



DOING YOUR PART

A Good Citizen's Guide to Reducing Global Warming

EVERY SECOND COUNTS in the fight against global warming.

By the time you have finished reading this sentence, nearly 10,000 pounds of carbon dioxide will have entered our Earth's atmosphere. Each passing second brings 1,000 more, and the numbers quickly add up. Approximately 75-80 million tons of global warming pollution enters our atmosphere every day. We have reached a critical moment that requires a comprehensive solution to this planetary emergency.

Congress has a responsibility to address the climate crisis, and legislation has been proposed to help reduce the amount of carbon we put into the atmosphere. Various industries, including several of the world's largest oil and gas companies, are rallying in support of carbon emissions caps and other greenhouse gas prevention measures. Governments and industries all over the world are

working toward a solution — but ultimately, individuals will have a large role to play in addressing the climate crisis.

While we can't turn back the clock on global warming, we can work toward a solution that begins working immediately — and that's the beauty of it. The minute you update your desk lamp with a compact fluorescent bulb, you've already made a lasting, cost-saving difference. Every bottle or newspaper you recycle is an environmentally conscious action. Every trip you make in a more fuel-efficient vehicle is a victory for the cause.

Whether you're at home, on the road, or acting as part of a larger community, your everyday decisions create dramatic impacts on our common future. It's time to start making smarter choices, as individuals and as a global community, to curb our energy use and carbon output. But it's not enough to simply change our old habits — it's time to create new ones for a sustainable environment and a brighter future.

AT HOME

Energy efficiency means cost savings. A few simple steps will keep your home warmer in the winter and your utility bill at bay during the dog days of summer — a win/win strategy to help protect our environment and put cash in your pocket.

A professional home audit is a great way to start and will help you determine the best way to consume energy more efficiently, but it's certainly not necessary to start being proactive today. Use the following tips to help reduce your impact on the environment at home. You can start right now:

- Replace a regular incandescent light bulb with a compact fluorescent light bulb (or CFL)

- CFLs use 60% less energy than a regular bulb. This simple switch will save about 300 pounds of carbon dioxide a year. If every family in the U.S. made the switch, we'd reduce carbon dioxide by more than 90 billion pounds! You can purchase CFLs online from the Energy Federation (www.energyfederation.org).

- Move your thermostat down 2° in winter and up 2° in summer

- Almost half of the energy we use in our homes goes to heating and cooling. You could save about 2,000 pounds of carbon dioxide a year with this simple adjustment. The American Council for an Energy Efficient Economy (www.aceee.org) has more tips for saving energy on heating and cooling.

- Clean or replace filters on your furnace and air conditioner

- Cleaning a dirty air filter can save 350 pounds of carbon dioxide a year.

- Install a programmable thermostat

- Programmable thermostats will automatically lower the heat or air conditioning at night and raise them again in the morning. They can save you \$100 a year on your energy bill.

- Choose energy efficient appliances when making new purchases

- Look for the Energy Star (www.energystar.gov) label on new appliances to choose the most efficient models. If

each household in the U.S. replaced its existing appliances with the most efficient models available, we'd eliminate 175 million tons of carbon dioxide emissions every year!

- Wrap your water heater in an insulation blanket

- You'll save 1,000 pounds of carbon dioxide a year with this simple action. You can save another 550 pounds per year by setting the thermostat no higher than 120 degrees Fahrenheit.

- Use less hot water

- It takes a lot of energy to heat water. You can use less hot water by installing a low flow showerhead (350 pounds of carbon dioxide saved per year) and washing your clothes in cold or warm water (500 pounds saved per year) instead of hot.

- Use a clothesline instead of a dryer whenever possible

- You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months out of the year.

- Turn off electronic devices you're not using

- Simply turning off your television, DVD player, stereo, and computer when you're not using them will save you thousands of pounds of carbon dioxide a year.

- Unplug electronics from the wall when you're not using them

- Even when turned off, things like hairdryers, cell phone chargers, and televisions use energy. In fact, the energy used to keep display clocks lit and memory chips working accounts for 5 percent of total domestic energy consumption and spews 18 million tons of carbon into the atmosphere every year!

- Only run your dishwasher when there's a full load and use the energy-saving setting

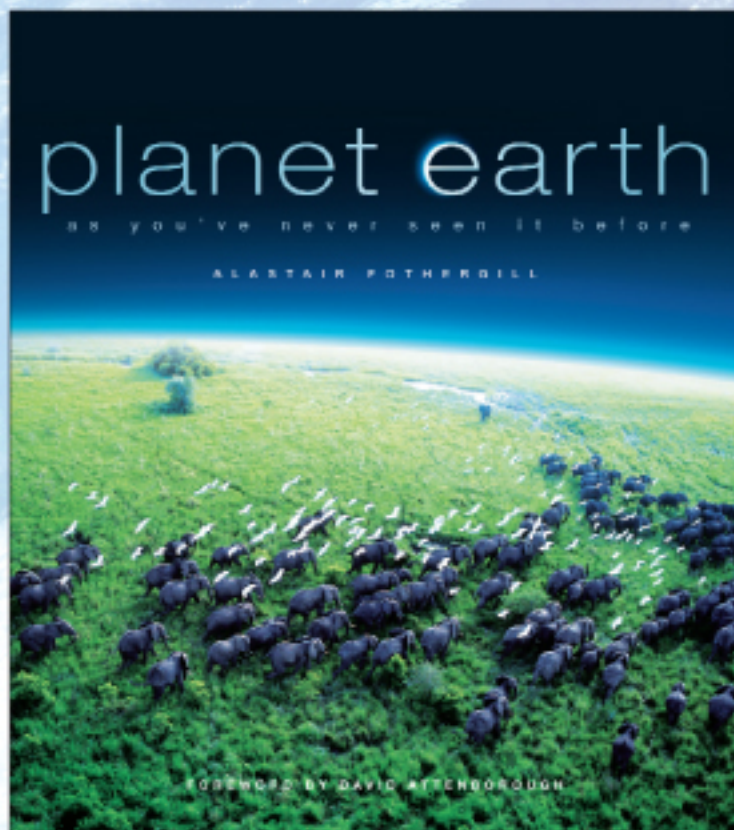
- You can save 100 pounds of carbon dioxide per year.

- Insulate and weatherize your home

- Properly insulating your walls and ceilings can save 25% of your home heating bill and 2,000 pounds of carbon dioxide a year. Caulking and weather-stripping can save another 1,700 pounds per year. The Consumer Federation of America (www.buyenergyefficient.org) has



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more information on how to better insulate your home.

- Be sure you're recycling at home

• You can save 2,400 pounds of carbon dioxide a year by recycling half of the waste your household generates. Earth 911 (www.earth911.org) can help you find recycling resources in your area.

- Buy recycled paper products

• It takes 70 to 90% less energy to make recycled paper and it prevents the loss of forests worldwide.

- Plant a tree

• A single tree will absorb one ton of carbon dioxide over its lifetime. Shade provided by trees can also reduce your air conditioning bill by 10 to 15%. The Arbor Day Foundation (www.arborday.org) has information on planting and provides trees you can plant with membership.

- Get a home energy audit

• Many utilities offer free home energy audits to find where your home is poorly insulated or energy inefficient. You can save up to 30% off your energy bill and 1,000 pounds of carbon dioxide a year. Energy Star (www.energystar.gov) can help you find an energy specialist.

- Switch to green power

• In many areas, you can switch to energy generated by clean, renewable sources such as wind and solar. The Green Power Network (www.eere.energy.gov/greenpower) is a good place to start to figure out what's available in your area.

- Buy locally grown and produced foods

• The average meal in the United States travels 1,200 miles from the farm to your plate. Buying locally will save fuel and keep money in your community.

- Buy fresh foods instead of frozen

• Frozen food uses 10 times more energy to produce.

- Seek out and support local farmers' markets

• They reduce the amount of energy required to grow and transport the food to you by one fifth. You can find a farmers' market in your area at the USDA website (www.ams.usda.gov/farmersmarkets/map.htm)

- Buy organic foods as much as possible

• Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms. If we grew all of our corn and soybeans organically, we'd remove 580 billion pounds of carbon dioxide from the atmosphere!

- Avoid heavily packaged products

• You can save 1,200 pounds of carbon dioxide if you cut down your garbage by 10%.

- Eat less meat

• Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters. Their grassy diet and multiple stomachs cause them to produce methane, which they exhale with every breath.

ON THE MOVE

Almost one third of the carbon dioxide produced in the United States comes from our cars, trucks, and airplanes. Here are some simple, practical things you can do to reduce the amount of carbon dioxide you produce while on the move:

- Reduce the number of miles you drive by walking, biking, carpooling, or taking mass transit wherever possible

• Avoiding just 10 miles of driving every week would eliminate about 500 pounds of carbon dioxide emissions a year! Visit the American Public Transportation Association (www.apta.com) to find transit options in your area.

- Start a carpool with your coworkers or classmates

• Sharing a ride with someone just 2 days a week will reduce your carbon dioxide emissions by 1,590 pounds a year. eRideShare.com (www.erideshare.com) runs a free national service connecting commuters and travelers.

- Keep your car tuned up

• Regular maintenance helps improve fuel efficiency and reduces emissions. When just 1% of car owners properly maintain their cars, nearly a billion pounds of carbon dioxide are kept out of the atmosphere.

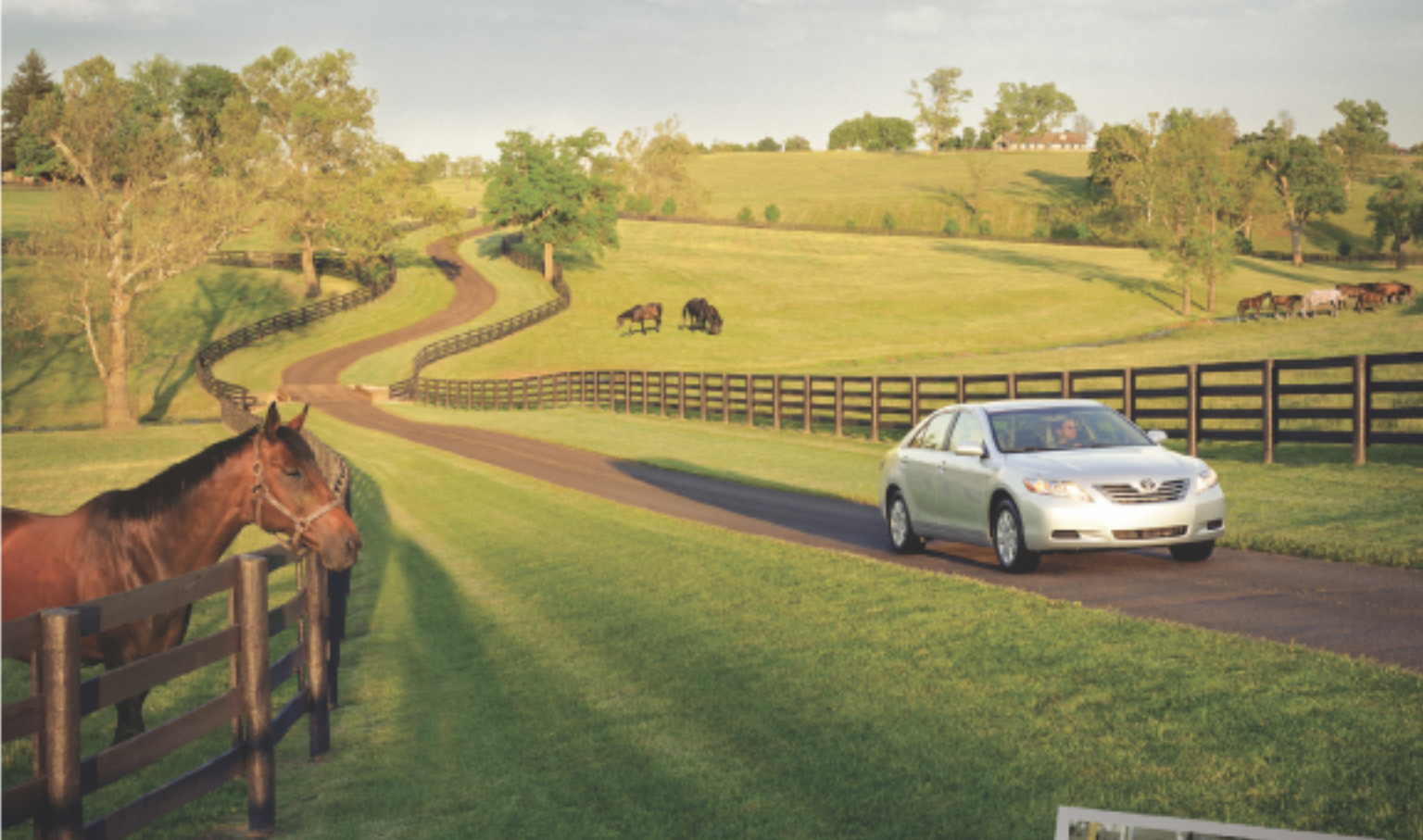
- Check your tires weekly to make sure they're properly inflated

• Proper inflation can improve gas mileage by more than 3%. Since every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere, every increase in fuel efficiency makes a difference!

- When it is time for a new car, choose a more fuel efficient vehicle

• You can save 3,000 pounds of carbon dioxide every year if your new car gets only 3 miles per gallon more than your current one. You can get up to 60 miles per gallon





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New energy solutions require new schools of thought.

Research BP is joining with the University of California, Berkeley, the University of Illinois at Urbana-Champaign and the Lawrence Berkeley National Laboratory to establish the Energy Biosciences Institute.

Investment BP will invest \$500 million over the next ten years in the Institute, which will explore the emerging secrets of bioscience and apply them to finding new sources of clean and renewable energy.

It's a start.



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with a hybrid! You can find information on fuel efficiency at www.fueleconomy.gov and www.greencars.com.

- Try car sharing

• Need a car but don't want to buy one? Community car sharing organizations provide access to a car and your membership fee covers gas, maintenance, and insurance. Many companies — such as Flexcar (www.flexcar.com) — offer low emission or hybrid cars too! Also, see ZipCar (www.zipcar.com).

- Try telecommuting from home

• Telecommuting can help you drastically reduce the number of miles you drive every week. For more information, check out the Telework Coalition (www.telcoa.org).

- Fly less

• Air travel produces large amounts of emissions so reducing how much you fly by even one or two trips a year can reduce your emissions significantly. You can also offset your air travel by investing in renewable energy projects. Check out www.nativeenergy.com to learn more about carbon offsets.



IN THE COMMUNITY

Your actions to reduce global warming can extend beyond how you personally reduce your own emissions. We all have influence on our schools, workplaces, businesses, and on society through how we make purchases, invest, and take action. Here are some ways you can have a positive effect on global warming.

- Encourage your school or business to reduce emissions

• You can extend your positive influence on global warming well beyond your home by actively encouraging others to take action. Download our toolkits for schools and businesses to take action outside of your home.

- Join the virtual march

• The Stop Global Warming Virtual March is a non-political effort to bring all Americans concerned about global warming together in one place. Add your voice to the hundreds of thousands of other Americans urging action on this issue at www.stopglobalwarming.org.

- Encourage the switch to renewable energy

• Successfully combating global warming requires a national

transition to renewable energy sources such as solar, wind, and biomass. These technologies are ready to be deployed more widely but there are regulatory barriers impeding them. Take action to break down those barriers with Vote Solar (www.votesolar.org).

- Protect and conserve forests worldwide

• Forests play a critical role in global warming; they store carbon. When forests are burned or cut down, their stored carbon is released into the atmosphere — deforestation now accounts for about 20% of carbon dioxide emissions each year. Conservation International (www.conservation.org) has more information on forests and global warming.

- Consider the impact of your investments

• If you invest your money, you should consider the impact that your investments and savings will have on global warming. You can learn more about how to ensure your money is being invested in companies, products, and projects that address issues related to climate change at www.socialinvest.org and www.ceres.org.

- Make your city cool

• Cities and states around the country have taken action to stop global warming by passing innovative transportation and energy saving legislation. 194 cities nationwide representing over 40 million people have made this pledge as part of the U.S. Mayors Climate Protection Agreement. Find out how to make your city a cool city (www.coolcities.us).

- Make sure your voice is heard!

• We must have a stronger commitment from our government in order to stop global warming and implement solutions and such a commitment won't come without a dramatic increase in citizen lobbying for new laws with teeth. Get the facts about U.S. politicians and candidates at Project Vote Smart (www.vote-smart.org) and The League of Conservation Voters (www.lcv.org/scorecard). Make sure your voice is heard by voting!

It's up to each one of us to play our part in the global warming solution.

Visit The Climate Project for a wealth of information about global warming and solutions to help reduce your carbon output at

www.theclimateproject.org.

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