

# 9 Ways To Make A Difference

In honor of Earth Day, April 22, we've reprinted the following ideas from the website of Turn the Tide—Nine Actions For The Planet. If you have a desire to make a positive environmental impact you can try any or all of these. If you want your efforts recognized, go to the website (listed in #9) and register for Turn the Tide.

## 1. Skip a car trip each week

The average American drives over 250 miles each week. Replace a weekly 20 mile car trip by telecommuting, biking or combining errands and you'll reduce your annual emissions of Carbon Dioxide by nearly a thousand pounds. Whatever you can do to reduce will make a difference.

## 2. Replace one beef meal each week.

Meat production is extremely resource-intensive. Livestock currently consume 70% of America's grain production. Feedlot beef is particularly wasteful. For every 1,000 of us who take this action, we save over 70,000 pounds of grain, 70,000 pounds of topsoil and 40 million gallons of water per year.

## 3. Shift your shrimp consumption.

Today, nearly 70% of the world's fisheries are fully fished or overfished, and about 60 billion pounds of fish, sharks and seabirds die each year as "bycatch" (animals caught accidentally as a result of wasteful fishing techniques). For every 1,000 of us who stop eating shrimp, we can save over 12,000 pounds of sea life per year.

## 4. Declare your independence from junk mail.

This one is easy *and* appealing. For every 1,000 of us who succeed in halving our personal bulk mail, we will save 170 trees, nearly 46,000 pounds of carbon dioxide, and 70,000 gallons of water per year. To stop postal junk mail, write to: Mail Preference Service C/O Direct Marketing Association PO Box 643 Carmel, NY 10512. In the letter or on a postcard, include the date, your name, address and signature, and write "Please register my name with the Mail Preference Service." To stop credit card offers call 1-888-567-8688.

## 5. Replace four standard light bulbs with energy-efficient compact fluorescent lights.

Want a hundred bucks? Replace four standard bulbs with low-mercury CFLS and you'll reduce your electricity bill by over \$100 over the lives of those bulbs! More importantly, you'll reduce the emission of 5,000 pounds of carbon dioxide.

## 6. Move the thermostat 3 degrees.

Heating and cooling represents the biggest chunk of home energy consumption. Just by turning the thermostat down by three degrees in the winter and up by three degrees in the summer, you can prevent the emission of nearly 1,100 pounds of carbon dioxide annually.

## 7. Eliminate lawn and garden pesticides

Americans directly apply 70 million pounds of pesticides to home lawns and gardens and in so doing, kill birds and other wildlife and pollute our precious water resources.

## 8. Install an efficient showerhead and low flow faucet aerators

Of all natural resources, water is the most essential. But available supply is diminishing rapidly as human populations swell and inefficiently drain precious aquifers. For every 1,000 of us who install faucet aerators and high efficiency showerheads, we can save nearly 8 million gallons of water and prevent over 450,000 pounds of carbon dioxide emissions each year.

## 9. Inspire two friends.

Last but not least. No, check that -- *Last and most important!* There's an easy way for you to triple the positive impact you are making with these nine actions and that is to convince two friends to join you in your effort! Just pass a copy of this list to receptive friends or tell them to get their own personal workspace at [www.newdream.org](http://www.newdream.org). Click on Turn the Tide.