

TEN THINGS YOU CAN DO TO PREVENT GLOBAL WARMING

Global warming is one of the most serious challenges facing us today. Global warming is caused by emissions of carbon dioxide and other heat-trapping gases that are emitted primarily by the burning of fossil fuels and the clearing of forests. To protect the health and economic well being of current and future generations, we must reduce our emissions of heat-trapping gases by using the technology, know-how, and practical solutions already at our disposal. It doesn't take much time or money or effort.

1. Use Compact Fluorescent Bulbs. Replace 5 frequently used light bulbs with compact fluorescent bulbs. Save 500 lbs. of carbon dioxide and \$100 per year. Replace more and benefit more.

2. Choose Clean Power. About 60% of Maryland's electricity comes from polluting coal-fired power plants. And power plants are the single largest source of heat-trapping gas. Montgomery County has just started its Clean Energy Rewards program where you can get reimbursed 1.5 cents per kilowatt hour for purchasing renewable energy see the County Department of Environmental Protection website (<http://www.montgomerycountymd.gov/deptmpl.asp?url=/content/dep/rewards.asp>).

3. Use your car wisely. Check your tires monthly and keep them adequately inflated (save 250 lbs. of carbon dioxide and \$840 per year). Check your car's air filter monthly and change it when needed (save 800 lbs. of carbon dioxide and \$130 per year). Drive 10 fewer miles per week. Take your most fuel-efficient car when you have to drive. Walk to Bethesda. Take Metro to work. Besides saving gasoline, walking and biking are great forms of exercise. Check out options for carpooling to work or school at <http://mtamaryland.com/resources/transitlinks/mdridesharing/index.cfm#rideshare>.

4. Small changes make big savings. Set your water heater at 120 degrees and wrap it in an insulating blanket if it is more than 5 years old (saves at least 550 lbs. of CO₂ and \$30 per year). Buy low-flow showerheads and take shorter showers. Wash your clothes in cold water. Use the energy-saving settings on your dishwasher, let the dishes air-dry, and only run the dishwasher when full. Activate "sleep" features on computers and office equipment that power down when not in use for a while. Turn off equipment during longer periods of non-use to cut energy costs and improve longevity.

5. Watch your heating. Turn down the thermostat 2 degrees. Try pulling on a sweater before rushing to the thermostat. Clean or replace dirty furnace filters as recommended.

6. Reduce, reuse, recycle. Our town has an excellent recycling program paid for by your taxes. Please recycle all eligible paper, #1 and 2 plastic, metal and glass. Buy minimally packaged goods. Less packaging could reduce your garbage by about 10% and save 1,200 pounds of carbon dioxide per year.

7. Plant trees and take care of them. Trees suck up carbon dioxide and make clean air for us to breathe. Save 2,000 lbs. of carbon dioxide per tree per year.

8. 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 your home. Caulk and weather-strip your doorways and windows (save 1,700 lbs. of carbon dioxide and \$274 per year). Double pane windows keep more heat inside your home so you use less energy (save 10,000 lbs. of carbon dioxide and \$436 per year).

9. **Get a home energy audit.** This can save lots of energy and money in the long run.

10. **Let policymakers know you are concerned about global warming.** Our elected officials and business leaders need to hear from concerned citizens.