.epa.gov/autoemissions</a> to comparison shop for car emissions and mileage records.</p>
Reduce the number of miles you drive, try car-pooling	<p>The average car produces 1 pound of CO<sub>2</sub> for every mile driven. Burning 1 gallon of gas produces about 20 lbs. of CO<sub>2</sub>.</p> <p>An average domestic plane trip emits 1700 lbs. of carbon per person - about 1.08 lbs per mile flown. Carbon offsets would cost only \$15.00 for a domestic flight.</p>	<p>Save up to 250 lbs. of CO<sub>2</sub> and \$840 per year with proper tire inflation. Save another 350 lbs. of CO<sub>2</sub> and \$130 yearly for the filter.</p>	<p>Walk, bike, carpool. Plan your trips to do multiple errands; dedicate 1 no-driving day per week. Avoid rush hour; tele-commute when possible and eliminate as much air travel for business as possible. Visit <a href="http://www.rideshare.com/faq.htm">www.rideshare.com/faq.htm</a> For travel carbon offsets visit <a href="http://www.betterworldclub.com/travel/travelcool.htm">www.betterworldclub.com/travel/travelcool.htm</a> If you're moving, select a home close to your job.</p>

What You Can Do	Why	Impact	What Else You Can Do
<p>Keep your tires properly inflated and change your air filter</p>	<p>Your car will perform better and last longer. Plus the benefits of these impacts.</p>	<p>Driving 20 miles less per week saves 1,000 lbs. of CO<sub>2</sub>. Every 5mph you drive over 60 is like pay-ing 20 cents more per gallon. Not driving 2 days per week could save up to 1590 lbs. of CO<sub>2</sub> per year.</p> <p>Rapid acceleration can decrease mileage by 5 to 33%. Every 100 lbs. adds about 2% in additional fuel consumption.</p> <p>Idling 10 minutes per day makes 1/4 ton of CO<sub>2</sub> per year - skip the drive thru and go in.</p>	<p>Avoid heavy wheels and rims and save more by not carrying excess weight in your car.</p>
<p>Buy carbon offsets to reduce your CO<sub>2</sub> impact</p>	<p>Because we will always produce CO<sub>2</sub> emissions, no matter how hard we try to conserve.</p>	<p>Help compensate for the CO<sub>2</sub> emissions you can't eliminate in your life and feel good about it. You can plant trees, ex-change energy credits, and fund alternative energy sources.</p>	<p>Visit <a href="http://www.NativeEnergy.com/climatecrisis">www.NativeEnergy.com/climatecrisis</a>; <a href="http://www.conservaionfund.org">www.conservaionfund.org</a>; <a href="http://www.terrapass.com">www.terrapass.com</a>; <a href="http://www.cooldriver.org">www.cooldriver.org</a>; <a href="http://www.carbonCounter.org">www.carbonCounter.org</a>; <a href="http://www.carbonfund.org">www.carbonfund.org</a>; <a href="http://www.Climatefriendly.com">www.Climatefriendly.com</a></p>

What You Can Do	Why	Impact	What Else You Can Do
Modify meat in your diet	Fruits, vegetable and grains require 95% less raw materials to produce; much of the world's deforestation is due to need for grazing land. An article in <u>Physics World</u> , 7/2005, says that the animals we eat contribute 21% of the CO <sub>2</sub> contributed by human activity.	15,750 fewer beef meals saves 90,878 lbs. of CO <sub>2</sub> - About 5.77 lbs. per meal. It takes on average 28 calories of fossil fuel energy to produce one calorie of meat protein. Grain production requires only about 3.3 calories of fossil fuel energy. Livestock also produce vast amounts of manure, which releases methane.	Visit <a href="http://www.earthsave.org/globalwarming.htm">www.earthsave.org/globalwarming.htm</a> ; <a href="http://www.epa.gov/methane/rlep/faq.html">www.epa.gov/methane/rlep/faq.html</a>
Cook smaller meals and ask for smaller restaurant portions	27% of American's food ends up in the garbage - that's more than 300 lbs. for each person.	Buying only what we need to eat will save everywhere - production needs, costs, pollution and waste.	Eat leftovers.  Visit <a href="http://www.epa.gov/epaoswer/non-hw/reduce/wastenot.htm">www.epa.gov/epaoswer/non-hw/reduce/wastenot.htm</a> to find info to encourage restaurants to support food banks and food recovery organizations.
Replace your light bulbs to CFL's/ turn off the lights	Lighting accounts for 20% of all electricity consumed in the US; In incandescent bulbs, 10% of the energy provides illumination, 90% heat.  Don't spend money lighting a room that no one is using.	They last 10 times longer- 10,000 hours- and will use 66% less energy. If every house used only 1 CFL, it would remove the equivalent of 1 million cars from the roads. Put another way, 4984 CFL's save 1,305,800 lbs. of CO <sub>2</sub> from the atmosphere.	Visit <a href="http://www.efi.org">www.efi.org</a> or <a href="http://www.nolico.com/save-energy/">www.nolico.com/save-energy/</a> to purchase.  Ask everyone you know and everywhere you do business if they use CFL's.  Try replacing 3 of the most used bulbs in your home and save up to \$60 in energy costs per year.

What You Can Do	Why	Impact	What Else You Can Do
Buy energy efficient appliances	The average home causes more pollution than our car because of the fossil fuels burned to supply the power we need. Here's the % of electricity consumed by major appliances: washer/dryer- 10%, dishwasher-2%, fridge - 6%, computer -2%, TV/DVD/VCR - 2%, AC - 45%.	Save as much as \$400 per year and reduce greenhouse gas emissions. Induction stovetops use 90% of energy produced, 55% for gas and 65% for electric burners. Energy Star appliances use up to 40% less energy. An Energy Star washer and refrigerator can reduce CO <sub>2</sub> emissions by 660 lbs. per year.	Visit <a href="http://www.energystar.gov/">www.energystar.gov/</a> products. Side by side refrigerators are less energy efficient, so consider other styles. Keep refrigeration compartment at 34-40 degrees.  Use your microwave - it uses 1.3 of the energy of the oven and won't heat up an air conditioned house.
Clean filters and coils frequently	Dust and dirt inhibit the efficiency of your a/c dryer, and refrigerator.	Save 350 lbs. of CO <sub>2</sub> and \$150 per year by keeping filters clean.	Don't put your fridge next to your oven or dishwasher. Refrigerators in the garage have to work hard in hot climates.
Run full loads in your dishwasher and washing machines	Running partial loads wastes electricity and water.	Drying back to back loads saves because the dryer is already heated. Running a full dish-washer can save 100 lbs. of CO <sub>2</sub> yearly.	Dry your clothes outside when possible to save energy and wear and tear, and another 700 lbs. of CO <sub>2</sub> and \$75 per year.
Set your thermostat a few degrees lower in winter and higher in summer	Heating/cooling your home uses about 45% of total energy use.	Save up to 2,000 lbs. of CO <sub>2</sub> and \$98 per year.	Explore smart meters, solar attic fans, and combined heat and power systems.

What You Can Do	Why	Impact	What Else You Can Do
Have an energy audit on your house	Find areas you can seal and insulate and other options to conserve power.	Save as much as \$450 and reduce greenhouse gas emissions. Sealing leaky ducts can save up to \$140 per year, proper Insulation up to \$600 yearly - and up to 2,480 lbs. of CO <sub>2</sub> per year. Double-paned windows can save up to 10,000 lbs. of CO <sub>2</sub> and \$436 per year.	Call your electric company or visit <a href="http://www.energyguide.com">www.energyguide.com</a> to help do your own evaluation. Visit <a href="http://www.aceee.org/consumerguide/chklst.htm">www.aceee.org/consumerguide/chklst.htm</a> ; <a href="http://hes.lbl.gov">http://hes.lbl.gov</a>
Use the energy saving feature on your computer	Most people never shut down their computers or screen saver.	Save 70% of normal energy used when in 'sleep' mode.	Visit <a href="http://www.energystar.gov/index.cfm?c=ofc equip.pr_office equipment">www.energystar.gov/index.cfm?c=ofc equip.pr_office equipment</a>
Reduce standby power waste	A television uses 25% of it's energy when it is turned off. How many other appliances do you always have plugged in that waste energy?	Standby power can account for 9-10% of household energy. Save 30-35% of their peak power needs by turning off your laser printer. Save over 1,000 lbs. of CO <sub>2</sub> and \$256 per year.	Use an easily accessible power strip to more conveniently unplug many items at once.

What You Can Do	Why	Impact	What Else You Can Do
Conserve hot water	Hot water is another major use of energy . Your hot water heater uses about 11% of household electricity.	<p>Save 90% of the energy your washer uses by using cold water. At 120 degrees you'll save 550 lbs. of CO<sub>2</sub> and \$30 per year. Insulate your water heater and save another 1000 lbs. of CO<sub>2</sub> and \$40 per year.</p> <p>A solar hot water heater can save 720 lbs. of CO<sub>2</sub> per year.</p> <p>1883 shower heads replaced with low flow heads will save 472,630 lbs. of CO<sub>2</sub> .</p>	Take showers, not baths; install water saving faucets; use warm or cold water in the laundry. Consider replacing a hot water heater with an 'as needed' heater, or set the temperature no higher than 120 degrees & buy an insulating blanket.
Switch to green power	The burning of fossil fuels is a major contributor to the production of green-house gases. To learn more visit <a href="http://www.eere.energy.gov/sumer/renewable_energy">www.eere.energy.gov/sumer/renewable_energy</a> ; <a href="http://www.eere.energy.gov/www.epa.gov/grnpower/locator/index.htm">www.eere.energy.gov/www.epa.gov/grnpower/locator/index.htm</a> ;	Using solar, wind and water as energy may release virtually no emissions. Reduce our dependency on oil and other non-renewable energy sources.	Visit these websites to learn more: <a href="http://www.ases.org">www.ases.org</a> ; <a href="http://www.awea.org">www.awea.org</a> ; <a href="http://www.awea.org/faq/netbdef.html">www.awea.org/faq/netbdef.html</a> ; <a href="http://www.dsireusa.org">www.dsireusa.org</a> ; <a href="http://www.green-e.org">www.green-e.org</a>  Ask your local electric or gas company if they provide these services.

What You Can Do	Why	Impact	What Else You Can Do
Buy items made with recycled materials	Buying recycled item saves CO <sub>2</sub> emissions in manufacturing. Recycling is important, but only if recycled products are bought instead of new ones.	A ream of recycled paper saves 1.5 lbs. of CO <sub>2</sub> - Multiply that times 4 million tons of office paper discarded every year - a savings of more than 5 million lbs. of CO <sub>2</sub> .	Shop garage sales and consignment stores. Donate clothes and furniture so it can be reused.
Consume less, conserve more	<p>We buy things we don't need and throw away items that are perfectly good. Each one of us averages 4.4 lbs. of trash per day. Buy products that use minimal packaging.</p> <p>Visit this site to learn more about climate friendly consumer choices: <a href="http://www.eere.energy.gov/consumer">www.eere.energy.gov/consumer</a></p>	California's initiative to cut waste to 50% would mean 72 million lbs. of less trash per year. Check with your state to see what it does to eliminate pollution causing waste. Individual recycling can save up to 850 lbs. of CO <sub>2</sub> per year.	Give used items to charitable organizations; recycle everything you can; write manufacturers to use less packaging & boycott those who don't. Look at what the city of Oakland is doing at <a href="http://www.zerowasteoakland.com/Page749.aspx">www.zerowasteoakland.com/Page749.aspx</a>
Don't waste paper	3 people use about 1 ton of paper per year, accounting for 24 cut trees and 60 lbs. of CO <sub>2</sub> . 80% ends up in landfills	<p>If 10% of students bought recycled note books, 60,000 trees would be saved and 25 million gallons of water.</p> <p>Email saves paper.</p>	Use rags instead of paper towels; use cloth napkins; avoid disposable plates, silverware and storage ware whenever possible; use both sides of paper, cut used paper for notes and scrap use.

What You Can Do	Why	Impact	What Else You Can Do
<p>Recycle newspaper and magazines, junk mail and mail order catalogues; stop junk faxes</p>	<p>It takes 500,000 trees to produce one Sunday newspaper for Americans.</p> <p>There are 200 million trees cut for junk mail every year - that like cutting down the Rocky Mt. National Park 3 times per year.</p>	<p>The production of junk mail consumes as much energy as 2.8 million cars. In 2003, 5.4 million tons of catalogs and junk mail ended up in landfills - only 32% was recycled.</p>	<p>Write your editor to reduce the physical size of your paper; call faxing companies and junk magazine companies to get your name removed. Write your congressman to set up Do Not Mail registration - visit <a href="http://www.newdream.org/junkmail/index.php">www.newdream.org/junkmail/index.php</a>; or <a href="http://www.dmaconsumers.org/offmailinglist.html">www.dmaconsumers.org/offmailinglist.html</a>; to re-cycle anything visit <a href="http://www.earth911.org/master.asp?s=la&amp;a=recycle&amp;cat=1;">www.earth911.org/master.asp?s=la&amp;a=recycle&amp;cat=1</a>;</p>

What You Can Do	Why	Impact	What Else You Can Do
<p>Bag your groceries in reusable bags or take previous ones back</p>	<p>Americans use 100 billion grocery bags each year - an estimate of 12 million barrels of oil to make plastic bags that take centuries to decompose in landfills. 14 million trees are used to manufacture the 10 billion paper bags used. Many plastic bags are not recycled, but shipped to China and third world countries, only to become their problem.</p> <p>Worldwide, 500 billion plastic bags are manufactured each year - that is nearly 1 million per minute.</p>	<p>Plastic bags and bottles take up to 1,000 years to degrade, the energy needed to make &amp; recycle paper is 6 times greater and only 10-15% is recycled. Paper also generates 70% more air pollution. Paper or plastic? - Say NEITHER, use cloth bags to save thousands over your lifetime.</p>	<p>Buy in bulk; don't buy anything that is 'throw away'; beware of 'biodegradable' plastics that are really not; look for the recycle 'number' on the bottom of the container - don't buy it if your community can't recycle it - aluminum and glass are better. Visit <a href="http://www.reusablebags.com">www.reusablebags.com</a>; <u>Persuade your favorite stores to offer bag credits for bringing your own bag. Pitch government officials to implement a plastic bag consumption tax</u>, modeled after Ireland's extremely successful PlastTax, in your area - it cut consumption by 90%</p>
<p>Carry a refillable bottle for water or beverages</p>	<p>We use 25 billion disposable cups each year; 2.7 million tons of plastic is used to bottle water worldwide; 25 billion single-serving bottles in America, over 4 billion pounds.</p>	<p>Save 1.5 million barrels of oil used for America's bottled water, equals fueling 100,000 cars for a year. Save 8 out of 10 bottles that head to the landfills each year.</p>	<p>Write to management of any restaurant or drive thru to stop using styrofoam and large straws. Many places will refill their own containers, so skip the drive thru - a major gas wasting activity - and go in. The 10 states requiring bottle deposit returns recycled more containers than the other 40 combined - call your local reps.</p>

What You Can Do	Why	Impact	What Else You Can Do
<p>Compost and recycle yard waste; plant trees</p>	<p>Yard waste in landfills produces about one third of man made methane emissions. Methane is 23 times more potent than CO<sub>2</sub> in global warming terms.</p> <p>Composting produces nutrients that energy and food to the soil.</p>	<p>The volume of waste added to our landfills is also reduced. Yard trimmings and food residuals account for 23% of our solid waste.</p> <p>Deciduous trees will shade your home in summer and allow sun in winter, saving energy. One tree can remove up to 50 lbs. of CO<sub>2</sub> a year.</p>	<p>Use a composting lawnmower. A push mower reduces CO<sub>2</sub> by 80 lbs. per year and provides great exercise.</p>
<p>Consider the impact of your investments</p>	<p>Investing in companies that show respect for our planet will help global warming and the many issues that affect it.</p>	<p>Besides showing support for your beliefs, it will encourage profits and help bring down costs as business expands.</p>	<p>Visit <a href="http://www.socialinvest.org/areas/research">www.socialinvest.org/areas/research</a>; <a href="http://www.socialinvest.org/Areas/SRIGuide">www.socialinvest.org/Areas/SRIGuide</a>; <a href="http://www.unepfi.org">www.unepfi.org</a>; <a href="http://www.ceres.org">www.ceres.org</a>; <a href="http://www.newdream.org/consumer/sri.php">www.newdream.org/consumer/sri.php</a></p>
<p>Support and environmental groups</p>	<p>Large groups can provide important education and have important influence in Washington.</p>	<p>The more education, publicity and lobbying for this cause the better.</p>	<p>Consider Greenpeace, Sierra Club, Natural Resources Defense Council, Environmental Defense and others.</p>

What You Can Do	Why	Impact	What Else You Can Do
<p>Talk to others about what you know; teach your children</p>	<p>Many people are not aware of how serious a problem global warming is or what they can do about it.</p> <p>Teach your children to care for the environment so they don't make the same mistakes we have.</p> <p>Talk to you local business and community leaders. Have them visit this website for things they can do: <a href="http://www.cleanair-cool-planet.org/solutions/greenoffice.php">www.cleanair-cool-planet.org/solutions/greenoffice.php</a></p>	<p>If everyone participates, even a little, a big impact will be felt - remember that 1 CFL per house = 1 million cars off the road.</p> <p>Packaging makes a difference - 250 million lbs. of wasted plastic has been eliminated by reducing the weight of 2 liter soda bottles from 68 to 51 grams.</p>	<p>Use the influence of your spending power to spark action from retailers and manufacturers. Use the power of your vote to influence your elected officials. Talk to your employer about initiating energy saving devices in the workplace and giving employee incentives to car-pool, tele-commute, etc. Ask what action people are taking to do their part - don't forget schools, restaurants, shops, accountants, churches and other businesses. Ask them to visit <a href="http://www.climatebiz.com/index.cfm">www.climatebiz.com/index.cfm</a>; You can visit <a href="http://www.coopamerica.org/programs/responsibleshopper">www.coopamerica.org/programs/responsibleshopper</a> or <a href="http://www.responsibleshopper.org">www.responsibleshopper.org</a> to find businesses that make a difference. Call or write your local and state reps to see what they are doing. Check their voting records before you make future decisions.</p>

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All information for this publication came from “The Consumer’s Guide to Effective Environmental Choices”, “An Inconvenient Truth” and the websites referenced below. I thank all of the people who took the time to compile such important information and wish to give them full credit. My intention was to consolidate the information in a quick and easy to read source so we can all take better care of our planet.

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