

FOR IMMEDIATE RELEASE

Prepared by: Ellis County Fire Marshal
1201 N. Hwy 77, Suite 106
Waxahachie, TX 75165

Contact: Cindy Helton, 972-825-5555, Cindy.Helton@co.ellis.tx.us

Ever hear of a CO2 diet?

Certainly we're all aware of the nagging questions around climate change and global warning. If you have thoughts or concerns about these issues, you may want to try these simple and easy-to-do techniques to reduce your own personal emissions of carbon dioxide:

- Keep a tight rein on your thermostat. Try opening your windows and using ceiling fans (..at least till "roasting" season begins in July!).
- Limit your driving. Try to get as many errands done in one trip as possible ..and remember to map your route so as not to waste your time or gas.(Here's something novel ..try walking or put a basket on your bicycle and "pedal!")
- Consider trying out a push-reel lawn mower. The latest models are precision instruments ..not the clunky type from years ago.
- Check out your home for "air leaks," especially around windows, doors, and even your dryer vent. (Better yet, how about hanging out your clothes occasionally and skipping the dryer all together!)
- Beware of "vampires!" ..power sucked up by electronics in "standby" mode, like battery chargers.

All these changes will not only help the earth, but help your pocket-book as well. Remember, you can't change everything at once. But "baby-steps" are still steps ..and every change helps!

[For the source of this information and a great lengthy article, go to www.odemagazine.com then search for The Ups and Downs of Green Living...then click "Go"]