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## Category: 10 Simple Steps To Living Green

### Subcategory: 10 Simple Steps To Living Green

#### **Tip: Go green &ndash; Plants, That Is**

Houseplants have more advantages for your home than just looking pretty. Houseplants can actually filter the air in your house and rid it of pollutants. Follow these guidelines to make your houseplants work for you:

- Keep one houseplant per every 10 square yards to help keep the air clean in that area
- If you mix night synthesizing plants (like orchids) with regular plants, your plants will work around the clock to filter your air
- Use a general mixture of plants to try to filter out as many pollutants as possible

Different plants are good for different pollutants, for example:

- Philodendrons and aloe plants are especially good protection against formaldehyde
- Gerbera daisies, peace lily, and English ivy are good protection against benzene and trichloroethylen

#### **Tip: Think Green For The Holidays**

Being green all year round is important, but you should also be environmentally aware around the holidays. There is perhaps no time of year where more waste is produced, with wrapping paper, Christmas cards, and gift packaging. Be aware of the waste you're generating and try to reduce it as much as possible. Some suggestions:

- Instead of using metallic or glossy wrapping paper, which are toxic when burned, consider using fabric bags or recycled or recyclable paper
- Newspapers, old paper bags decorated with stamps or other artwork, old maps, blueprints, and kid's artwork make colorful and different wrapping &ndash; and serve to recycle paper that may otherwise be thrown away
- Consider using baskets, flower pots, dishtowels, or kitchen containers for "alternative" packaging items
- Buy sturdy gift boxes that can be reused year after year

- Choose gifts that have as little packaging as possible
- Use rechargeable batteries instead of regular ones for kids' gifts that are battery-operated
- Consider sending Christmas postcards rather than regular cards to reduce waste

By thinking green for the holidays, everyone can enjoy the season more.

### **Tip: Treat Your Body to Green Living**

Be aware of what you put into and on your body, and you'll be living a greener & healthier life.

**Food:** buy organic meats, produce, dairy products, and eggs, and you'll be reducing the number of pesticides and genetically modified food that you eat. To make sure you're getting the best organic food, look for the USDA label that indicates the product is organic. Also, shop in the organic or health food section of the grocery store, or shop at a specialty or health food store.

**Beauty Products:** many beauty products such as soap, lotion, shampoo/conditioner, and cosmetics are made with artificial fragrances and chemicals. Look for beauty products that are all-natural, made with herbal and flower extracts. Also look for beauty products that are packaged in recycled or recyclable containers, and that have not been tested on animals.

**Clothes:** buy clothes made with natural fibers, such as cotton, hemp, and wool, and made with all-natural dyes (such as vegetable dyes or herbal dyes). By wearing all-natural clothes, you'll be helping the environment by avoiding cloth that required a lot of energy and waste to produce, and you'll be helping yourself by avoiding irritating and uncomfortable synthetic fibers and unhealthy chemical dyes.

### **Tip: Use Homemade Remedies**

There are many problems and tasks that can be solved by using home remedies or other natural solutions. Avoid environmental issues by skipping harsh chemicals in detergent and other cleaners, and make your yard a safer place by using natural pest remedies. Make your own cleaners. Rather than buying cleaners, detergents, and other products with harsh chemicals, make your own with simple ingredients you have lying around the house.

For example, combine baking soda and vinegar, and flush with boiling water, for an

effective drain cleaner; use lemon juice to remove mildew; and use corn starch to deodorize carpet. Get rid of outdoor pests naturally. You don't have to use harsh pesticides in your garden to get rid of outdoor pests.

Try companion planting, which combines plants that attract pests (like roses) with plants that pests avoid (like chives). Or, hand-pick pests off your plants &ndash; it's time consuming, but definitely a good way to get rid of aphids and Japanese beetles. You can also apply garlic juice or blended hot peppers to your plants to deter pests. Rid your home of unwanted visitors naturally, too. You don't have to spray, buy ant traps, or apply other chemicals to get rid of indoor bugs, either. To get rid of ants naturally, squeeze a lemon at their point of entry and leave the peel. Use flypaper if you are plagued with flies, or even make your own with honey and yellow paper. And don't kill spiders at all (unless your house is infested), as they will help get rid of other pests.

## Category: A Greener Military

Subcategory: A Greener Military

### **Tip: How To Get Military Support For Your Green Project II**

There are a few tips to keep in mind if you would like to get military participation in green friendly events. The Army, Air Force, Navy and Marine Corps are very sensitive to their public image; anything you can do to impress your base Public Affairs officer that it would put the base in a good light with local media goes a long way towards getting their cooperation.

Try to bring the troops into something that allows them to feel good about the work they are doing without being afraid of making a political statement. Don't ask military members to go on camera or on-the-air to speak on behalf of the military. Only base Public Affairs people are allowed to do this. Your local troops may be eager to help, as long as you don't place them in the uncomfortable position of having to refer you to the base PA officer to speak to the media. Be careful not to maneuver the base Public Affairs officer into a media event without letting them know they may be asked questions by the local press. Doing so may jeopardize your chances of any future cooperation from a military base in your area.

Word travels fast among base PA people, this can work to your advantage or hurt you depending on how you handle the event. DO: Send an open invitation to local military public affairs offices. Make a point to let military leaders know you welcome and appreciate their involvement. It's very important for your troops to know that your group does not hold the base or the people working there personally responsible for environmental concerns, even if they are somehow connected to military activities in

your area. Save the politics for another day. Give examples to your local Public Affairs officer of any media coverage you have had at past events.

Promise to thank the troops who volunteer with a letter of appreciation. These letters factor in to the quarterly performance reviews for military troops, anything you can send your volunteers in thanks will go a long way towards helping them as they try to get promoted and lead by example. These are just a few of the things to keep in mind when dealing with the military in your green support group activities. Remember that the military is a cross-section of America itself, there are many environmentally aware people in uniform, and they are eager to help.

## Category: Alternative Energy

Subcategory: Alternative Energy

### **Tip: All You Need To Know About Alternative Fuels**

Energy comes in many forms. Today, some cities are taking extra steps to utilize alternative fuels that have less impact on the environment. These alternative fuels include biomass, geothermal, hydroelectric, solar, and wind sources of energy. Here's a rundown of what some of the energy sources are: Biomass &ndash; Biomass includes agricultural residues and industrial wastes that are cultivated for the purpose of creating energy. Geothermal &ndash; Geothermal power comes from making use of the heat beneath the surface of the earth. Hydroelectric &ndash; Hydroelectric energy makes use of flowing water to make electricity. Solar &ndash; Solar energy converts the sun's rays into electricity, typically by solar power plants or photovoltaic cells. Wind &ndash; By harnessing wind power with windmills to create kinetic energy, cities are using a clean, renewable, alternative fuel source.

## Category: Building and Remodeling

Subcategory: Building and Remodeling

### **Tip: Building a Sustainable Home**

Building a new sustainable home requires working with professionals with green expertise. In order to get started on your new sustainable home, start by locating an architect who specializes in sustainable design. Before you get started on a project, preparation and research are the keys to a successful new green home. Here are some ideas to help you get started to living green:

- Browse through Web sources and architecture magazines to get an idea of design ideas you would like to incorporate into your new sustainable home. Keep a file and then present them to your selected architect.
- Contact a professional organization such as the American Institute of Architects or government entity such as the U.S. Green Building Council to locate an architect who specializes in sustainable design.
- Think about incorporating sustainability into every aspect of home design. You can outfit your new green home with passive cooling methods like cross ventilation. You can use solar panels for heating. Recycled materials for wall surfaces and flooring can help make your home more green.

By allowing in natural lighting and minimizing the necessity for artificial lighting, even the layout of your home can become more sustainable.

### **Tip: How to Recognize Elements of Sustainable Architectural Design**

Trying to decide what to use in the design of your green home? Asking yourself a few questions can determine whether you'll be using elements of sustainable architectural design.

- Are you using products that conserve the environment's materials? Think of recycled products, salvaged materials, and items made from renewable resources.
- Are the materials free of chemicals that could pollute your green home? For instance, avoid paints with heavy toxic chemicals.
- Are you conserving energy by the design elements you are selecting? Elements of sustainable architectural design make the most efficient use of providing water and power to your home. Make use of insulated doors, double pane windows, air sealed construction, and low flush toilet fixtures to help conserve water and power.

### **Tip: Ideas to Incorporate Green Architecture into an Existing Home**

The latest buzz in the residential market for architectural enthusiasts is green living. And why shouldn't green living cause such a stir? Green architecture means a cleaner environment and using cost efficient energy saving building methods. If you're looking for ideas to incorporate green architecture into your existing home, there is a lot you can do.

- Incorporate green architecture into your home by using sustainable materials for your

home finishes. Items like countertops, wall surfaces, and flooring can be sustainable. Use finishes like recycled plastic, salvaged steel, and locally mined and produced stones and tiles.

- Select low toxic paints and finishes for the interior and exterior of your home.
- Use low flush toilets to conserve water usage.
- Conduct an energy audit by doing an inspection of your house and looking for any areas that might have air leaks or could use more insulation. By creating tight seals in your home and properly insulating your walls, you save on heating bills and usage. See if there is a non-profit in your area providing green building services that will conduct an energy audit for you.
- Look at the product labels. The Green Seal ([www.greenseal.org](http://www.greenseal.org)) logo means products have low levels of volatile organic compounds. The Forest Stewardship Council helps promote responsible forestry standards; look for their label on lumber products.

### **Tip: Sustainable Architecture Defined**

Perhaps you've heard the term "sustainable architecture" mentioned in reference to a museum, public facility, or a home. You might have an idea that the term has a link to buildings and the environment, but you're not really sure what it means. Sustainable architecture, also known as "green architecture," holds the philosophy that the design of a building or home should have the least impact on its environment possible. Every component in a building or home, whether it is affected by its environment or whether it affects its environment, can comprise sustainable architecture. These green architecture components can include passive and active heating and cooling, renewable building materials, water conservation methods, building design, and natural and artificial lighting.

## Category: Carbon Credits

Subcategory: Carbon Credits

### **Tip: Carbon Credit Value**

Countries are finding ways to earn carbon credits not only to reduce the amount of greenhouse gasses produced, but also to open up access to a new market, . A push toward biofuels is one method being used to attain carbon credits. Vehicles using biofuels release a significantly smaller amount of carbon emissions than similar vehicles that burn the more common fossil fuels. Because of this, biofuel production is a start for countries to earn carbon credits. Utilizing other renewable energy sources such as solar

and wind power will also earn carbon credits, also referred to as CO<sub>2</sub> credits, for the country. Some places have even considered changing the pace at which forests are being cut down and then replanted for lumber. Although it affects the amount of greenhouse gasses in the environment far less than exhaust from vehicles, forests still play an important part in earning carbon credits. Trees naturally absorb the carbon dioxide from the air, trapping it within itself, thereby lowering the amount of carbon dioxide left in the atmosphere to create the greenhouse effect. With all of the changes in effect, countries are finding that they now have extra carbon credits available. Having extra credits will allow countries to trade this new commodity to other countries to earn additional income. Like any other commodity that is available for trade, the carbon credit value fluctuates with the current supplies and demands of the product. As the countries make their trend toward lowering their carbon emissions, there will soon be no demand on carbon credits, unless as progress is being made, the carbon credit limit is also being lowered.

### **Tip: Carbon Emission Credits**

With the rise of environmental awareness, more and more companies are working to reduce the amount of greenhouse gasses they release to the atmosphere, namely carbon dioxide. As a way to gauge the amount of these gasses that a company produces, each company is assigned a carbon emission limit. This limit is based upon the size of the facilities and what is produced at the facilities, as well as the history of emissions from the facilities. Essentially, this limit is the amount of carbon emission credits that a company has available for a given year. Using these credits as an incentive, companies that produce a lower amount of greenhouse gas than their limit may sell their left-over credits to other companies that are going over their own limit. Knowing that money can be made by selling their carbon emission credits to other companies pushes some companies to strive to greatly reduce much of the pollution they produce. Using energy efficient devices, such as using florescent lighting instead of incandescent lighting is one method to lower the amount of credits used. Making use of renewable energy sources, such as solar, wind, and even water power, is a second method. Companies that make use of their land to plant trees can also gain extra credits to sell to other companies. Trees in general absorb much more carbon dioxide than grass and small plants. Therefore, by going green, companies can use the sale of their extra credits to expand the business giving them even more opportunities for growth.

### **Tip: Purchase Carbon Credits**

With the threat of global warming on the horizon, many are trying to find ways to lessen the impact that industry has upon the atmosphere. One way to attempt this change is to limit how much greenhouse gas, carbon dioxide in particular, a facility may release into the atmosphere. Each facility is then assigned a limit, otherwise known as carbon credits, that is determined by the size of the facilities and what is produced at the facilities. With limits being placed upon the amount of carbon dioxide gas a facility may

release to the atmosphere, there will be some companies that will be unable to achieve the goal of staying under the limit. Since the ultimate goal for using carbon credits is for the entire world as a whole to lower their emissions of greenhouse gasses not just individual facilities, these companies will have the opportunity to adjust their actual limit with the purchase of carbon credits. These extra credits come from companies who are able to stay under their assigned carbon credit limit. Like any other commodity, carbon credits have a price per unit. New companies have even shown up to sell carbon credits to individual people so they can offset their own carbon credit usage. Al Gore, known for his work on informing others about the dangers of global warming, purchases carbon credits himself to serve as an example. These Al Gore carbon credits are then used to cover the amount of carbon dioxide released by the vehicles that he uses during his travels over the world.

## Category: Ecotravel/Ecotourism

Subcategory: Ecotravel/Ecotourism

### **Tip: Choose an environmentally friendly camping mattress.**

Camping is a great way to travel in an eco-friendly fashion, so it just makes sense to choose camping gear that is environmentally friendly. Many companies are making environmentally friendly camping mattresses to meet the growing consumer demands for green products. When choosing an environmentally friendly camping mattress look for one made out of natural material such as bamboo. Before buying your new mattress find out if the company plants new trees in place of the ones they use to make the mattresses, or uses other environmentally friendly practices such as wind or solar power to help offset their CO<sub>2</sub> emissions. Many of the green camping mattresses on the market today are considered to be carbon neutral because of the how the manufacturer helps offset their CO<sub>2</sub> emissions by using renewable resources. It is important to look at the processing of the mattress as well. Environmentally friendly mattresses should be minimally processed and chemical free. Most sustainable mattresses will be free of dyes. If you find one that is dyed look to see if it was dyed using natural plant materials such as leaves, flowers, nuts or berries. When other non-renewable material such as metal is used on the mattress or the bag, find out if it is recycled. Don't stop at just the mattress; look at the packaging and the sack that holds the mattress as well. The cords and packaging materials should be made of renewable materials as well if you want the most environmental friendly product possible.

### **Tip: Is Green Air Travel On The Horizon?**

With the completion of the test flight of a Virgin Atlantic Boeing 747 from London to Amsterdam on February 26, 2008, green air travel could be the next wave of ecotourism. Using a fuel made from babassu oil and coconut oil, the plane flight was a

test-run of alternative fuel use for commercial airplanes. According to Jim Heimlich, the Air Transport Association's chief economist, U.S. airlines will likely start testing alternative fuels in 2009. Other biofuel alternative possibilities include algae and biomass. However, one of the roadblocks to green air travel right now is the financial viability of a fuel that is safe for the environment. Additionally, some green environmentalists are not in support of the use of a biofuel for commercial flights, citing the use as a distraction from more important issues like global climate change.

## Category: Energy and Power

Subcategory: Energy and Power

### **Tip: Use Cellulose Insulation**

Don't let cold weather months and drafts bring you down. Keep your house warm and comfy by installing cellulose insulation. Cellulose insulation is a recycled form of insulation made from 100% recycled newspapers. Newspaper waste happens to be one of the largest products in our waste system. Not only will you be using an environmentally friendly green product, but you'll be using an effective form of insulation for your home. Studies done by the University of Colorado at Denver showed that cellulose insulation performed better than fiberglass by 38% by attaining a tighter building cavity and allowing less heat loss.

## Category: Energy Conservation

Subcategory: Energy Conservation

### **Tip: Energy Conservation Act**

The energy conservation act of 2005 was designed to promote dependable, affordable and environmentally sound energy production and distribution. The energy conservation act has six main points. The first one is to promote residential efficiency. Because technology offers the option of a "zero-energy" home, bills would be introduced that allowed consumers tax credits for making their homes more energy efficient. The second point was to encourage companies to make appliances and commercial products more energy efficient. The third point of the energy conservation act was to reduce the federal government energy usage since they are the largest user of energy. A part of this included the reauthorization of the Energy Savings Performance Contract program. This program allows private contractors to help Federal agencies improve their energy efficiency. The fourth part of the program calls for modernizing the domestic energy infrastructure, which will reduce the risk of large-scale blackouts and minimize transmission bottlenecks and replace old infrastructures with new, updated

infrastructures. The fifth part of the program will promote the use of renewable energy sources. Tax credits will be offered for residential solar systems as well wind and biomass energy. The bill also encourages the use of alternative fuels and promotes research and development of hydrogen technologies. The last point has to do with energy efficient vehicles. In 2006, tax credits were offered to individuals who purchased a vehicle that ran on alternative fuels. The energy conservation act final outcome will be less dependent on foreign energy sources, and fewer greenhouse gas emissions which will create a better environment.

### **Tip: Home Energy Conservation**

Home energy conservation can save as much as forty percent a year on electric bill costs. Having a home that is energy efficient is healthy for the environment. If you are considering building a new home choose a home that is sun tempered super insulated. If you already own your home or are planning to buy an older home there are still ways you can practice home energy conservation. Since almost thirty-eight percent of a homes energy usage goes to heating, install some solar heat panels, or if that is not a possibility turn your thermostat down to sixty-five degrees. If that seems a bit cold to you then bundle up in blankets, wear sweaters or a house robe (just like Mom told you!) When you leave the house turn the thermostat back to fifty degrees. If you are on a set schedule it might be a good idea to purchase an automatic thermostat that will do this for you. Close off rooms that are not in use and be sure to close shades and curtains as soon as the sun begins to set. Clean or replace heating and air conditioning filters every other week. When winterizing your home be sure to caulk all leaks around windows or doors, seal holes where electrical wire, plumbing or duct work enter the house and replace old drafty windows with new ones. Teach children to turn lights or other electronic gadgets off when they leave a room and to take the time to make sure the water faucets are turned off when they finish with them. Home energy conservation should be everyone's responsibility.

### **Tip: Water Conservation Techniques.**

Water conservation is cost-effective and environmentally sound. There are many areas where you can practice water conservation. One of the biggest ways to save money and water outside the home is to plant a xeriscape garden or choose native plants. These plants can provide just as much color, attract more local wildlife and are environmentally friendly. Don't water your grass as long as it springs back when you step on it and if you must water, use a hose not a sprinkler. If you must use a sprinkler be sure it is set so that it is not watering the street or other concrete areas. Set up rain buckets to catch as much rainwater as you can so when you have to water you can use rainwater instead. Another great way to save water is to replace leaking faucets and joints. Keeping your home plumbing in good shape can eliminate leaks thus saving money in the long run. While you are fixing your plumbing be sure to install water saving shower heads or flow restrictors these can save as much as eight hundred gallons of water per month. Wait

for full loads of laundry and dishes before running these automatic machines. Another great way to conserve water is to turn off the hose when washing a vehicle. Instead of washing down your driveway or other cement area with a hose, use a broom. Water conservation is environmentally friendly. It is the key to our future. We need to conserve this precious resource now so there will be plenty of water for future generations.

## Category: Green Appliances

Subcategory: Green Appliances

### **Tip: Energy Cost**

Energy cost is more than the current price of the product. For example the cost of installing solar panels is much higher than the cost of a gas forced furnace. However if you look at the savings and how that cost breaks down over a number of years, solar panels are the more cost effective option. The energy cost for renewable energy is going to be one of those costs that initially is higher because it is not the standard yet. Hybrid cars are another example of an item that costs more initially. However the energy fuel that they use such as biodiesel is renewable. Eliminating our dependency on foreign oil is another way to cut energy cost. Green energy used to create energy fuel and reduce energy cost is the way to go. Green energy is good for the environment too. It reduces pollution, thus eliminating greenhouse gases. Finding ways to create energy and energy fuel that is renewable is important to the future of the earth as well as important to life as we know it. Without electricity, our lives would be very different. Other ways to cut energy costs is to replace your old appliances with Energy Star home appliances, learn to turn out lights when you leave a room and turn off the phantom power to electronics when they are not in use. Reducing energy cost not only saves the planet but it puts some green back into your wallet, which is something we could all use more of anyway.

### **Tip: Energy Savings Rebates**

There has never been a better time to be green than now. There are tons of energy saving rebates from tax rebates to cash rebates to percentages off of green appliances, alternative forms of energy and energy efficient vehicles. Tax credits offer dollar for dollar deductions, which is great for consumers. Cash rebates can be instant savings on your purchase or they can be mail-in rebates. Instant cash rebates are great because they allow you to buy more for the same money at one time. There are some companies that offer certain percentages off of various energy efficient appliances. Energy savings rebates can also be offered by utility companies for installing various energy efficient appliances, furnaces or heating systems or even alternative power such as wind mills or solar panels. Some compact fluorescent light bulbs already have the rebate figured into the price. When you look at the boxes of light bulbs some will have stickers on them that

say 'save money now.' One company in particular has blue and orange stickers on their light fixtures. By paying closer attention to what you are buying you will find many energy savings rebates. Appliances are another common source of energy savings rebates. Washers, dryers and dishwashers with Energy Star ratings often have additional rebates. Ask your local appliance dealer for more details or do a search online before you buy. Finding products that offer energy saving rebates in addition to saving energy at home and producing less greenhouse gas emissions is a great way to help green the environment while putting a little more green in your own pocket.

### **Tip: Energy Star Home Appliances**

Energy Star home appliances are the same as or better than the average home appliance. The big difference between appliances with the energy star ratings and ones without is the amount of energy they use. When looking at energy star home appliances it is important to remember that in addition to their initial cost you should also factor in the cost of use over the lifetime of the appliance. Energy star home appliances must meet and exceed strict energy efficiency criteria. This energy efficiency criteria is set forth by both the US Environmental Protection Agency and the US Department of Energy. Energy Star home appliances not only save money on electric bills but they also help the environment because they use less fossil fuels to operate than their traditional counterparts. If the Energy Star rating is not shown on the product it may be energy efficient but not to the same extent as an energy star home appliance which can save up to twenty percent more energy than their energy efficient counterparts. In some cases energy star ratings have saved consumers as much as seventy-five percent on their utility bills once the products were in their homes. In addition to appliances they also have energy star ratings for lighting products, home electronics, home office equipment, new buildings and new homes. The new energy star rated homes are at least fifteen percent more efficient than homes that were built in 2004 using the International Residence Code. The energy star ratings, regardless of what they are on, add up to savings and a greener environment.

## **Category: Green Clothing and Fashion**

Subcategory: Green Clothing and Fashion

### **Tip: Green clothing**

Green clothing is designed to use organic and recycled materials, less packaging and more energy-efficient manufacturing. Eco friendly clothing or green clothing as it is called is hot. Consumers are becoming more conscious of what they are buying and demanding green clothing. For some time green clothing has been a staple for outdoor clothing, however it was overlooked by the fashion industry. Lately the fashion industry has caught on and now green clothing can be seen on Runways and in stores including

designer boutiques. Organic cotton, bamboo, hemp and soy are quickly replacing traditional fabrics such as conventional cotton, in part because the new fibers are fast growing and environmentally friendly. Other new fibers include corn and coconut shells. Of course the greenest garments are ones you already own. If you decide to get rid of them in favor of organic clothing, donate them to a local charity. There are people out there who would be happy to have your older clothes and at least you would not be contributing to the local landfill. When buying new clothes look for ones that can be washed in cold water and line dried. One of the biggest eco burdens from clothing is the washing process. When buying new clothes instead of choosing styles that are fashionable, choose styles that are classic because the more use you can get out of an item the greener it is. Instead of buying new, try thrift stores. Remember being green includes recycling and that means clothing too.

## Category: Green Grocery Shopping

Subcategory: Green Grocery Shopping

### **Tip: Green in the Cleaning Aisle**

If you shop at specialty or health food stores &ndash; or even stores that attempt to be environmentally conscious &ndash; you may see many products in the cleaning aisle that are different than what you're used to. What is the advantage of green cleaning products? And what should you look for in your cleaning products to be environmentally conscious? Many standard cleaning products have harmful chemicals or toxins that have been associated with everything from cancer to reproductive disorders.

Phosphates (in dishwashing detergent), flammable toxins like nitrobenzene (in wood polish), and bleach (in laundry detergent) can all cause harm to our home and local environments. Many toxins also irritate the skin, eyes, and lungs. By switching to cleaning products with low toxicity or biodegradable ingredients, you can reduce your exposure to harmful chemicals and lower your risk for chemical-related sicknesses.

Look for detergent without phosphates and bleach, both of which irritate and pollute groundwater. If you aren't sure about the "green" products offered in the cleaning aisle, there are simple home remedies for cleaning that are completely safe and nontoxic. For example, if you pour a quarter cup of baking soda down a clogged drain, follow with a half of a cup of vinegar, and then flush the mixture with boiling water after it has stopped fizzing, the remedy should do the job of a normal, toxic drain cleaner. Baking soda and corn starch can safely deodorize carpet, and lemon juice or white vinegar and salt will take care of mildew.

By sticking with green cleaning products or making your own, you avoid the pollutants

common to most households and eliminate the storage issues that many parents face for hazardous cleaning products.

### **Tip: Paper or Plastic?**

Almost everyone has heard that to help the environment at the grocery store you need to choose paper bags over plastic. But why is this? And with new manufacturing technology, does that adage still hold true?

In a study done in 1990, paper and plastic bags were assessed based on both the energy used to produce the bags and the pollutants produced from the bags. The study had interesting results. Researchers found that products of two plastic bags used only 87% of the energy used to produce one paper bag. To produce a paper bag, high amounts of coal, wood, and petroleum are used, resulting in a total energy usage of 1,680 kilojoules (kj). Plastic bags, on the other hand, use petroleum and natural gas, and use only 1,470 kj to produce two.

In looking at the pollutants generated by both plastic bags and paper, plastic bags again came out the winner. Researchers divided the pollutants into three different waste categories: solid, atmospheric, and waterborne. In every category, two plastic bags produced less pollution than did one paper bag. There are flip sides to the argument, however.

While plastic takes less energy to produce than paper, and produces less pollutants, paper can be composted, while plastic cannot. Also, a common energy source to produce plastic bags is nuclear fission, which results in radioactive waste &ndash; a potentially harmful pollutant in its own right. So what is the right answer? Unfortunately, there is no clear cut winner. If you really want to be as contentious as possible when bagging your groceries, bring your own string or cloth bags that can be reused.

## **Category: Green Home**

Subcategory: Green Home

### **Tip: Green Home Design Considerations: Orientation**

For homes that are built from the ground up, one of the most important green home design considerations is the orientation. The orientation of a home can determine how much natural light your home will receive, minimizing the need for unnecessary lighting or heating requirements. You can also employ orientation strategy in green home design to make use of solar energy. Keep in mind your location in relationship to the

sun patterns. For instance, in Southern California the south-facing walls tend to need more shade from the harsh rays of direct light than do the north-facing walls. Other factors that could affect your design include shade from the surrounding area, such as trees and other homes.

### **Tip: Living In An Eco Real Estate Development**

Today, it's easy to find an eco real estate development that incorporates sustainability in its design and building materials. For instance, in Southern California a nonprofit organization, Livable Places, exists to create affordable housing while incorporating smart design practices. Their more recent projects include two separate communities which have utilized sustainable design principles. The eco real estate development in Long Beach, for instance, was built using an Energy Star envelope, low-flow fixtures, and a natural cooling system. The loft eco real estate development in Los Angeles is employing high-efficiency heat pumps as part of its heating and cooling system. Energy Star appliances and low flow fixtures will be used at the loft project as well. Both communities are strategically placed near light-rail transit to maximize use of the public transportation system.

### **Tip: Organic Gardening**

Organic gardening is environmentally friendly and promotes sustainability. Once you start gardening, using organic gardening supplies such as organic compost and organic fertilizer will help you produce nicer looking flowers and produce and studies have shown that organic produce is healthier because it contains more nutrients than conventional produce. You will also find that an organic garden takes less work and resources to maintain than a conventional one. Beneficial insects are attracted to organic crops. You can purchase beneficial insects to release into your garden, or simply wait until they come. Beneficial insects help take care of the bad bugs eliminating the need for pesticides. Instead of spraying when you do find an undesirable bug in an organic garden, it is best to remove the bug by hand. There are numerous organic fertilizer products on the market, everything from bat guano to kelp. Before choosing an organic fertilizer it is wise to get a soil test done so you know if you need to treat a soil deficiency or simply maintain the health of your soil. Organic compost is a great way to start amending the soil you have. Simply choose a container and add items such as leaves, weeds, grass clippings, wood ashes and kitchen scraps such as vegetables, fruits, egg shells, tea and coffee grounds. Do not add meat to a compost pile. In the fall you can simply pile these items on your garden and let them rot. The rest of the year you will need to find a spot to make a compost pile. Be sure to turn it weekly for the best aeration.

Category: Green Living: Wildlife & Agriculture

Subcategory: Green Living: Wildlife & Agriculture

**Tip: Creating A Green Environment In Your Backyard**

Creating an environmentally friendly habitat for plants and wildlife is not that difficult at all. Here are some tips to create your own Green World: -Plant only trees common to the area -Do not replant flowers from the wild -Use only bulbs from cultivated stock -Use compost, grass clippings and vegetable table scraps to enrich the soil and eliminate the use of fertilizers -Never use pesticides. Encourage the presence of natural predators such as birds, frogs and ladybugs. -Use items such as buckets to collect rainwater to water your plants.

**Tip: Ethanol**

Ethanol is a clean-burning, high-octane fuel that is made from a renewable source. It is grain alcohol at its most basic. Ethanol is produced from crops such as corn. Pure ethanol is not used as motor fuel, instead a percentage is used along with gasoline. Benefits of using ethanol include: -Lower Fuel Costs -Increase in the octane rating of the fuel -Decrease in gasoline emissions -Reduction in United States dependence of foreign fuel -Use of domestically grown crops Any mixture of ethanol can be combined with gas, but these are the more common mixtures:

E10: A blend of 10 percent Ethanol and 90 percent unleaded gasoline. This mixture is approved for use in any gas-consuming automobile made in the United States. Many automakers recommend using E10 because of its high-performance, clean-burning characteristics. Nearly one-third of our domestically produced gasoline is blended with ethanol.

E85: This is an alternative fuel with a mixture of 85 percent ethanol and 15 percent unleaded gasoline. This is for use in Flexible fuel vehicles (FFV). More than four million FFV vehicles are on the road. More are being produced and E85 pumps are being installed in gas stations.

**Tip: Green Seal**

Green Seal is an independent nonprofit organization founded in 1989 to provide science-based environmental certification standards that are credible, transparent and essential to an educated and competitive society. Green Seal uses their knowledge and expertise to help end users and manufacturers to make responsible choices that benefit businesses and protect the environment. Green Seal certifies nearly everything from coffee to air conditioners. Their seal can be found in many leading stores around the country. Companies can get their products certified at Green Seal by filling out the preliminary application at [greenseal.org](http://greenseal.org).

**Tip: Vanishing Bird Environments**

The loss of land is a major threat to birds native to certain areas. Forests are constantly being cut down and eliminated so the land can be used for development, roadways and utilities. Millions of acres are disappearing, which means the habitat of wildlife including birds. Nearly 60 percent of the 740 million acres of forested land is held by private non-industrial and small landowners. These people make the decisions on how to use our the forests, which leaves bird habitats in danger of elimination. The National Audubon Society and the Nature Conservancy have programs that identify and bring attention to areas that are important to species of birds and their survival. Protecting and taking care of large pieces of land is a major step in saving bird habitats.

## Category: Green Pet Care

Subcategory: Green Pet Care

**Tip: Organic Pet Food**

Holistic dog food and holistic cat food is made from natural ingredients (often organic) that are chosen for their nutritional benefits. The ingredients in holistic pet food complement each other, so when you choose a holistic food, you know your pet is getting a balanced diet that is good for them. This helps insure that the organs in your pets body function for the benefit of each other. Holistic dog food and holistic cat food are designed to be attuned to the wisdom of your pets body, which is why many holistic pet foods contain herbs. Organic pet food has many advantages. These include reduction of skin ailments and allergies, more energy, a healthy weight, fewer digestive disorders, better overall health, stronger immunity, a better quality of life and a longer life. Holistic and organic pet food are made with the same ingredients we would eat, such as human-grade chicken, turkey or lamb, rice, peas and carrots. Typically they do not contain wheat or corn although they may contain grains such as barley or digestible oats. They are also free of hormones, antibiotics, pesticides, herbicides, chemical additives, artificial colors and flavor enhancers. Often times the chemicals in pet food are the reason an animal may have skin ailments and allergies. Because the food is more digestible, your pet will absorb more nutrients from their food which is essential to maintaining a healthy immune system. Finally it is important to remember that just as organic food and a healthy diet contribute to our quality of life, they also contribute to our pet's quality of life.

## Category: Green Skin Care and Cosmetics

Subcategory: Green Skin Care and Cosmetics

### **Tip: Botanical Skin Care**

Using herbs and other botanicals from nature was the only way to care for skin or get makeup products for many years. Botanical skin care has certainly been around since the beginning of time. From nuts and roots that made soap, to fruits and berries that provided color to herbs that gave these homemade skin care products a nice scent, botanical skin care is nothing new. Today botanical skin care has become a science, just as herbal skin care has. Many companies that make synthetic makeup tout that their products contain plant ingredients; however it is important to note that they also contain synthetic ingredients that can be detrimental to your health. When choosing a botanical skin care product read the label. Find out how the product was manufactured. When using botanicals it is important to keep the most active part of the plant cell, the protoplast, intact. This plant cell can be removed from the plant without changing or damaging its cellular structure depending on the extraction method used. Botanical skin care products that do this offer the highest concentration of active botanical compounds making these products a better choice for natural skin care because they work synergistically. Herbal skin care products can be purchased or made at home using natural skin care recipes. A great skin moisturizer can be made from the leaves and flowers of lemon balm, lemon grass, sage, dandelion and lavender. Simply mix the herbs together to get a half of a cup, add four tablespoons of lanolin or glycerin, which is a synthetic product, puree it, bottle it and rub it on your skin daily. This mixture should be kept in a cool, dark place and used within a week.

### **Tip: Natural Skincare Recipes**

Natural skin care and natural skincare recipes have been around since the beginning of time. In recent years natural skin care has made a big comeback as people have begun to realize what is in traditional make-up. Natural beauty comes from the inside out. Here are some easy ways to begin a natural skin care routine. Start your day off with a whole body dry brush exfoliation using a soft, natural bristle brush. This will eliminate dead skin cells, decrease puffiness and improve lymph and blood circulation. The next important step is to make sure you are getting enough water, fiber as well as fresh organic fruit and vegetables in your diet. A good diet is essential to healthy skin. Try to avoid sugar and eat flaxseed or cold water fish for the healthy fat they contain. Exercise plays an important role in natural skin care too. Jog, take a walk, skip a rope, practice yoga or workout at the gym. Staying active is important to healthy skin because inactivity can promote bloating, puffiness, acne, cellulite, and a loss of muscle tone. There are numerous natural skin care recipes that can be made at home using products you already have on hand with or without the use of essential oils. Tea tree oil is one of the best essential oils to have on hand if you are using essential oils in natural skincare recipes for their medicinal properties because it has antibacterial and antiviral qualities. Tea tree essential oil is also easily absorbed by the skin. An easy pH restorative peel can be made with the pulp from one tomato, one package of unflavored gelatin and one

tablespoon of orange juice. Simply heat the ingredients long enough for the gelatin to dissolve, then puree the ingredients until they are smooth and apply to your face. This recipe works as an exfoliate, is great for a blemish treatment and helps firm and tone the skin.

## Category: Green Support Groups

Subcategory: Green Support Groups

### **Tip: Getting Involved--Green Support Groups Part 2**

Once you have found a green support group you want to join, the next step is figuring out what your strengths are. What can you contribute to the group? You may only be interested in the actual environmental work itself, but in time you may discover opportunities in fundraising, public relations, publicity campaigns and recruiting new members. Do you have good organizational skills? Excellent people skills? You could find yourself involved in a much different way than you originally thought, based on your abilities. It's important to realize you could have a larger impact on the organization than just a face in the crowd on a recycling run or beach cleanup day. It's also good for the green support group organizers to know if that's what you'd rather be doing. Any non-profit group needs all the expertise it can find; yours might be just what your local environmental group needs. Talk with your local organizers to learn what their current needs are-you may be just what they are looking for.

## Category: Green Weddings

Subcategory: Green Weddings

### **Tip: Recyclable Invitations**

Wedding invitations made with recycled paper are all the rage with couples who are planning an environmentally friendly wedding. After all what better way is there to let your guests know that you care about the planet than sending recycled invitations? For the couple who wishes to take it one step further there are recyclable invitations that are designed with flowers, seeds and petals which are actually part of the paper. The unique aspect to these invitations is that the paper can be planted in the garden of the guest after the wedding is over. Instead of having piles of paper lying around that will eventually end up in the landfill, the guest will have a nice flower patch that will remind them of the wedding for years to come. An advantage to the couple is if there are extra recyclable invitations left over they can plant them as well. For those who don't want to use paper for their invitations there are tree free papers made from recycled post consumer fibers. Be sure to ask if the recycled paper and post consumer fiber is

chlorine free. Another way to save on paper is to skip the formal RSVP and encourage guests to call or email their reservations. Recyclable invitations are natural and eco-friendly. They are the perfect invitation for a celebration that is meant to be environmentally friendly. Finally, have information printed on your recyclable invitations or programs to tell guests what to do with them when the wedding is over. This is also a good opportunity to add information to the recyclable invitations and programs on your environmental beliefs or favorite environmentally friendly websites.

## Category: Lifestyles and Recreation

Subcategory: Lifestyles and Recreation

### **Tip: Building Green**

You can do your part to preserve the environment by using earth friendly building materials and practices. If you are building a new house why not use green building materials? Designers and builders who "build green" choose their materials based on the environmental purity. These are mostly materials that have been recycled and do not contain ozone-depleting chemicals like some types of insulation or pressure treated lumber. The builders will use lumber that comes from well-managed forests and they pay close attention to energy efficiency. Houses that are built with the environment in mind will usually have high-performance windows and extra insulation for energy efficiency. Often houses and buildings are designed to use solar energy for heating water and even electricity. Choosing to use energy-efficient practices or "building green" will not only help keep our environment clean, but will also benefit your family by making the air in your house cleaner

### **Tip: Green Energy vs. Fossil Fuel**

While "green energy" is a fairly new technology, researchers are working on finding ways to use renewable, clean energy that we get from the earth. Burning fossil fuel is not only polluting our environment, the fossil fuel supply is dwindling rapidly. Most people don't realize they have clean, renewable fuel sources right at their fingertips they just need to learn how to utilize the sources and make them more reliable. There are several types of "green energy" they are:

- Solar energy: obtained from the sun (endless supply)
- Wind energy: provides a vast source of energy that can be harnessed through turbines, which convert it into electricity
- Geothermal energy: process where they harness the enormous amount on heat from

the earth's interior core

- Hydroelectric energy: kinetic energy from running water that can be controlled to create electricity
- Tidal energy: tidal plants use the energy from tides for an alternate source of energy

These types of energy are more expensive right now, but if consumers demand the use of alternate energy sources, then it will force the energy companies to provide more “green energy” options.

### **Tip: Organic Gardening**

Organic gardeners do more than just eliminate pesticides. They design their gardens around a “whole-natural system” that will replenish it and the resources it consumes. Organic gardening involves:

- Building the soil for future gardening (not short term)
- Controlling pests without harmful chemical pesticides that will harm humans and wildlife
- Recycling yard and kitchen waste instead of burning it or throwing it away to decompose in landfills
- Providing the plants with a balanced supply of nutrients including soil organisms, compost and other organic matter

By using organic gardening practices you are not only protecting your dirt and soil from being contaminated, but you are also protecting your family from eating polluted food and breathing the chemically dense vapors.

## Category: Natural Health

Subcategory: Natural Health

### **Tip: Health And Fitness: How To Go Green**

Going to the gym can benefit our personal health and sense of well-being. But have you ever considered making your health and fitness experience more green as well? Here are a few ideas for making your trip to the gym a green health and fitness excursion. Forgo the plastic water bottle and bring your own drinking container. Plastic water bottles contribute to environmental waste. Choose an eco-friendly detergent to launder your gym clothing and towel. Take it a step further by always bringing your own towel. Although many gyms provide towels for you, bringing your own towel you can lessen the use of bleached towels and harsh detergents. Sport eco-friendly gym gear. Clothing, from shoes to tank tops, is now made from materials that are easier on the environment. Major brands including Nike, Adidas, Puma, and New Balance all provide greener options, so it shouldn't be too difficult to find something that suits your style.

## Category: Organic Food and Produce

Subcategory: Organic Food and Produce

### **Tip: Health Benefits Of Organic Foods.**

An essential part of good health is eating a balanced diet rich in fruits and vegetables. Organic fruits and vegetables are grown without the use of pesticides or other harmful chemical additives. In various studies, organic foods have shown higher nutritional values making them a better choice for dietary health. Organic foods are made the way nature intended and have not been genetically engineered or modified. Another advantage of organic foods is that they have not been irradiated like their conventional counterparts. Radiation is used to give fruits and vegetables a longer shelf life. Since most organic farms are smaller in scale than conventional farms, it is easier to find locally grown produce. Many grocery stores now stock local fruits and vegetables. These can usually be identified by a sign stating that it was locally grown. Another place to find organic fruits and vegetables that have been grown locally is a farmers market. If your town doesn't already have one, look for one in a neighboring town. Produce that has been produced locally helps sustain the local economy. Locally grown fruits and vegetables are fresher which makes them taste better and are picked when they ripen instead of being picked ahead of time. Organic foods that are locally grown are good for the environment too. Instead of being put on a truck and shipped across the country, they are transported a short distance which saves on greenhouse gas emissions. While the selection may not be as great as the conventional counterparts since most organic fresh fruits and vegetables are available by season, your body will adjust and become more in tune with each season as time passes.

### **Tip: How To Choose Health Food.**

Health foods today are more than just good for you, they taste good too. Organic foods provide more nutrients than their conventional counterparts. The closer to the natural state the food is, the healthier it is. Raw nuts, fresh fruit and vegetables are all healthy foods that can satisfy your snack cravings as well as be a great addition to a meal. Instead of eating a slice of apple pie, eat a raw apple. When cooking vegetables the best way to prepare them is to steam them so they retain most of their nutritional value. Adding a variety of different colored vegetables is a good idea. For example the most common color of a carrot is orange but did you know there are red, white, purple and yellow carrots? Yellow carrots have been found to contain xanthophylls. Xanthophylls contribute to eye health. Because the yellow carrots contain more xanthophylls than their orange counterparts, a yellow carrot would be the better choice for eye health. Red carrots contain more lycopene which is linked to heart health and purple carrots contain anthocyanins which are powerful antibiotics that can guard the body against free radicals. When it comes to baked goods such as breads or pastas, choose ones made with organic whole grains. Whole grains are much healthier than processed grains. For

protein choose fish, chicken or lean meat. When preparing meat bake it at a moderate temperature instead of frying it. Fresh meat and seafood is healthier than processed meats which contain saturated fat and nitrates.

**Tip: How To Find Places To Purchase Organic Food.**

The demand for organic food and environmentally friendly items is growing faster than any other segment of the food industry. This has paved the way for an increase in organic grocery stores and organic food markets. A few years ago the main place to purchase organic foods was at local health stores where the selection was usually limited. Today, because of the increased demand for naturally grown foods, even conventional grocery stores are stocking organic food and environmentally friendly items which makes them readily available to more consumers than ever before. Organic grocery stores are known for carrying a wide variety of organic and naturally grown items such as fresh fruits, vegetables, meats, bulk products and more. Organic grocery stores are also known for offering locally grown produce. The big difference between an organic grocery store and a traditional grocery store is that the majority, if not all, of the items in an organic grocery store are organic or natural. During the summer, organic food markets or farmers markets as they are commonly called, can be found in most cities. Purchasing fresh fruits and vegetables at an organic food market gives you the opportunity to meet the grower as well as buy items that are freshly picked and locally grown. Another way to purchase local organically grown items is to join a CSA which stands for Community Supported Agriculture. CSA's are popping up all over the country. In addition to fresh fruits and vegetables, some provide herbs, flowers, meat and eggs, all from their own local farm.

**Tip: Organic Foods Worth Buying**

Because of the higher cost of organic foods &ndash; often 50% to 100% more &ndash; it's worth your while to look more closely at which ones are truly worth spending money on. Organic foods are costlier because pesticide-free foods require more labor to produce. According to a list provided by the Environmental Working Group, a nonprofit in Washington D. C., some foods are more susceptible to pesticide residue and therefore their organic counterparts are worth buying. Some foods, like bananas, broccoli, and avocados, are not worth the added expense because they are not prone to pesticide residue. Here is a list of those organic foods worth buying: Apples Celery Cherries Grapes Lettuce Nectarines Peaches Pears Potatoes Spinach Strawberries Sweet bell peppers . ~

**Tip: Organic Meat Advantages.**

The animals that produce organic meats are raised without the use of antibiotics, hormones, pesticides, herbicides or other artificial drugs. Most of these animals are allowed to roam in grass-fed pastures. The grain and hay they eat are organic. The old

saying, "you are what you eat," certainly applies here. When the animals eat only the best organic feed and get plenty of fresh air and exercise they produce better meat. Anyone who has tried organic meat knows that you can taste the difference. The meat is far more tender, has a better taste and is healthier for you. Animals that are allowed to roam tend to have less fat on them than animals that are confined. Free-range, grass fed animals produce meat that is higher in Omega 3 fatty acids. Many times grass-fed beef are not given grains of any kind. Instead they are managed on a high quality organic pasture with hay supplements. Many of the farms that raise organic meat are family owned. If you are looking for a local source of organic meats try a CSA or community supported agriculture farm. In addition to offering organic fruits and vegetables from their farms, many of them also offer herbs, flowers, eggs and meat. Making the switch to organic meats can help the environment too. The waste of conventional grown animals has tested high in antibiotics and hormones. This waste ends up polluting our natural water supplies. Free range animals have waste too, but not as much because fewer are raised in the same amount of space.

## Category: Recycling

Subcategory: Recycling

### **Tip: Recycle Plastic Grocery Bags**

Grocery bags are recyclable items and most stores make it easy for you to recycle with drop off boxes right in the grocery store. These bags along with produce bags (plastic) can be effectively recycled and used for plastic lumber and other products. Recycling these bags not only saves energy, but it also cuts down on chemical out gassing, which results from new plastic products. So, recycle your old plastic grocery and produce bags and help your family and others "breathe easy."

## Category: Telecommuting and Green Technology

Subcategory: Telecommuting and Green Technology

### **Tip: Moving Into The Future With Green Technology**

Green technology can include various techniques for generating energy to non-toxic cleaning supplies. Solar technology is just one way that green technology can be used to create electricity and emit less greenhouse gas emissions. Solar technology is often used to heat buildings during the colder months of the year. Solar technology can also be used to generate electricity or to create natural illumination which can create a substantial savings on electric bills for both businesses and homeowners. The first step someone who is considering solar panels should take is to evaluate their current energy

usage so they know how to begin becoming a zero energy user. Once this is done, but before solar panels are installed, energy efficient light bulbs should be installed. The building should also be checked to make sure it has sufficient insulation. If not, there are green insulation alternatives available and proper insulation should be installed before adding solar technology to the building. Green technology is being used for individual items as well such as printers made from corn and laptop bags with solar panels. The idea behind these bags is that the solar panels will charge the laptop battery thus eliminating the need to plug the laptop in. There is also a backpack option with solar panels. The laptop and backpacks are made out of recycled soda bottles and can charge a number of small electronic devices such as MP3 players, cameras and cell phones.

## Category: Transportation & Travel

Subcategory: Transportation & Travel

### **Tip: Hybrid Cars -- An Overview**

You may have been hearing about hybrid cars, but do you know what they are? How they work? Here's a brief overview. Hybrid cars use a rechargeable energy storage system (RESS) in conjunction with fuel propulsion power to make them go. Usually the RESS is an electric source, and the fuel propulsion system uses gasoline; this combination results in a gasoline-electric hybrid vehicle. Some modern hybrids use kinetic energy that is captured when the car breaks. Hybrids usually have a second electric motor that recharges the power or feeds power to an electric motor, unlike all-electric cars which have to be recharged from an external source. Hybrids can have a series, parallel, or full hybrid construction, referring to the way the electric engine and the fuel propulsion engine are connected together. Most modern-day hybrids are parallel, which means the electric and combustion engines are connected. Benefits of hybrids are plenty; they are more energy efficient than standard combustion engines, they cause reduced wear and tear on the gasoline engine in the car, they are quieter, and they have less polluting emissions. Buying a hybrid also entitles you for a tax credit on your Federal income taxes, and some states offer additional tax incentives on hybrid cars.

### **Tip: Use Alternative Travel**

Whether you're going on a long trip or just going to the store, using alternative modes of transportation can help out the environment immensely. Single-passenger cars are a major source of air pollution and greenhouse gases, and by reducing your car travel, you can do your part for cleaner air and a better earth. When going on short trips or errands, consider these alternative modes of travel: • Biking &dash; hop on your bicycle and ride to the store, library, or work (if possible). There are additions you can

buy for your bicycle that allows you to tow large amounts of groceries or other purchases, if that's a problem; if you are just grabbing a few items, take a backpack or put a basket on your bike. • Ride a scooter &ndash; scooters are gaining in popularity, and they get great gas mileage. Most scooters, with adequate engines, are allowed on regular highways and are a great way to get to work. • Walk &ndash; just running up to the grocery store? Hoof it! You won't be using any gas and you don't be polluting the environment; plus, it's good for your body. • Carpool &ndash; try to find other people on your route to work or other places you regularly go, and you'll be saving on gas and on pollutants. If you're going on a longer trip, consider these alternatives to driving: • Take the bus &ndash; hop a Greyhound to your destination. Most cities have bus terminals, and you can get just about anywhere you want to go. Bus tickets are usually cost-effective, as well. • Take a train &ndash; yes, there are still passenger trains around, with service to most major cities. On a train you can have all the comforts of home &ndash; a sleeper berth, a dining car &ndash; and you can enjoy the scenery as you travel.