

25 Ways You Can Stop Global Warming & 5 BIG BENEFITS

<http://www.beatglobalwarming.info>

Evidence suggests that most high-altitude glaciers in the planet's tropical regions will disappear in the near future, and that in most of the world, glaciers and ice caps are rapidly retreating, even in areas where precipitation increases, according to the U.S. Department of State (<http://usinfo.state.gov>). This implicates rising temperatures, not decreasing precipitation, as the most likely culprit. Coal-burning power plants are the largest U.S. source of carbon dioxide pollution, producing 2.3 billion tons every year, according to the Natural Resources Defense Council. Cars, the second largest source, generate almost 1.1 billion tons of carbon dioxide emissions a year. Carbon dioxide collects in the atmosphere, trapping heat from the sun and causing the planet to warm up. According to the EPA the average household generates 45,000 pounds of greenhouse gas emissions each year! The Safe Climate Act, currently being considered by Congress, would freeze global warming emissions in 2010 at the 2009 levels. Beginning in 2011, it would cut emissions by roughly 2 percent per year, reaching 1990 emissions levels by 2020. After 2020, it would cut emissions by roughly 5 percent per year. In 2050, emissions would be 80 percent lower than 1990 levels. This system of cutting emissions and reducing over time is called a "declining cap."

Unfortunately, the Safe Climate Act may be too little, too late! Scientists recently discovered that Greenland's glaciers are receding twice as fast as previously thought! Clearly, today's political leaders are not acting with enough speed and decisiveness in the battle against global warming. Worse yet, our politicians are not providing adequate leadership. During World War II our political leaders educated the public as to how they could contribute by buying Victory Bonds, growing a Victory Garden, etc... No such effort to enlist the public's help exists today!

Fortunately, we can be the leaders and let the "leaders" follow or be obsolete in this area. Here are 5 categories with 5 suggestions each that you can do to take matters into your own hands, followed by 5 benefits we all will share. Some of these you already know and some may be new to you. Either way, the ice caps are literally melting as you read this. Scientific evidence suggests that we need to act now to prevent massive damage to the Earth's ecosystem.

Five steps you can take in your own car and driving habits

- **Drive a fuel efficient car.** Make sure your next car you is at least 35% more fuel efficient than your current one. If possible buy a hybrid, flex fuel

or bio diesel car (bio-diesel info: <http://www.biobling.com/> Meanwhile, do as many of the following things as you can.

- **Maintain your car.** Keep tires properly inflated. Under-inflated tires decrease fuel economy by up to one mile per gallon. This will eliminate up to 250 lbs. a year of CO2 emissions and save hundreds of dollars in gasoline. Having a vehicle's engine tuned regularly can improve fuel economy by an average of one mile per gallon. Replacing dirty air filters can improve gas mileage up to 10%! Get more information and additional tips at: <http://www1.eere.energy.gov/consumer/tips/driving.html>
- **Avoid high speeds.** Reducing high speeds will cut down on fuel usage. Fuel efficiency decreases significantly at speeds in excess of 60 miles per hour. While driving on the highway, for example, reducing speed from 65 mph to 60 mph reduces fuel consumption by 10 percent.
- **Drive smoothly and avoid jackrabbit starts.** Accelerating abruptly requires about twice as much gasoline as gradual starts. Take it slow before accelerating after a stop and coast to red lights instead of braking. Avoiding unnecessary speedups, slow downs and stops can save as much as two miles per gallon.
- **Plan trips carefully.** Cutting down on the time spent in the car is the easiest way to conserve fuel. To minimize driving time, experts recommend combining all your short trips and errands. When possible, use carpools, public transportation, bike ride or walk. If your family owns multiple cars use the most fuel efficient car whenever possible. Go marketing with a friend when possible.

Each gallon saved reduces CO2 emissions by 20 lbs! Saving 100 gallons reduces CO2 emissions by 1 ton!

Five steps you can take in your own home

- **Turn down your hot water heater and keep dryer lint pipe clean.** Instead of heating hot water only to mix it with cold water for an acceptable temperature turn down the setting on the water heater. While you are at it make sure that the water heater and hot water pipers are properly insulated. Also, wash laundry in cold or warm water instead of hot. Make sure the lint pipe from your dryer is clear. A clogged lint pipe will make your dryer inefficient! You will save natural gas and money by following these steps. If you live in an apartment, ask the building manager to do this. For additional ideas go to the following web sites: <http://www.nrdc.org/air/energy/genenergy/easy.asp>,
- **Use energy efficient light bulbs and appliances.** Replacing five or six light bulbs that are used the most can decrease carbon dioxide emissions from power plants by about 700 lbs a year. You will save about \$90 annually just from this act alone! Save even more by conserving electricity. Turn off all lights when you leave a room and by running your appliances on full loads only and installing motion sensors on outdoor

lights that burn all night. Turn off unused appliances. Even when electronic devices are turned off, they use energy. Unplugging will save over 1,000 lbs of carbon dioxide and \$256 per year. High efficiency appliances can save \$100 in annual utility bills and reduce carbon dioxide emissions by about 500 lbs a year. Appliances endorsed by the Energy Star® use about 30% less electricity than other appliances. Find out more at www.energystar.gov or <http://www.nrdc.org/air/energy/genergy/longterm.asp>

- **Use air conditioning and heating efficiently.** About one-half of our electric consumption is used for cooling and heating. Install UV film on windows that are exposed to sunlight. This will decrease the need for air conditioning and save electricity. Install an attic and ceiling fans. By venting the heat from your attic you also decrease the need for air conditioning. Additionally, circulating the air with a ceiling fan will cut down on the need for air conditioning in the summer and circulate the hot air in the winter. Install insulation and weather stripping to make sure that no air is escaping. By adjusting your thermostat down two degrees in winter and up two degrees in the summer, save 2,000 lbs of carbon dioxide and \$98 per year. Clean or replace dirty air conditioner filters as recommended. Save 350 lbs. of carbon dioxide and \$150 per year. <http://www.nrdc.org/air/energy/genergy/simple.asp> is a useful web site.
- **Plant trees.** Trees breathe in CO₂ and produce oxygen. If you live in an apartment, cultivate indoor plants or donate trees at: <http://www.arboday.org/shopping/donations/ordergeneral.cfm>
- **Reduce and Recycle.** Reducing your garbage by 25 percent can reduce carbon dioxide emissions by 1,000 pounds per year. Recycling aluminum cans, glass bottles, plastic, cardboard and newspapers can reduce your home's carbon dioxide emissions by an additional 850 pounds per year. Get off of junk mail lists and save trees go to: <http://www.greendimes.com/index.html>

Five actions you can take to have impact at the community level

- **Get the word out.** Ask your religious leaders to circulate these suggestions to their congregations and other leaders they know. Your Clergy can find assistance at <http://www.theregenerationproject.org> or <http://www.coejl.org/greensyn/gstoc.php> Ask them to communicate that if we believe that God created the Earth, it is difficult to justify continuing to pollute the Earth in a wasteful manner.
- **Include schools.** Insist that your local schools teach conservation and sustainability and the greenhouse effect. They can start at this EPA website designed to teach children about global warming. Curriculum is available from the Earth Day Network at: <http://www.earthday.org/involved/teachers/join-Network.aspx> ,

<http://www.climatechangeeducation.org/> , <http://www.nrdc.org/makewaves/> ,
<http://www.eia.doe.gov/kids/>

- **Ask your local government to be accountable.** Are they conserving energy, are fuel-efficient vehicles being used? Most of all are they doing anything to provide local leadership. If not then try to get this done. Call your mayor or state assemblyperson also check out: <http://www.fscvl.org/>
- **Pass this letter on to everyone you know! The link is:**
<http://www.beatglobalwarming.info>
- **Get more trees planted.** Plant trees at home or make donations to The Arbor Day Foundation
<http://www.arborday.org/shopping/donations/ordergeneral.cfm> or
<http://www.americanforests.org/planttrees/> Also, Ask appropriate authorities at your local public entities of any kind (school, park, etc) find out how to plant more trees on your local public grounds.

Five actions you can take to impact the world

- **Shop online to stop global warming.** Go to: <http://www.ourenergy-shopping.com/cgi/shop.plx?pid=81155> As a member of “our energy,” a percentage of all your online purchases from more than 700 participating retailers (including Walmart.com and The Gap), will be contributed for green energy credits automatically every time you shop online, at no cost to you.
- **Buy green energy credits.** Energy Credits work in the following manner: You buy energy from a producer of green energy. Instead of receiving the energy yourself, the energy is put on the power grid. In essence, you are making a donation. Whole Foods purchases renewable energy credits to offset 100% of their electricity use. The Coca-Cola Company is spending 2% of its annual electricity bill on renewable energy credits. You can do the same for all or part of your usage. Call your local power company or check out www.renewablechoice.com or <http://www.nativeenergy.com/services.html> To learn more go to: <http://www.nrdc.org/air/energy/gcleanen.asp>
- **Write your congressman and senators to make your voice heard!** The National Ethanol Coalition provides a website that let you contact your elected officials: <http://www.e85fuel.com/index.php> and https://www.environmentcalifornia.org/action/energy/gasmileagestandards_2 Find out how your elected officials are voting on environmental issues go to: <http://www.lcv.org/scorecard/>
- **Recycle and use reusable products whenever possible.** For example, by bringing your own cloth bags to the supermarket instead of using a new bag from the market, energy is saved because fewer bags are produced. For more information about reusable products go to: <http://www.reusablebags.com/> Find out where to recycle anything at <http://www.earth911.org/master.asp>

- **Help Save the Rain Forest** Modest donations to the Arbor Day Foundation will enable them to save portions of the rainforest. To donate go to <http://www.arborday.org/shopping/donations/orderfr.cfm>

Five steps you can take in your own workplace

- **Telecommute** (work from home), or let your employees telecommute once a week. Carpool with co-workers. Ask your boss or allow your employees to work hours that allow driving in off peak hours to save the gas used at rush hour.
- **Have an energy audit of your place of business.** Most businesses, like most homes, can cut energy consumption significantly using the same steps recommended for homes. GreenOrder (www.greenorder.com) can help. They offer a complimentary assessment. If you own commercial real estate go to <http://www.boma.org/TrainingAndEducation/BEEP>
- **Develop a company energy policy.** The following web page is Qualcomm's energy policy: <http://www.qualcomm.com/about/environment.html> Adopt their policy for your company or create your own!
- **Use a portion of the money saved by conserving to buy green energy credits.**
- **Make sure your printer paper is 100% post consumer recycled paper.** Save 5 lbs. of carbon dioxide per ream of paper. Recycle by printing on both sides of each sheet for non confidential items.

Five benefits you will receive from taking action

- **You will save money when you save energy!** Additionally, saving energy will have a positive effect on our national debt as we buy less energy from overseas. This will help make the dollar stronger and foreign goods will be less expensive.
- **Saving energy will help hold the cost of energy down.** All products require energy to produce and ship. Therefore saving energy will translate into less expensive products in general.
- **Installing ceiling fans and motion sensors, planting trees, etc. creates sales at retail and jobs.** This is a general benefit to the economy.
- **You will feel good about yourself** knowing that you are participating in a worthy and needed cause that benefits all of mankind and future generations.
- **Global warming will be a thing of the past.** Go to http://www.renewus.org/view_movie.aspx?movieID=1 and watch this 3 minute movie and smile!

The Earth needs your help! No action is too small or insignificant to matter. If we don't act, more than 1 million species (25%) are in danger of becoming extinct according to scientists (Nature Magazine, 2004). History has taught us that we can win. Whales were once almost extinct and the ozone layer was once in danger of disappearing. It was the actions of responsible citizens like you and me that turned those situations around.

Please join me in exercising your power to influence the world in a positive way. Only you can do your part. No one can take your place. **Take the pledge.** Commit yourself to doing all you can to help pass the world on to the next generation as clean as it was when it was passed to us. Every Boy Scout and camper is taught to leave the campground at least as clean as they found it. The world is our campground.

Respectfully,

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Feel free to send comments to

A link to this article can be found at: <http://www.beatglobalwarming.info>

Other useful Web sites:

<http://epa.gov/climatechange/index.html> www.stopglobalwarming.org

<http://www.nrdc.org/globalWarming/fgwscience2.asp>

<http://www.renewus.org/index.html>

http://www.mtv.com/thinkmtv/features/environment/break_the_addiction/index_1_2steps.jhtml

<http://www.greenhousenet.org/index.html>

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

<http://www.fightglobalwarming.com/carboncalculator.cfm>