

Earth Day 2010 – follow up

If everyone does one small action it will be cumulative and make a significant difference.

Keep it simple, keep it fun, love the earth and you love yourself.

Here are a few practical and useful ideas:

- ^ Recycle, reuse, reduce
- ^ Drive slower
- ^ Wash your clothing in cold water when you can
- ^ Shower with a friend or keep hot showers to a bare minimum
- ^ When you buy your next car get one that uses less gas
- ^ Share a ride
- ^ Travel less by air
- ^ Plan your trips to combine things you need to do
- ^ Eat less animal food
- ^ Eat organic when possible
- ^ Dress appropriately for the weather – adjust your thermostats to use less power
- ^ Use low energy bulbs – the LED's work great – good prices at Sam's Club
- ^ Buy Energy savings appliances
- ^ Keep computers and TV's on power strips and turn off power when not in use
- ^ Dry your clothing on a close line when and if you can
- ^ Be aware of toxic ingredients in what you eat and what you use
- ^ Vote for people that have a track record of being conscious and not just talk about it
- ^ Keep asking how you can save energy and pollute less

Our planet is asking to be cared for. Whether you believe in global warning or not, there is clear evidence that we are damaging the earth's environment. Our oceans are becoming acidic and large areas of the ocean are full of our waste. The air we breathe is becoming more and more toxic. Our drinking water has chemicals and toxins in it that are challenging our ability to stay healthy. There are higher and higher concentrations of carcinogens being identified in our environment.

I remember the first Earth Day in 1970, the year I graduated high school. I was concerned then yet optimistic that as a society we would make wise choices to help make our planet a safe and healthy place to live. Some of us have made taking care of the earth a priority some have not. We have a choice today to start being responsible now. The earth will be here a hundred or even a thousand years from now. I sincerely believe there will be life on it. What kind of life? God only knows.

For many people a thousand years from now is too far fetched to worry about. Although I feel it is important to respect and honor future generations, in our present situation our environment is in immediate need of a massive clean up. Unlike a home or a car, the earth has built in clean up systems. The easiest way to clean up the earth and save our resources is to stop polluting, and damaging it.

Each one of us can make a significant difference by merely acting locally. In your own home, your community and your country, start by taking small incremental steps to make a huge cumulative difference. Small unconscious actions are what got us to today's situation. Small conscious actions can reverse it. Do it with love and for fun, do it together.