

Take Action!

10 things you can do to save the climate

1) Reduce, Reuse, Recycle

Do your part to reduce waste by choosing reusable products instead of disposables. Buying products with minimal packaging (including the economy size when that makes sense for you) will help to reduce waste. And whenever you can, recycle: paper, plastic, newspaper, glass and aluminum cans. If there isn't a recycling program at your work, school, or in your community, ask about starting one.

2) Insulate Your Home

Add extra insulation to your walls and attic, and install weather stripping or caulk around doors and windows. This step alone can reduce your home heating costs by more than 25 percent, by reducing the amount of energy you need to heat and cool your home.

3) Be Thrifty with Heating and Cooling

Turn down the heat while you're sleeping at night or away during the day, and aim for moderation with heating and cooling at all times. Try pulling on a sweater before rushing to the thermostat.

4) Leave the Car at Home Whenever You Can

Less driving means fewer emissions. And besides saving gasoline, walking and biking are great forms of exercise. Explore your community's mass transit system, and check out options for carpooling to work or school.

5) Buy Energy-Efficient Products

When it's time to buy a new car, choose one that gives you the best gas mileage. Home appliances now come in a range of energy-efficient models, and compact florescent bulbs are now designed to provide more natural-looking light while using far less energy than standard light bulbs.

6) Turn Down Your Appliances

Set your water heater at 120 degrees to save energy, and wrap it in an insulating blanket if it is more than 5 years old. Buy low-flow showerheads to save water. Wash your clothes in warm or cold water to reduce your use of hot water and the energy required to produce it. Use the energy-saving settings on your dishwasher and let the dishes air-dry.

7) Don't Leave the Water Running

Remember to turn off the water when you're not using it. For example, while brushing your teeth, shampooing the dog, or soaping up your car, turn off the water until you actually need it for rinsing. You'll reduce your water bill and help to conserve a vital natural resource.

8) Get a Report Card from Your Utility Company

Many utility companies provide home energy audits to help consumers identify areas in their homes that may not be energy efficient. In addition, many utility companies offer rebate programs to help pay for the cost of energy-efficient upgrades.

9) Be an Informed Consumer

Learn more about environmental issues so that you can make wise choices for yourself and your family.

10) Encourage Others to Conserve

Share information about recycling and energy conservation with your friends, neighbors and co-workers, and take opportunities to encourage public officials to establish programs and policies that are good for the environment.

These 10 steps will take you a long way toward reducing your energy use and your monthly budget. And less energy use means less dependence on the fossil fuels that contribute to global warming.

* From *An Inconvenient Truth* - 10 Things You Can Do

Fast this September to stop global warming

Take Action!

*On September 4th, give up food for a day,
and send a powerful message on global warming.*

Dear friends at Pax Christi USA,

As global warming rapidly intensifies, the prospect of much more extensive hunger worldwide becomes increasingly likely, especially in poor countries, due to drought, Katrina-like storms, glacial melting and sea level rise. These impacts will lead to crop failures and economic and social disruption on a massive scale.

To draw attention to this threat and its moral implications, we are calling on thousands of Americans to voluntarily give up food for one day on September 4th, 2007. Other participants will fast even longer beginning on that date, some for weeks. Our appeal to you is to consider joining us in this climate initiative called, "So Others Might Eat: The Climate Emergency Fast." **Give up food for one day now to draw attention to the fact that others may have no food tomorrow unless we halt global warming.**

September 4th is the day Congress returns from its summer recess. What better way to mark that day than with a small personal sacrifice meant to send an urgent message: it's time for our national leaders to take action to solve the climate threat!

Fasting is a simple yet profound way of combining the spiritual and the political. Mahatma Gandhi called it "the sincerest form of prayer." It communicates seriousness and urgency without violence, thereby focusing peoples' attention on the issues of the fast.

The overwhelming urgency of the climate situation is motivating this call. We don't think the climate movement can accept that there will be little of substance coming out of this Congress while President Bush is in office. We can't, in essence, let Congress off the hook for another two years. We must do as much as we can, we must push ourselves to do more than we're used to doing, to step it up now.

What will we be calling for? Three things: no new coal or coal-to-liquid plants; freeze greenhouse gas emissions and move quickly to reduce them; and a down payment of \$25 billion for energy conservation, efficiency and renewable energy.

Our hope is that this fast will generate the kind of media coverage and grassroots response sufficient to pressure Congress to act quickly and decisively.

Won't you join us?

For future generations,

*Ted Glick, Mike Tidwell, Josh Tulkin
U.S. Climate Emergency Council/Chesapeake Climate Action Network*



**So Others Might Eat
The Climate Emergency Fast**

September 4, 2007