

## In Like A Lion, Out Like A Lamb

Newsletter: Earth Day falls on April 22<sup>nd</sup> in 2020. And this year marks 50 years since the first celebration in 1970. If Earth Day was a marriage this would be the golden anniversary. What do you get a globe for such an auspicious date?

When Julia and Martin were young ones, Carl would have each of the four members of our family guess which we thought March would turn out to be. Of the four possibilities, each of us picked a scenario and then we would watch at the beginning and the end of the month to see which of us was right.

Will March come: In like a lion ~ And go: Out like a lamb

In like a lion ~	Out like a lion
In like a lamb ~	Out like a lion
In like a lamb ~	Out like a lamb

What does it matter, you may ask? Carl was helping our young children to notice the weather; to pay attention to the environment around us. He was starting the task of training them to see and appreciate all the beauty and wonder of the world around us.

You may have already been hearing and seeing information about Earth Day coming up on the 22<sup>nd</sup> of April. This is an important anniversary, as next month marks 50 years since the first celebration in 1970 of getting out the message to become more aware of our dependency on a healthy earth. Eight years earlier Rachel Carson's book, *Silent Spring*, reminded us of our important role in keeping our planet clean and livable, for ourselves and for all the other creatures who inhabit it. *Silent Spring* spurred a reversal in the United States' national pesticide policy, led to a nationwide ban on DDT for agricultural uses, and helped to inspire the nation-wide environmental movement that led to the creation of the U.S. Environmental Protection Agency. In its recognition of humanity as a participant in ecosystems, the environmental movement, sometimes referred to as the ecology movement, is centered on ecology, health, and human rights. At its broadest, the movement includes private citizens, professionals, religious devotees, politicians, scientists, nonprofit organizations and individual advocates.

Just for perspective, these are a few other 50th anniversaries of event from the year 1970?

February 26 is the fiftieth anniversary of the release of the Beatles' "Hey Jude" album.

Fiftieth Anniversary of the U.S. Invasion of Cambodia, April 30, 1970.

October 26 is the fiftieth anniversary of *Doonesbury's* debut in twenty-eight newspapers.

The Brazilian Football Confederation (CBF) unveiled a statue of Pele at its headquarters last month, the first of a series of events to commemorate June's 50th anniversary of the team's third World Cup triumph. The 1970 Brazil side, led by Pele and featuring names such as Gerson, Tostao, Rivelino and Carlos Alberto, is frequently

rated the greatest team of all time. They won all seven of their matches in Mexico, culminating with a 4-1 over Italy in the final at the Aztec stadium.

President Richard Nixon and First Lady Pat Nixon plant a tree on the White House South Lawn to recognize the first Earth Day in 1970.



The first Earth Day was celebrated on April 22, 1970. Its founder, former Wisconsin Senator Gaylord Nelson, was inspired to create this day of environmental education and awareness after seeing the oil spill off the coast of Santa Barbara in 1969.

In 1972, the United Nations Conference on the Human Environment was held in Stockholm, and for the first

time united the representatives of multiple governments in discussion relating to the state of the global environment.

Over the ensuing five decades, we have been encouraged to become better stewards of our planetary home by doing these things:

- Reduce – Use fewer resources
- Reuse – Make items last longer
- Recycle – Take everything possible to be recycled
- Restore – Fix up possessions that can have more life
- Remove – Pick up trash you see on your walks
- Return – Single use plastics to grocery stores
- Refuse – Try getting along without straws, lids, bags
  - Choose less-packaged items, less styrofoam
- Rescue – Make use of things others throw out

We've seen, and some of us participated in, marches and campaigns to:

- ~ stop cutting down the forests
- ~ clean up Toxic Waste Dumps
- ~ restore contaminated rivers and water systems
- ~ use less plastics
- ~ switch to non-fossil fuels
- ~ protest the proliferation of nuclear weapons and the waste that it produces

American environmentalists have campaigned against nuclear weapons and nuclear power in the 1960s and 1970s, acid rain in the 1980s, ozone depletion and deforestation in the 1990s, and most recently climate change and global warming. The

United States passed many pieces of environmental legislation in the 1970s, such as the Clean Water Act, the Clean Air Act, the Endangered Species Act, and the National Environmental Policy Act. These remain the foundations for current environmental standards.

And we have made some incredible progress in many of these areas.

Polluted rivers: The Chicago River used to catch on fire, it was so polluted. Now the “River Walk” is being developed as a fashionable dining, exercising, and gathering spot.

Air Quality: Los Angeles, which has the worst air quality in the U. S., used to be so smoggy that people couldn’t go outside, up to 230 days a year, without endangering their health. Now that number is cut in half when you might see the dirty ozone clouds that hang over the area, and when it's smoggy, it's not *as smoggy* as it used to be.

One silver lining of the Corona Virus quarantine in California has been beautiful clear days in Los Angeles.

### Clean Air Act Results

For more than forty-five years the Clean Air Act has cut pollution as the U.S. economy has grown.

- Experience with the Clean Air Act since 1970 has shown that protecting public health and building the economy can go hand in hand.
- Clean Air Act programs have lowered levels of six common pollutants -- particles, ozone, lead, carbon monoxide, nitrogen dioxide and sulfur dioxide -- as well as numerous toxic pollutants.
- From 1970 to 2017, aggregate national emissions of the six common pollutants alone dropped an average of 73 percent while gross domestic product grew by 324 percent. This progress reflects efforts by state, local and tribal governments; EPA; private sector companies; environmental groups and others.
- The emissions reductions have led to dramatic improvements in the quality of the air that we breathe. Between 1990 and 2017, national concentrations of air pollutants improved 80 percent for lead, 77 percent for carbon monoxide, 88 percent for sulfur dioxide (1-hour), 56 percent for nitrogen dioxide (annual), and 22 percent for ozone. Fine particle concentrations (24-hour) improved 40 percent and coarse particle concentrations (24-hour) improved 34 percent between 2000, when trends data begins for fine particles, and 2015. (For more trends information, see EPA's Air Trends site.)
- These air quality improvements have enabled many areas of the country to meet national air quality standards set to protect public health and the environment. For

example, all of the 41 areas that had unhealthy levels of carbon monoxide in 1991 now have levels that meet the health-based national air quality standard. A key reason is that the motor vehicle fleet is much cleaner because of Clean Air Act emissions standards for new motor vehicles.

- Airborne lead pollution, a widespread health concern before EPA phased out lead in motor vehicle gasoline under Clean Air Act authority, now meets national air quality standards in most areas of the country.
- State emission control measures to implement the Act, as well as EPA's national emissions standards, have contributed to air quality improvements.

During these same years, atmospheric scientists have been watching and charting the weather patterns, glacial reserves, and temperatures all around the world. They have noticed certain changes and trends that are now referred to as Climate Change. There have been numerous warnings and explanations as to why earth seems to be in a warming cycle and why it seems to be accelerating.

**Environmental conservation** is the process of conserving the natural aspects of the environment. Whether through reforestation, recycling, or pollution control, environmental conservation sustains the natural quality of life.

From UUA Justice & Inclusion materials - We, Unitarian Universalists, have a legacy of “deeds not creeds.” Our work for a better world (a kinder, gentler, fairer world) calls us to unexpected places as we harness love’s power to stop oppression. From grassroots community organizing to interfaith state, national, and corporate advocacy; in protest marches, prayer vigils, and press conferences; in homeless shelters and in prisons, Unitarian Universalists put our faith into action.

Our justice efforts are grounded in our congregationally-driven social justice statements and our call to break down divisions, heal isolation, and honor the interconnectedness of all life and all justice issues. We model these commitments by creating just, welcoming, and inclusive congregations. We act in partnership with groups and communities most impacted by injustice on local, state, national, and international levels. Our justice ministries at the national level focus on key priorities for our congregations and communities: **Environmental Justice** being just one of these.

All life is interconnected. Creating a sustainable way of life is central to our view of a just and compassionate world. We act knowing that those who are most impacted by environmental destruction are often those who have the least power.

The Unitarian Universalist Service Committee (UUSC) has a new *Rising Up For Justice 2020* Work Plan that works hand in hand with grassroots partners around the

world who are challenging injustice and defending human rights in six core program areas.

These are the two areas that relate directly to Earth Day concerns.

*#5 Protecting the Rights of Communities Displaced by Climate Change.* For a rapidly growing number of communities around the world, climate change isn't an abstract threat in the future, it's an urgent crisis taking place right now. UUSC is focused on defending and restoring the rights of First and Indigenous communities who are forced from their homes due to climate impacts or are resisting government decisions that will further destroy their land. UUSC is supporting solutions to this crisis that are rooted in culture, ancestral wisdom, and traditional ecological knowledge.

*#6 Preparing for the Next Natural Disaster.* As with the climate crisis, when natural disasters strike they pose the greatest threat to communities already made vulnerable by existing systems of oppression. And it's those same groups who are most often overlooked by many larger relief organizations. That's why UUSC has built our approach around recognizing the needs of already oppressed communities, making a long-term commitment, and confronting underlying human rights violations. (Many of our local members are supporters of this organization.)

7<sup>th</sup> UUA Principle: Respect for the interdependent web of all existence of which we are a part.

Our seventh principle reminds us that everything on this earth is connected and dependent on one another. This is a very important tenet of our faith, especially as it relates to our beliefs and actions on climate change. However, it can be difficult to understand exactly how related everything in our world is. However, we are getting a very relevant example with the current world-wide crisis brought on by the new coronavirus.

The UUA has a comprehensive "Climate Change Religious Education Curriculum" which I've been looking at and learning from. It offers many ideas for living out our faith as good earth stewards, and teaching our children the importance of this endeavor.

Climate change can be a confusing topic, not to mention terrifying. It often feels more about problems than solutions, which makes it easy to push to the sidelines as "something scientists can deal with." This course aims to give participants a solid understanding of the facts behind climate change, an appreciation of the earth, and tools to find solutions on a range of scales.

The issue is truly a global one, so it must be addressed by people working together all over the world. For this reason the curriculum has been developed by the Unitarian

Universalist United Nations Office (UU-UNO), and many of the solutions discussed are from the UN.

Following are the topics covered in this curriculum.

### Climate Change and Religion: Lesson One –

The study and appreciation of our earth is deeply grounded in our faith. We all need to try to understand various environmental value systems as they relate to religion. We can each think about where we fall on the spectrum of beliefs, and how our seven principles relate to environmental stewardship. This unit is a jumping-off point for a more detailed exploration of climate change and its science that is grounded in our faith. The seventh principle, respect for the interdependent web of all existence of which we are a part, is particularly important when it comes to the environment.

There are three main areas of environmental beliefs: anthropocentric, technocentric, and ecocentric. Anthropocentrists typically believe in a human-centered approach to conservation with humans acting as stewards and regulators of resources. Technocentrists believe that necessity is the mother of invention and that humans' technological advancements will solve our problems with resource depletion. They tend to favor scientific analysis and economic growth where possible. Ecocentrists believe that humans are only a small part of the earth's system and that we should minimize our disturbance of the natural world. It is important to note that most people do not fall purely into one category. Instead, people hold different viewpoints depending on the issue, and often people fall in between categories. It's helpful to understand our own beliefs and the nuances of how those change with various issues.

### Do One Thing (DOT) Projects--

Everything we read provides a lot of information about climate change, and it is easy to feel overwhelmed and hopeless when absorbing it all. The Do One Thing project, originally developed by the Alliance for Climate Education, is a movement to inspire people to be more conscious of climate changes that have resulted from human behaviors and take action to reduce them. Anyone can go to the DOT website for ideas, or come up with their own ideas to implement. During the next six weeks try forming your own DOT project and execute it.

Try to make sure it is something that is really doable for you, but that will make an impact. For example, it is a lot to ask to go vegetarian forever, but not eating meat one day a week is something that makes a difference and can be accomplished.

Some folks might want to pledge to rake leaves so leaf blowers, that are noise polluting and release carbon dioxide and small particles, don't have to be used.

### Changing Food Supply: Lesson Two

Droughts are the leading cause of food shortages in the world, with other natural disasters such as flooding and storms not far behind. We grow enough food to feed all 7 billion people on our planet, yet approximately one in eight people are hungry every day. We need to examine the ties between climate change and food and what we can do to reduce hunger. The World Food Programme's website offers helpful background on hunger causes and climate change.

### Lesson Three: Human Health and Climate Change

Climate change is altering the health of our planet, and human health is being affected at the same time. There are many ways in which this is happening, including pollution, hunger that increases susceptibility to disease, and air and water quality.

Human health is a very personal and important justification for taking action against climate change. It can affect our health in two major ways; by making existing conditions worse or aggravated, or by causing the development of new conditions. We have the opportunity to understand these two roles climate change can play and specific examples of its effects.

Pollution is one of the largest causes of human health problems in relation to climate change. Gases such as carbon monoxide can cause poisoning problems, while particles can affect the respiratory system. We can learn about the pollution problems in our communities, the implications, and what we can do to mitigate the release of pollutants.

### Natural Hazards: Lesson Four

The UN makes an important distinction in the terminology used to describe natural disasters. They claim that events such as hurricanes, volcanic eruptions, and earthquakes are natural hazards. They become disasters when humans are affected because they are unprepared. With the adoption of the Hyogo Framework for Action in 2005, 168 countries took steps to focus on disaster prevention instead of only responses. We can learn more about what prevention means and what we can do about it.

It's easy to think of extreme storms, droughts, etc. as something that happens in other places and we are only exposed to them through the news. However, the climate is changing all over the world and we are all being affected.

Hurricanes are some of the most lethal storms on Earth, and they are also some of the most affected by climate change. They form over warm water in the ocean, usually near the equator. However, as ocean temperatures and levels rise because of the greenhouse effect, there are more and more areas in the ocean with conditions ideal for

creating hurricanes. They also become more severe and cause more damage because they occur in areas that are unprepared because they have never experienced the storms before.

The point of disaster prevention is not to instill fear in anyone but more to increase awareness and comfort in a safety plan. It is good to have a safety plan for our fellowship and each of us should have a plan for our homes in case of an emergency.

### Energy: Lesson Five

Energy is a big subject on the world stage right now. We will eventually run out of exploitable fossil fuels, so it is key that we develop renewable energy sources. However, each has its pros and cons. It is essential that we understand the implications of each alternate energy source so we can invest in and have control over our individual energy use.

We literally use energy for every action we take in our lives.

Not only does burning fossil fuels cause problems with pollution and the release of greenhouse gases, but their extractions from the earth also creates problems by destroying the environment in the area when mining coal or drilling for oil.

The other options for energy to be created besides using fossil fuels have advantages, but they have their disadvantages as well.

**Wind** – Unsightly landscape intrusion

**Nuclear** – Problem with dangerous waste products

**Hydropower** – Building dams floods many acres of forested or inhabited lands

**Solar** – Un-recyclable collection-panel fixtures

### Tragedy of the Commons: Lesson Six

“Tragedy of the Commons” is a key work in the discussion of the morality associated with the exploitation of resources and the human causes of climate change. The concept is that a group of people sharing a resource that no one owns, such as air, will exploit it to the maximum possible capacity without taking into account the needs of others or the sustainability of its use. For example, when a group of cattle herders have free access to a field, each one will continue to increase the size of the herd because they have no incentive to stop. However, the field will soon be overgrazed and no one will be able to use it. This can be prevented by regulations and agreements between people using resources such as water, fisheries, forests, etc.

<https://www.pbs.org/wgbh/nova/article/fate-of-easter-island/>



Easter Island is the most isolated piece of inhabited land in the world. A speck of volcanic rock only about twice the size of Manhattan, it lies roughly 2,250 miles northwest of Chile and 1,300 miles east of Pitcairn Island (of *Mutiny on the Bounty* fame). When, as most scholars believe, the first Polynesian settlers arrived from the west about the middle of the first millennium A.D., they found a pristine tropical island. Covered in a palm forest, it resounded with the cries of 25 or more species of nesting seabirds and at least six land birds. Though its soils were low in nutrients, the island bore a wide coastal plain well suited for cultivation of the taro, yam, sweet potato, and other crops these pioneers brought with them and which became their staples.

The population grew slowly at first, then more quickly, reaching a peak around the middle of the second millennium A.D. of anywhere from 10,000 to 20,000 people. By this time, the Rapanui, as the islanders are known, had developed a complex society of chiefdoms and elaborate stone architecture epitomized by the moai. Beginning around 1600, however, Rapanui civilization began to fall apart, and by the mid-19th century, it had all but disappeared.

After decades of painstaking work, a host of archeologists, ethnographers, and other specialists have painted a comprehensive picture of what transpired on Easter Island. And the parallels between what happened there and what is occurring today in the world at large—albeit more slowly and on a much vaster scale—are, the evolutionary biologist Jared Diamond says, "chillingly obvious."

#### Metaphor for disaster?

Can Easter Island be seen as a microcosm of our planet today? Should we regard its tragic collapse as a cautionary tale of the utmost gravity? In the world at large, we are deforesting our land, over-fishing our oceans, causing the extinction of species. We are watching our topsoil disappear by the millions of tons each year. We are starting to fight over ever-scarcer freshwater. We are over-consuming our resources as if there were no tomorrow, or future generations. One would have to be in denial not to see those "chillingly obvious" parallels to Easter Island, some experts maintain.

"The message is clear," says José Miguel Ramírez, a Chilean archeologist who served as superintendent of Rapa Nui National Park from 1993 to 1999. "In the past, some people on Easter Island, namely the ruling class, were able to destroy other people and their homes, but now some societies can destroy everything, and for the same reason: power and greed. The only difference is the scale—from a little island to the whole planet."

Some scholars take issue with the notion of seeing Easter's fate as a metaphor for disaster. Jo Anne Van Tilburg, one of the leading archeologists of Easter Island, considers it "a projection of Western values which emphasizes the self-destruction of the

Rapanui culture over the actual, near-annihilation of it by contact with the West." Yet such cross-cultural contact is precisely the reason why we should be concerned, according to Jared Diamond:

Thanks to globalization, international trade, jet planes, and the Internet, all countries on Earth today share resources and affect each other, just as did Easter's eleven clans. Polynesian Easter Island was as isolated in the Pacific Ocean as the Earth is today in space. When the Easter Islanders got into difficulties, there was nowhere to which they could flee, or to which they could turn for help; nor shall we modern Earthlings have recourse elsewhere if our troubles increase. Those are the reasons why people see the collapse of Easter Island society as a metaphor, a worst-case scenario, for what may lie ahead of us in our own future.

Unless, the implication being, we can learn from the Rapanui and act accordingly.

### Earth Day Flag

On Earth Day 2016, the landmark Paris Agreement was signed by the United States, China, and some 120 other countries. This signing satisfied a key requirement for the entry into force of the historic draft climate protection treaty adopted by consensus of the 195 nations present at the 2015 United Nations Climate Change Conference in Paris.

United States Secretary of State John Kerry signs the Paris Agreement on Earth Day, 2016.



The Paris Agreement was an addition to the United Nations Framework Convention on Climate Change (UNFCCC), initially agreed to by all 195 countries present at the 2015 United Nations Climate Change Conference in December of that year, including the United States then under the presidency of Barack Obama. Due to the status of the United States and China as the greatest emitters of carbon dioxide, Obama's support and his cooperation with China were seen as major factors leading to the convention's early success.

The main aim of the Agreement is to hold the increase in the global average temperature to well below 2°C above pre-industrial levels", predominantly by reducing greenhouse gas emissions. The agreement differs from the 1997 Kyoto Protocol, the last widely adopted amendment to the UNFCCC, in that no annexes are established to lessen responsibility of developing nations. Rather, emissions targets for each nation were separately negotiated and are to be voluntarily enforced, leading United States officials to regard the Paris Agreement as an executive agreement rather than a legally binding treaty. This removed the requirement for the United States Congress to ratify the agreement. In April 2016, the United States became a signatory to the Paris Agreement, and accepted it by executive order in September 2016. President Obama committed the United States to contributing US \$3 billion to the Green Climate Fund. The Fund set itself a goal of raising \$100 billion a year by 2020.

On June 1, 2017, United States President Donald Trump announced that the U.S. would cease all participation in the 2015 Paris Agreement on climate change mitigation. Trump stated that "The Paris accord will undermine (the U.S.) economy," and "puts (the U.S.) at a permanent disadvantage." During the presidential campaign, Trump had pledged to withdraw from the pact, saying a withdrawal would help American businesses and workers. Trump stated that the withdrawal would be in accordance with his America First policy.

In accordance with Article 28 of the Paris Agreement, a country cannot give notice of withdrawal from the agreement before three years of its start date in the relevant country, which was on November 4, 2016 in the case of the United States. On November 4, 2019, the administration gave a formal notice of intention to withdraw, which takes 12 months to take effect. So, the earliest possible effective withdrawal date by the United States cannot be before November 4, 2020, four years after the Agreement came into effect in the United States and one day after the 2020 U.S. presidential election. The White House later clarified that the U.S. will abide by the four-year exit process. Until the withdrawal takes effect, the United States may be obligated to maintain its commitments under the Agreement, such as the requirement to continue reporting its emissions to the United Nations.

While celebrated by some members of the Republican Party, international reactions to the withdrawal were overwhelmingly negative from across the political spectrum, and the decision received substantial criticism from religious organizations, businesses, political leaders of all parties, environmentalists, and scientists and citizens from the United States and internationally.

Following President Trump's announcement, the governors of several U.S. states formed the United States Climate Alliance to continue to advance the objectives of the

Paris Agreement at the state level despite the federal withdrawal. As of July 1, 2019, 24 states and Puerto Rico have joined the alliance, and similar commitments have also been expressed by other state governors, mayors, and businesses. From Wikipedia

What can you do to make every *day*, *Earth Day?*

Visit the official Earth Day site to learn about the world's largest environmental movement and what you can do to make every day Earth Day.

Earth Day: The Official Site Earth DayNetwork [www.earthday.org](http://www.earthday.org)

Nearby Event: [Earth Day 2020](#) [Gardens of Matter Park](#) Marion, Indiana  
4/22/2020, Saturday at 4:00 PM Length: 3 hours

To find out if this event will still be taking place next month -

Contact: Taylere McCoy Phone: 765-668-4468 Email: [tmccoy@cityofmarion.in.gov](mailto:tmccoy@cityofmarion.in.gov)

About: The Gardens of Matter Park and Marion Utilities are hosting an environmental education event with booths for local organizations and businesses. There will be activities for children, food trucks, and home goods for sale. More information will be available on our Facebook pages as we get closer to the event date.

<https://www.facebook.com/GardensOfMatterPark/> <https://www.facebook.com/MarionUtilities/>

Earth Day Tips: 47 Ideas for your personal DoOneThing

1. Join Earth Day Network's campaign to Protect Our Species.
2. Join Earth Day Network's campaign to End Plastic Pollution.
3. Plant a tree or donate a tree through our Canopy Project.
4. Join Earth Day Network's campaign to create Foodprints for the Future
5. Join a local park, river or beach clean-up.
6. Use environmentally-friendly, non-toxic cleaning products.
7. Replace inefficient incandescent light bulbs with efficient CFLs or LEDs. Reduce your carbon footprint by 450 pounds a year.
8. Carpool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by one pound for every mile you do not drive.
9. Keep your tires properly inflated and get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved.
10. Change your car's air filter regularly.
11. Teleconference instead of traveling. If you fly five times per year, those trips are likely to account for 75% of your personal carbon footprint.
12. Stop using disposable plastics, especially single-use plastics like bottles, bags and straws.

13. Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
14. Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items.
15. Use cloth towels instead of paper ones.
16. Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.
17. Read documents online instead of printing them.
18. When you need to use paper, make sure it's 100% post-consumer recycled paper.
19. Set your office printer to print two-sided.
20. Collect used printer, fax, and copier cartridges to recycle.
21. Convince your school district or office building to choose reusable utensils, trays, and dishes in the cafeteria.
22. Use reusable bottles for water, and reusable mugs for coffee.
23. Bring reusable bags when you shop.
24. Pack your lunch in a reusable bag.
25. Organize to have healthy, locally-sourced food served at in your school district.
26. Buy local food to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market, or join a local food co-op.
27. Buy organic food to keep your body and the environment free of toxic pesticides. Support farmers and companies who use organic ingredients.
28. Grow your own organic garden, or join a farm-share group.
29. Reduce your meat consumption to curb carbon emissions from the livestock industry.
30. Compost kitchen scraps for use in your garden — turning waste into fertilizer.
31. Take a shorter shower and use a water-saving shower head.
32. Fix leaky faucets and shower-heads.
33. Run your dishwasher only when it's full to save water and energy.
34. Conserve water outdoors by only watering your lawn in the early morning or late at night. Use drought-resistant plants in dry areas.
35. Wash your clothes only when necessary, use cold water and line dry.
36. Form a "green team" at your office to find cost-effective ways to conserve resources and promote sustainability.
37. Volunteer for a local environmental group and/or make a donation.
38. Pull out invasive plants in your yard or garden and replace them with native ones.
39. Turn off and unplug electronics you're not using. This includes turning off your computer at night.
40. Turn off lights when you leave a room.

41. Install solar panels on your roof.
42. Take the stairs instead of the elevator to save energy (and get exercise!).
43. Move your heater thermostat down two degrees in winter and up two degrees in the summer to reduce your carbon footprint by 2,000 pounds.
44. Lower the temperature on your water heater.
45. Contact your utility company and find out about renewable energy options.
46. Use energy-efficient appliances and electronics.
47. Recycle batteries from small appliances and your electronics. Use rechargeable batteries instead!

We can all do our part to restore and maintain our life-sustaining environment. Have fun finding ways to take care of our earth as we approach the 50<sup>th</sup> anniversary of this important occasion.

“They that have a why can bear almost any how.” Neitzze

Stay well and stay active.

Rev. Beverly Seese