

Mountain Keeping Column May 31, 2007

Do Your Part (Inexpensively) to Reverse Global Warming

By Caroline Bond

The buzz in the air is “Go Green!” The reality of global warming is shocking. The encumbering impact that we humans make on the environment is not acceptable.

Of course, there’s no way that any *one* of us can reverse global warming. If we had the power to change anything in the world on our own (such as global warming), we probably would. Though none of us has that superhuman power, it is still our responsibility to do what we can. Making changes for the greater good is the responsibility of each and every person who is able.

So what can you do to contribute?

If you want to take the more pricey road, you can fit solar panels on your house. You can buy a hybrid car. Or you can replace the old appliances in your home with energy efficient ones – your refrigerator, your washer, your dryer. If you have the means and motives for doing these things, that’s great! You will be making a positive contribution to the environment.

However, expensive fixes like this aren’t feasible for many people. Luckily, there are many ways to make a huge impact in a low-cost way. Here is a list of seven things you can do (the order doesn’t matter, but you should try to do them all):

- Monday: Take public transportation somewhere you would usually drive.
- Tuesday: When you leave home in the morning, unplug some of your appliances.
- Wednesday: Cut the time of your shower in half, or when you’re doing something like lathering up with soap, turn the water off until you need it again.
- Thursday: Take canvas bags to the grocery store.
- Friday: Drive the speed limit and drive less aggressively.
- Saturday: Don’t eat meat one day a week (in order to conserve fossil fuels).
- Sunday: Wash your clothes in cold water.

Now after you’ve tried every one of these, I challenge you to stick with one -- or with all seven -- forever! Extreme, perhaps, but once you get in the habit, these things will come naturally.

This is just the tip of the iceberg, really. The information for this article came from www.green.yahoo.com, and I encourage you to check out the site. If you do, you can get a compact fluorescent light bulb (or two or three) for free.