

10 WAYS TO HELP STABILIZE EARTH'S CLIMATE

Tips for adopting a carbon emission reducing, energy-efficient lifestyle

Learn more about climate change and its impacts, and talk about it. Talk about climate change with family, friends, and neighbors—changing habits is easier when people do it together. Global climate change is a collective problem, and it requires collective solutions.

Check car tires monthly, stop idling, and drive less. For every 10,000 miles driven, 200 pounds of carbon are released. A car with fully-inflated tires burns less gas, which means that less carbon is emitted. More than half of our CO₂ comes from vehicles so use public transit, carpool, bike, or walk. Idling uses fuel and causes polluting emissions. Turn off the engine if stopped for more than 10 seconds (unless stopped in traffic).

Eliminate "vampire power." Some TV models use more electricity when they're off than when on. Plug your TV and other appliances into a surge protector; switch off the surge protector after you turn off the appliances. Before you buy new appliances, find out which ones are the most energy-efficient.

Heat and cool wisely. Clean air filters regularly. Adjust your thermostat: move your thermostat down just two degrees in winter and up two degrees in summer to eliminate about 2,000 pounds of carbon dioxide emissions a year by reducing power use. Install a programmable thermostat for best efficiency. Heating and air conditioning draw more than half of the energy that a home uses in the United States.

Change light bulbs. Replace conventional incandescent light bulbs in your most used lighting fixtures with energy efficient compact fluorescent light bulbs (CFLs). A CFL bulb uses 75 percent less energy than an incandescent light bulb.

Make water conservation a top priority. It takes energy to bring water to Southern California. Install low-flow shower-heads and water-efficient toilets and washing machines. Plant drought-resistant landscaping.

Cut hot water use. Turn your hot water heater thermostat down to 120°F, and wrap your hot water heater in insulation. Wash clothes in cold or warm water. Run the dishwasher and washing machine only with full loads.

Shop wisely, and recycle. Buy products with less packaging and reusable or recyclable packaging. Recycle packaging, waste newsprint, cardboard, glass, metal, and recyclable plastic containers. Less energy is needed to manufacture products from recycled goods. Two pounds of carbon is saved when you recycle 20 glass bottles. Recycling paper saves trees and lets them continue to remove carbon from the atmosphere.

Contact your elected representatives at all levels. Let them know you believe global climate change is a top priority. Let them know that you support a climate action plan to reduce emissions and prepare for climate change impacts.

Prepare for climate change. If you live in a coastal area ask your community leadership what planning is being done to ensure the resiliency of your community in the event of the impacts of climate change such as sea level rise and increased storm surges. Find out how you can reduce your vulnerability. **If you live in an inland area** learn what scientists are predicting the impacts of climate change will be where you live. Ask your community leadership what planning is being done to ensure your community is resilient. Get involved.