



10 Things You Can Do to Help Save the Earth – Part 2

Here are more ways you can help reduce your carbon footprint to make a less harmful impact on the environment. Taking care of the Earth is not just a responsibility, it's a necessity.

4. Be Car-Conscious



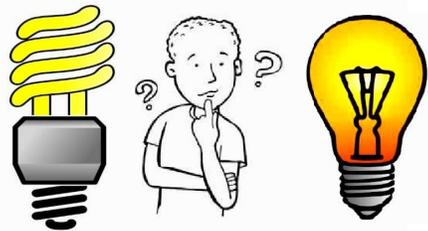
If you can, stay off the road two days a week or more. You'll reduce greenhouse gas emissions by an average of 1,590 pounds per year. It's easier than you think. You can combine your errands — hit the school, grocery store and dog daycare in one trip. Being car conscious also means maintaining your car on a regular basis. You can improve your gas mileage by 0.6 percent to 3 percent by keeping your tires inflated to the proper pressure, and be sure to make necessary repairs if your car fails emission.

5. Walk, Bike, Take Public Transit

Walking and biking are obvious ways to reduce greenhouse gases. Plus you'll get some good cardio and burn some calories while you do it. If you live in an area that's not walkable, take advantage of your local mass transit if you can. Or carpool. Even one car off on the road makes a difference.



6. Switch to LED Lights



Compact fluorescent light bulbs (CFLs) are great. They can last 10 times longer than incandescent bulbs and they use at least two-thirds less energy, but even CFLs have issues. They're hard to dispose of because they contain mercury. Enter light-emitting diode, or LED bulbs. They emit light in a very narrow band wavelength so they're super energy-efficient. Start replacing your old incandescent bulbs with LED bulbs now (if you haven't already). They do cost more than CFLs and incandescents, but equivalent LED bulbs can

last around 25,000 hours compared to the 1,000 hours that incandescent bulb might have lasted.

7. Live Energy Wise

Make your home more energy efficient (and save money). Your home's windows are responsible for 25 to 30 percent of residential heat gain and heat loss. If they're old and inefficient, consider replacing them. Also be sure your home has proper insulation. Insulation is measured in terms of its thermal resistance or R-value - the higher the R-value, the more effective the insulation. The amount of insulation your home needs depends on the climate, type of HVAC system, and where you're adding the insulation. Smaller things you can do right away include replacing your air filter regularly so your HVAC system doesn't have to work overtime. Keep your window treatments closed when it's extremely hot and cold outside. You can also consider installing a programmable thermostat so your system isn't running (and wasting energy) when you're not home.

