



## NOVA CARES for CREATION

March 9: Care for both yourself and the environment by eating more meatless meals. A challenge can be finding a variety of vegetarian recipes. A good resource is the Sisters of Mercy web page. Even if you already have meatless recipes, you will probably find some new tasty ones by scrolling down the page at the link: [2022 Mercy Meatless Mondays](#)

March 2: Imagine that one-third of the shelves in the grocery store and at the farmers' markets are empty. That's what would happen without bees. Strawberries, apples, potatoes, vanilla, almonds and coffee are just some of the foods that rely on pollination by bees. We must act to save the bees. Our food supply is in big trouble from the use of toxic pesticides called neonicotinoids or neonics. They attack bees' brains and may pose serious problems for our brains as well. They are sprayed on farmers' fields and even coat some seeds. Make phone calls, write letters. (Public Interest Research Group, PIRG, a federation of state-based organizations.)

Feb. 23: Climate action isn't waiting on Washington. States are proving they can drive the clean energy transition — whether through policy, investment or the courts. According to The Guardian:

- New York is forging ahead with climate legislation despite delays on key carbon pricing programs. A state agency is positioned to expand wind and solar, though its leadership is hesitant, frustrating advocates.
  - California is bracing for legal battles, setting aside \$50 million to fight the administration's policies, including its attacks on EV mandates and emission rules. Environmental advocates are pushing for new laws to hold fossil fuel companies accountable.
  - Red states are benefiting from Biden-era clean energy incentives, with Republican lawmakers and labor unions urging the federal government to preserve renewable energy tax credits.
- Says Patrick Crowley, president of the Rhode Island AFL-CIO: "Building decarbonization doesn't need federal money or approval."

Feb. 16: (The Care for Creation Team is committed to bringing you GOOD NEWS about the environment at least once/month – a LOT of good things are going on and we want you to know about it.) [Article](#) from Canary Media by Akielly Hu, 'The US smashed clean energy records last year.' Clean energy installations in the U.S. reached a record high last year, with the country adding 47% more capacity than in 2023, according to [new research by energy data firm Cleanview](#). Boosted by tax credits under the Inflation Reduction Act and the plummeting costs of renewable technologies, developers added 48.2 gigawatts of utility-scale solar, wind, and battery storage capacity in 2024. In total, carbon-free sources including nuclear accounted for 95% of new power capacity built in the U.S. last year; solar and batteries alone made up 83%.

Feb. 9: One of the most consequential things that each of us can do for the planet is reduce or eliminate beef consumption. Results would include a powerful reduction in methane production, massive conservation of water resources (each vegetarian meal is estimated to conserve 200 gallons of water), preservation of land for habitat and biodiversity, and with the reduction of food waste and composting, an actual drawdown of carbon from the atmosphere. Big health dividends include reducing heart disease,

stroke, cancer and diabetes. (From: [www.projectdrawdown.org](http://www.projectdrawdown.org), “What’s the best climate action you can take? You tell me.” By Jonathan Foley, Ph.D., Perspective. May 15, 2024)

Feb. 2: Our research shows that bottled water, on the average, has significantly more microplastics than tap water. Bottled water contains microplastics because they are in rivers, lakes and groundwater, which results in roughly 7 times more plastic in bottles than in tap water. Tap water gets filtered at water treatment plants. Some municipalities do a better job than others, as do water bottling plants. It is not yet clear how microplastics may affect our health. (Center for Science in the Public Interest, March/April 2024)

Jan. 19: Multiple studies have found that climate change has already led to an increase in wildfire season length, wildfire frequency, and burned area. Humans cause nearly 90% of wildfires in the United States. Human activity, especially the burning of fossil fuels is the greatest contributor to climate change. Work toward limiting/eliminating your use of anything fueled by gas or oil.

Jan. 12: In this section of NOVA's weekly announcements, members of the community's Care for Creation team provide information as well as actions you can take to help preserve our environment and mitigate some of the adverse impacts of climate change, but our contributions are intentionally brief. A good source for keeping more fully informed about environmental issues affecting our lives in Virginia and what you can do about them is [www.wildvirginia.org/environmental-ip-virginia-is-facing/](http://www.wildvirginia.org/environmental-ip-virginia-is-facing/). Take a few minutes and check this site.

Jan. 5: Guayule (pronounced why-OO-lee) is being grown in Arizona, an alternative to other natural rubber supply cultivation centralized in Southeast Asia and threatened by climate change and political instability. Retreading tires is more sustainable, but foreign-made tires are less likely to be retreaded due to poor quality. Retreading tires is cheaper than buying new ones, and high-quality tires, including those made from guayule, are durable enough for 3 to 5 retreading cycles, saving 90 to 100 pounds of materials each time by avoiding new tire casings. Consider buying high-quality American tires and having them retreaded when they become worn. (Washington Post, 11/3/24)

## **2024**

Dec. 22: What's not recyclable under the tree:

- Metallic, shiny or glittery wrapping paper. If the paper doesn't hold its shape when you crinkle it into a ball, it is not recyclable. Tissue paper also is not recyclable.
- Ribbons and bows. Not only are they made on non-recyclable materials, they clog machines at recycling facilities.

Dec. 15: Give the Earth and all its inhabitants the gift of sustainable practices this holiday season. Here are a few ideas:

- Think reusable fabric wraps – scarves, tea towels, festive bandanas, etc. – to wrap presents.
- Use natural materials for centerpieces and other décor: pinecones, holly branches, wood slices, etc.
- Use LED ornaments and string lights and add solar-powered lights for outdoor displays.
- Choose gifts that create memories and are personal, impactful and leave no waste behind: e.g. concert tix, local classes, meditation apps, special restaurants.

Dec. 8: Nature provides “carbon sinks,” which help to manage the carbon released by human activity (such as driving cars, construction work, manufacturing, etc.) by storing it for periods of time. The earth's principal carbon sinks are the oceans, forests, and soil. Unfortunately, these carbon sinks cannot keep up

with the excess of CO<sup>2</sup> being released today into our air. While there have been some new technologies developed to help capture some of this carbon, they are insufficient to meet the need. This is why it's so important that we do all we can to protect our natural resources. (Source: [www.treehugger.com](http://www.treehugger.com))

Dec. 1: Toilets require the greatest percentage of water in a typical household, more than showers, faucets and clothes washers. High-efficiency toilets use less than 1.3 gallons per flush versus 3 1/2 to 7 gallons per flush in pre-1993 models. A typical American home uses 80 gallons of water a day (Center for Science in the Public Interest, March/April 2024) . Drought is increasing in frequency, in diverse locations and in severity. Get in the habit of turning the water off when brushing your teeth, and conserve whenever you can.

Nov. 24: To many, the quest for CLEAN energy in Puerto Rico includes achieving grid stability using solar energy and so much more. "Clean not only from CO2 emissions but clean from imperialism, clean from colonialism, clean from oppression, and clean from corruption."

-- Castro-Sitriche, Sierra Magazine, Fall 2024

Nov. 17: In the U.S., 305 million pounds of food are wasted from the Thanksgiving dinner alone! Here's a couple ideas:

- Plan carefully – buy a smaller turkey, increase vegetables and salad items, have no more than 2 dessert choices
- Have containers ready to send home leftovers with all who want them (80% of guests according to research).
- Use leftovers and scraps from cooking creatively. Check out this site:

<https://ivaluefood.com/resources/cooking-eating/creative-ways-to-use-leftovers/>

Nov. 10: Did you know the U.S. is the second-highest country in the world for food waste per capita? Lost or wasted food in the U.S. generates the equivalent of 37 million cars' worth of greenhouse gas emissions. All of us need to be more mindful of the food we don't eat and how we dispose of it. (Source: Earth.org)

Nov. 3: In 2022, 600 million tons of plastics, made from fossil fuels, were produced. Microplastics pass through the food chain into humans and have been found in brains, human breast milk, placentas, testicles, hearts, kidneys, lungs, and colons. A March 2024 study found them in carotid plaque, increasing risks of heart disease, stroke, increasing risk of death by 4.5% in a three-year period. Don't heat anything plastic in the microwave or dishwasher. Recycle or reuse plastic bags that bread comes in, look for paper or cardboard packaging. *Source: Hopkins Public Health, Fall/Winter 2024*

Oct. 27: It's raining sideways and you're battling with your cheap umbrella which has turned inside out yet again. How many umbrellas have you gone through over the years? One billion are chucked every year—that's one for every eight of us on the planet. Why not invest in an umbrella with a lifetime guarantee or one that can be repaired. Every time you decide not to buy another cheap plastic umbrella you save the environmental impact equivalent to 300 plastic straws. Better yet you might find that a good waterproof coat with a decent hood is a better option. Either way, think durability and sustainability.

Oct. 20: It's better not to use any appliance that you don't actually need if you're trying to cut your home's carbon footprint. For instance, your garbage disposal uses two to five gallons of water every time it's used. Food waste contains a lot of nitrogen, which can act like a pollutant. Nitrogen contributes to algal

blooms that harm aquatic life once released to natural bodies of water. A better choice is composting either in your own yard or through your county's facilities.

Oct. 13: The COP29 (Conference of Parties) is the decision-making party of the U.N. Framework Convention on Climate Change. This year, in November, the convention will meet in Baku, Azerbaijan. If you are concerned about the damaging effects of climate change, go to [Join people of faith](#). At this site, you can sign a petition urging President Biden to support bold initiatives that will make a significant difference in mitigating further harms to the environment. (Source: Oct. 1, 2024 [Blog](#), [Washington Report](#))

Oct. 6: The U.S. government is the world's largest purchaser of goods and services, for which it spends more than \$650 billion annually. The federal government phasing out the procurement of single-use plastic will have a huge and far-reaching impact on the overall amount of plastic used -- and discarded -- in the U.S. It's the federal government's most comprehensive plastic pollution plan to date. The multi-pronged strategy includes goals to phase out the federal procurement of single-use plastics from all federal operations by 2035. We can't wait! We must start NOW. Tell every establishment that offers you plastic eating utensils, straws, plastic take-out containers, and other unnecessary plastic packaging that they must stop NOW. When plastic packaging is soft, pliable and you can stick your finger through it, recycle it with your other plastic bags (e.g., from the grocery store) and it will be used for decking material. (source US PIRG)

Sep. 29: You don't have to quit meat cold turkey to help the planet and improve your own health, according to a Norwegian [food science nonprofit called EAT](#). The biggest change most people would have to make is eating more legumes, nuts and whole grains. Read a sample Weekly Planetary Health Menu [here](#).

Sep. 22: SKIP THE SLIP: Production and disposal of receipt paper generates unnecessary waste and emits the carbon equivalent of over 471,000 cars on the road. Every year in the US, receipt use consumes over three million trees and nearly nine billion gallons of water. An estimated 93 percent of paper receipts are coated with Bisphenol-A (BPA) or Bisphenol-S (BPS), which serve as color-developers to make the text appear on receipts (2). When we touch receipts, the chemical coating is absorbed into our bodies through our hands. Health issues linked to BPA include but are not limited to: Fetal development issues, Reproductive impairment, Type 2 diabetes, and Thyroid conditions. A little "no" to printed receipts can become a big "yes" to caring for our planet.

Sep. 15: "Planting trees decreases the effects of urban heat sinking, it lowers temperatures, increases oxygen levels, and it's a no-lose situation all around." Check out the Arlington Tree Stewards at [www.treestewards.org](http://www.treestewards.org) or [www.fairfaxtreestewards.org](http://www.fairfaxtreestewards.org) for more information.

Sep. 8: As lawmakers prioritize passage of spending bills for the federal government this fall, please encourage them to support funding to assist vulnerable countries with adapting to climate change and shifting to a renewable energy economy. The Sister of Mercy website has a message you can personalize and send to your U.S. senators and representative. There is also more background information about this issue at the website: <https://www.sistersofmercy.org/mercy-for-justice/action-alerts/>

Sep. 1: Electronics manufacturing is growing five times faster than recycling, especially smaller items such as phones and disposable vape pens. Sixteen thousand jumbo jets worth of electronic waste is dumped per year, which includes lithium and other rare earth metals critical to future green technology, such as batteries for electric cars. Before you toss broken phones, laptops, televisions, microwaves, and other such items, take them to electronic waste facilities. (Source: U. S. PIRG)

Aug. 25: Today's creation tip comes from [Global Warming Solutions](#):

Endangered species protections are back! The Biden-Harris administration has reinstated protective regulations rolled back by Donald Trump over his four years in office. All species that are newly classified as "threatened" will receive blanket protection. This rule now affords all animals this initial protection while scientists work to figure out how best to help them. This has already had a positive impact on North American wolverines, snapping turtles and spotted owls.

Officials can declare habitats as "critical to species survival" even if that species has been driven out of that historic habitat. If those areas are protected and healthy, it's much easier to restore habitats to their former glory. This rule is expected to particularly aid fish and freshwater mussels species. Species designation decisions will now be made without regard to any financial impacts. That means scientists are allowed to make scientific judgments with no pressure to go one way or another based on what they think the folks in charge might want.

These changes underscore the importance of the "boring" parts of government. The wording of regulations, the nitty-gritty details, and the day-to-day work of natural resource and land management agencies can have a huge impact on our natural environment – for better or for worse.

Aug. 18: We show our respect for the Creator by our stewardship of creation. Care for the Earth is not just an Earth Day slogan, it is a requirement of our faith. We are called to protect people and the planet, living our faith in relationship with all of God's creation.

The Season of Creation begins on September 1st and continues for the 5 Sundays of September. The theme this year is "Hope with Action". We will kick off the season with an agape and brief presentation by Joe Keyes on the personal commitments he and Sally have made on behalf of the environment.

Aug. 11: Many of us have enjoyed visiting national parks and other beautiful places. While too many tourists can negatively affect the environment, tourism can have positive effects as well. The African continent is a good example of tourism that has led to the protection of wildlife as well as job creation and adding to the continent's economy. For more details on "sustainable tourism," click [here](#).

Aug. 4: The Atacama Desert in northern Chile is known as the "great fashion garbage patch" for the world. Forty-six million tons of used clothing and shoes from Europe, Asia and the Americas was discarded there last year alone. When shopping for new clothes try to avoid polyester and nylon, which have the greatest environmental impacts. Clothes made from linen, hemp, viscose, lyocell and modal have the least. Although wool and cotton are biodegradable, wool production emits eight times as much carbon as cotton production while cotton production requires 187 gallons of water per pound of cotton. Suggestions: buy used clothing and keep your clothes until they wear out. (National Geographic, April 2024)

July 28: Recently I noticed the abundance of clover on our lawn. In the past I might have been upset at the lack of a neat, tidy lawn. Now I know that clover needs less water than grass, is hardier, improves soil health by holding in nitrogen and hardly ever needs cutting. In addition it produces pretty flowers that bees love! So be happy when you are looking over your clover, even if it isn't the 4 LEAF variety!

July 21: The Great Pacific Garbage Patch (GPGP) is the world's largest accumulation of ocean plastic, and it's been growing exponentially for almost 70 years. It's now twice the size of France and is almost totally filled with plastic. Take one more step this month to eliminate plastic in your life.

July 14: A reminder to follow up on the June 30 Care for Creation note in the announcements email regarding "Plastic-Free July" — Please take the time to determine one or more ways you will cut back on

your use of plastic. If you don't think one individual can make a difference in the widespread use of plastic, consider that over the past five years, participants in the "Plastic-Free July" movement have avoided adding over 1.5 million tons of plastic waste to their public waste disposal systems, equivalent to filling about 80,000 garbage trucks (See The Washington Post, Home Section, July 4, 2024).

July 7: Here are some surprising environmentally-friendly innovations that are already in place. A hospital ward in Taiwan was built entirely from trash. Solar-powered pavement is in use in Hungary, and 3D-printed homes are being constructed from biodegradable materials in Italy. (Center for Science in the Public Interest, March/April)

June 30: This week begins [Plastic Free July](#). While avoiding all plastic may be impossible, the website urges even small changes. Take an accounting of the plastics you buy and consider alternatives. Mushrooms come in a plastic container? Consider buying them at Trader Joe's, which packs mushrooms in a cardboard box. Want to switch out your liquid laundry detergent in the big plastic jug? A quick web search shows Walmart, CVS and Safeway sell laundry powder in cardboard boxes. More ideas [here](#).

June 23: Here's sound counsel for caring for creation. We take care of what we appreciate by doing but also by seeing and praying:

**"Praying" by Mary Oliver**

It doesn't have to be  
the blue iris, it could be weeds in a vacant lot, or a few  
small stones; just  
pay attention, then patch  
a few words together and don't try  
to make them elaborate, this isn't  
a contest but a doorway  
into thanks and a silence in which  
another voice may speak

June 16: The Mogs are hosting an ice cream social postcarding party this Wednesday, June 19th, 2:00-4:30. Participants will be writing postcards to Arizona voters who have indicated that the environment is a big concern but their voting record is weak or sporadic. The Environmental Voter Project has been researching this kind of data for over 5 years now and has this information on voters in every state. Of course the swing states are getting the most attention. If you can help out, you can join the phone bank brigade or send postcards by signing up on the EVP website at: <https://www.environmentalvoter.org/get-involved>

June 9: The Sisters of Mercy website ([www.sistersofmercy.org](http://www.sistersofmercy.org)) lists two potential ways to reduce junk mail: (1) To reduce mail from companies and organizations with which you have no business relationship, you can sign up at [DMAchoice](#), a nonprofit organization. The fee is \$5 for 10 years. (2) Credit card and insurance offers are regulated separately by the major credit bureaus. You can opt out of these ads at no cost for five years or permanently at [optoutscreen.com](http://optoutscreen.com).

June 2: We can't emphasize enough the effect that food waste has on the environment. Forty percent of the food grown in the US is uneaten or unsold according to ReFED, a food research organization. This amounts to the same climate footprint of the entire US aviation industry including the military, equivalent to 1.8 percent of the US GDP.



May 26: Some Good News: Wildfire seasons around the globe are becoming longer and more catastrophic than ever. For decades in the United States, federal funding for urgently fighting wildfires was taken from the budget of critical forest restoration that could prevent or lessen these fires. A policy fix was needed, and members of the Nature Conservancy led a four-year campaign to change this funding structure in a way that allocates up to an additional \$2.95 billion each year to pay for major fires. This policy win strengthens the government's ability to proactively make forests less fire-prone without sacrificing its ability to reactively fight wildfires.

**May 19: The American Climate Corps Is Now Hiring!**

This initiative will put more than 20,000 young Americans to work fighting the impacts of climate change today while gaining the skills they need to join the clean energy and climate-resilience workforce of tomorrow. The nearly 2,000 positions are located across 36 states, DC, and Puerto Rico. Americans can apply or learn more at [ClimateCorps.gov](https://ClimateCorps.gov). Share this news with your grandchildren!

May 12: Most of us don't think about unplugging appliances, such as toasters, after we finish using them. But any electrical devices that are plugged in, including phone chargers or fans, will continue to use power after they are turned off. It takes only seconds to unplug a device. If more of us get in the habit of disconnecting our many appliances when we're not using them, we will contribute to saving power.

May 5: Cut the BEEF! Its carbon footprint exceeds that of legumes, chicken, pork, and other high-protein foods. This action is important for several reasons, but these are the most important: we're feeding foods to cattle that could be eaten by humans, and we're cutting down forests to open pastures for cattle, (from the Nutrition Action Center for Science in the Public Interest, March/April 2024.)

April 28: The USA has placed the first ever federal limits on toxic 'forever chemicals' in drinking water. The rule, finalized by the Biden administration on Wednesday 10 April, requires utilities to reduce the chemicals to the lowest level they can be reliably measured. Officials say this will reduce exposure for 100 million people and help prevent thousands of illnesses, including cancer.

**April 21: GOOD Climate News – Happy Earth Day!**

- Texas got more of its electricity from solar than coal last month for the first time.
- The Interior Department officially protected huge swaths of Alaskan Wilderness from new drilling and mine activities.
- California hit a new renewables record after exceeding 100% of grid demand with clean energy sources for 30 of past 38 days.
- By 2025 electric vehicles could comprise 20% of new car sales, 40% by 2030.

April 14: Virginia has been part of the Regional Greenhouse Gas Initiative (RGGI) since 2020. RGGI has provided funding for clean energy projects such as improving indoor air quality and lowering carbon emissions as well as supporting community flood preparedness projects throughout Virginia. The Governor has deleted language supporting RGGI from the VA General Assembly's bipartisan approved budget this year. Please take a few minutes to contact your state representatives, asking them to oppose the Governor's amendment that removes funding for RGGI. Click [here](#) for help in composing your letter.

April 7: Scientists are designing a new kind of plastic that can be chemically recycled to depolymerize it. In the meantime, e-commerce firms generated 3.4 billion pounds of plastic worldwide in 2021, most of which was used in packaging by Coca Cola, Amazon, Whole Foods and Costco. Plastic bubble wrap and packaging "pillows" should be flattened and recycled. You can return packaging material to Amazon, but

only 5% is actually recycled. Remember, if you can stick a finger through it, the plastic can be recycled at your grocery store. This type of plastic is the most likely to be recycled, often into decking material.

March 31: Food waste is a major source of climate pollution. Learn more at this week's National Food Waste Prevention Week [webinars](#) and [area events](#). For example, in one of the April 1 webinars listed, chefs will demonstrate creative techniques to turn "Waste to Taste."

March 24: REFUSE PAPER RECEIPTS. Did you know that paper receipts are not usually recyclable? Most are made of thermal paper that is coated in BPA (an industrial chemical used to make plastics), meaning they cannot be recycled in the same way as regular uncoated paper. Keep these receipts from ending up in landfills. Ask for e-mail receipts over paper (don't forget to delete them after use to decrease CO<sub>2</sub> emissions).

March 17: You can boost your home energy efficiency with 10 simple improvements each costing less than \$100. Read all about it in last Thursday's Washington Post [here](#). The Virginia Elders Climate Action Chapter is hosting a home energy specialist next month to expand on these ideas. Tune in on Zoom Thursday, April 4th, 4:00 p.m. Sign up for the Chapter newsletter and announcements at: [www.Eldersclimateaction.org/Virginia](http://www.Eldersclimateaction.org/Virginia).

March 3: Five U.S. governors are building a shared network for charging electric vehicles. A new technology enables electric buses to charge wirelessly while resting, and an electric school bus can power the electric grid while kids are in school. These are among many efforts to save our Earth. Let's tell our legislators the good news.

Feb. 25: Clean Up your inbox, please. All those unread emails in your inbox are contributing to greenhouse gas emissions. Our emails are stored in cloud servers, which guzzle up power, mostly from fossil fuels. It takes energy – and CO<sub>2</sub> – to send every email and store it, whether opened or unopened, and a single email with an image attachment uses 50g CO<sub>2</sub>. Here are things you can do to lower your email footprint today:

- Regularly delete emails you no longer need.
- Delete your entire junk folder.
- Do not use "reply all" in response to a group email when your message is directed to an individual and does not need the attention of others.
- Unsubscribe from newsletters you don't need.
- Link to an online resource rather than including an attachment, send comprehensive information in one email, and try to stop yourself from sending one-word confirmations. You can halve your email footprint and save 300 Kg CO<sub>2</sub> emissions every year!

Feb. 18: It's a frigid fact that everyone uses more energy in cold weather. Most people spend more time at home in the winter and your heating system has to work much harder to keep you comfortable. Turn your thermostat down to 68 or below and wear layered warm clothing. Invest in 2 or 3 electric space heaters to use wherever you are sitting, eating or working for any length of time.

Feb. 11: Consider joining the call from the Sisters of Mercy for "meatless Mondays" in Lent: "The Sisters of Mercy Justice Team encourages the Mercy Community to refrain from eating meat on Mondays, in addition to Fridays in Lent as is our Catholic tradition. This is one way to care for Earth, as meat production consumes large amounts of water and produces more greenhouse gasses than a vegetarian diet. We also can choose to eat less meat in solidarity with the people of the Amazon rainforest in South



America, since their home is being destroyed, in part, by deforestation for cattle grazing for exported beef.” Read more at: [2022 Mercy Meatless Mondays \(sistersofmercy.org\)](https://sistersofmercy.org/2022-mercy-meatless-mondays)

Feb. 4: A toaster oven uses less electricity than an oven. You can broil, bake & air fry in less time & use less electricity. Another benefit: toaster ovens cost a lot less than standard electric ovens.

Jan. 21: Let's work together to end all war and weapons production. Not only is war death dealing, anti-faith and capital intensive, but war is also one of the largest polluters of the planet. Although environmental destruction may not be deliberate, war causes deep and lasting damage. Soldiers dig trenches, tanks flatten vegetation, bombs scar landscapes and explosives ignite fires. Weapons spew toxic gases and particulates into the air and leak heavy metals into soil and water that will remain there for generations.

Jan. 14: According to the “This Old House” website, each degree you lower the thermostat on your heating system decreases your fuel bill by 3 percent. Help our environment and lower your home heating costs this winter by lowering the temperature setting in your home, especially at night.

Jan. 7: Raising animals for food results in estimates ranging from 14.5% to 30% of the greenhouse gas emissions from Earth. Beef is by far the worst offender. Raising cattle for meat & dairy has resulted in clearing of forests all over the world to feed & pasture them until slaughter. Recent analyses have suggested that production of man-made meat is also costly for the environment. The enzymes necessary to digest beef tend to decrease the less beef individuals eat -- resulting in tummy aches when splurging on a steak dinner. I (Carolyn!), for one, am off beef.

## **2023**

Dec. 17: Christmas is a great time for thinking sustainably! Gift an experience rather than more stuff – concert tix, restaurant treat, spa, etc. Homemade baked goods and recycled gifts are often the most memorable. Wrap them up in reuseable bags, fabric, a pretty scarf – whatever doesn't have to be thrown away. Buy local when possible and make sure that real tree gets composted. Happy Holidays!

Dec. 3: According to research, the No. 1 problem related to greenhouse gas emissions is buildings. Thirty percent is the average amount of carbon released into the atmosphere by buildings, but in many localities it can be as high as 62%, as it is in Arlington. We can push for carbon-neutral building codes for new homes and buildings. Our hope for the future lies in green hydrogen, geothermal energy and fusion energy, What can we do about that? Write letters, and vote.

Nov. 26: Chocolate is a universal pleasure, but our "guilt" should be around unwittingly supporting global chocolate brands that turn a blind eye to child or slave labor and/or contribute to deforestation by using palm oil in their bars. Look for independent brands that work directly with farmers and only use cocoa certified by Rainforest Alliance or Fairtrade.

Nov. 19: Can we turn Black Friday into Green Friday? Most of us already have way too much “stuff” and most of it will end up in a landfill somewhere. Stay out of the stores the day after Thanksgiving and take a walk in the park, sign up for the “Climate Action Now” app or just pass out more hugs than usual.

Nov. 12: Throwing your old household batteries in the trash is convenient but harmful to the environment. Home Depot stores have collection boxes at their stores for some types of batteries. A helpful and

comprehensive source of information on safe disposal of all sorts of batteries can be accessed at [www.epa.gov/recycle/used-household-batteries](http://www.epa.gov/recycle/used-household-batteries)

Nov. 5: Many of us have stopped eating red meat, and reduced our use of dairy in our diets. Cheese is also a problem for the environment. Making one pound of cheese requires 10 pounds of cow's or goat's milk. TheWorld Economic Forum and many scientific reports suggest that cheese generates the third-highest emissions in agriculture after beef and lamb. Cheese is also high in fat, and we should keep that in mind.

Oct. 29: Let us be mindful to develop an ecological spirituality, opening ourselves daily to the mysteries of life, reverencing each other and other life forms and regularly reflecting on the many ways in which we are all connected.

Oct. 22: As the leaves begin to fall, make sure you use an old fashion rake to clean up your yard. While a leaf blower may get the job done faster, it uses energy that can harm the environment and is a source of sound pollution. Once you're done, reuse the leaves by transforming them into mulch for your plants or compost them to enrich your soil.

Oct. 8: The fall season is an excellent time to plant trees, shrubs, and other plants because the soil is still warm enough to allow the roots to grow before the ground freezes. Try to plant a small tree this fall. Trees help our environment in so many ways. They not only help to clean the air we breathe, they also support wildlife, and aid in flood prevention.

Sep. 3: Individuals can have the largest impact on reducing climate warming by doing two things: by reducing their consumption of meat and dairy, and by flying less often. The first is easy because there are so many other nutritious options in the grocery stores. Flying less often means taking trains, buses, or cars, and deciding not to fly when possible. France has decided to ban short-distance flights, forcing travelers to use other forms of transportation instead.

Bonus tip in Season of Creation: Watering a lawn three times a week with a typical sprinkler consumes about 12,000 gallons of water per month. If you have a lawn, dig up a patch of it and plant a tree or some flowers to draw bees. Trees and bees are part of the solution!

Aug. 27: This week let's remember that we are part of creation and creation cares for us. Consider how our houseplants improve our lives. A study done at Virginia Tech led researchers to conclude that houseplants can reduce indoor dust by 20%. Filling as little as 2% of a room with plants will make an impact. In effect houseplants are efficient air cleaners. Plants release water vapor into the air which increases humidity. This can improve respiratory and skin health by offsetting the drying effects of heating systems. Plants also increase oxygen levels in the air by absorbing carbon dioxide and releasing oxygen during photosynthesis. Increases in oxygenation can result in improved mood, energy and mental focus.

Aug. 13: In addition to tasting better, eating locally grown produce is better for the environment because it hasn't traveled thousands of miles using fossil fuels that produce large amounts of greenhouse gasses.

Aug. 6: When improving your wardrobe, and shopping for clothes, look for items in cotton, silk, wool, hemp, rayon and bamboo. Yes, it's hard to find what you want that's not polyester, but polyester is PLASTIC and will be despoiling our environment for thousands of years, maybe millions, until our scientists find a way to chemically destroy plastic. Non-polyester is even harder to find in thrift shops, but I've bought cotton from Land's End and LL Bean's catalogs.

July 30: Have salad for supper. You help the environment by keeping your oven off. You can help the environment even more by making your salad meatless. Try this [Broccoli Kale Salad](#).

July 23: Summertime is here and many of us may find ourselves at the beach. Let's reduce our carbon "fingerprint." How about a walk along the beach carrying a trash bag? Not only do we get exercise but we care for our Mother Earth. Remember you can trash a beach without being physically present. No matter where you live, the ocean is downstream. Don't use chemical fertilizers and pesticides on your lawn. On the driveway, avoid harmful cleaning products and take proper care of spilled oil to prevent contaminated runoff.

July 16: Moving gradually toward a plant-based diet is one of the best things you can personally do to benefit your own health as well as that of the planet. We gave ourselves a year to make the transition over 25 years ago. By 6 months we were all in and couldn't believe how little we missed meat and how relatively easy it was to convert most favorite recipes. Summertime with its bounteous fresh vegetables everywhere is a great time to try this out. You will not be sorry and the whole world will be better off for it.

July 9: If you are trying to recycle conscientiously, do not discard items that are "maybe" recyclable in your recycle bin. It's likely that these items will have to be removed at your waste management facility, which adds to its costs and efficiency. Please take the time to visit your local government's waste management website and find out what can be recycled in your area:

-- Fairfax County's website is: [Curbside Recycling | Public Works and Environmental Services \(fairfaxcounty.gov\)](#)

-- For Arlington, click on the following link:

[www.arlingtonva.us/Government/Programs/Recycling-and-Trash](http://www.arlingtonva.us/Government/Programs/Recycling-and-Trash). Scroll down the page to "Popular Topics" and select "Recycling Made Simple 2023."

July 2: Don't toss those leftover bits of veggies, rice, pasta, potatoes, meat, or fish, and the delicious juices. Put them in a container in the freezer, and add to it during the week, or month. Defrost and mix with a couple of eggs and some cheese, sprinkle crumbs on top, and bake (yummy frittata), or add some broth, a can of tomatoes, or other canned soups, and bring to a boil (yummy soup or stew)! Keep it out of the landfill and reduce methane! YAY!!

June 18: Summer is here. Air Conditioning: **Refuse. Reduce. Recycle.** Keep the **AC off** as much as possible. If you turn it on, **add 1-2 degrees** to your normal setting and allow your body to gradually acclimate to that temperature. Make good **use of fans** – ceiling, floor, table – they're all good.

*The greatest threat to our planet is the belief that someone else will save it.* –Robert Swan

June 11: So many products we use every day are packaged in plastic, most of which is not recycled. However, products such as liquid hand soap and even shampoo are available in solid bar form. You can also use powdered laundry detergent in boxes. Given the harm discarded plastic has already done to our oceans and waterways, it's worth the time and effort to seek ways to lessen your use of plastic.

June 4: The weapons/gun industries are major contributors to war, death and pollution throughout the planet. Please continue to take actions against the NRA and all those politicians who take donations from the industry and continue to vote against gun control legislation. Write letters, send email messages, leave voicemails, march, and contribute to gun safety advocates such as Gabby Giffords, Everytown for Gun Safety, Moms Demand Action, Coalition to Stop Gun Violence. Patronize businesses that support

gun safety legislation and tell them why you are a customer. ALDI, CVS, Walgreens, Walmart, Wegmans, Subway are some of the businesses that publicize their support for gun control.

May 21: Reusable mesh produce sacks are available for purchase at your supermarket, and replace single-use plastic bags. Your fruits and veggies will be happy in the breathable bags, and you will be happy that they are so much easier to open.

May 14: Keeping your heating and cooling system operating efficiently saves energy. It's important to have your home's ductwork cleaned and to replace your system's filter regularly. Turn off your HVAC on lovely spring days like today. Open the windows and let the fresh air in!

May 7: PLASTIC: Let's reduce what we trash! Many of the items you buy in the grocery store, or receive from Amazon, are in **reusable** plastic bags. If you can push a hole in it with your finger, it goes back to the grocery store to recycle to make TREX for decks, etc. Or save it to use again. Put a drop of liquid soap in it, fill it with hot water, swish it around, empty it, hang it to dry and use it again. No need to buy any more plastic bags!

April 30: Choose the cold cycle on your washing machine. By washing four out of five loads of laundry in cold water, you could cut 864 pounds of CO2 emissions in a year, an amount equivalent to planting 0.37 acres of U.S. forest, [according to the American Cleaning Institute](#). Modern laundry detergents, even those that aren't marked for cold-water use, are typically formulated to clean just as well at lower temperatures.

April 23: Make every day Earth Day. Care for the Earth in all you do. For example, in the car:

- Drive at the speed limit.
- Avoid sudden starts or stops.
- Don't overfill the fuel tank.
- Check the tire pressure monthly.
- Change air and oil filters regularly.

April 16: April is Earth's Month – what will you give back? With waste pollution entering our environment at an ever-increasing rate, it's time for major corporations to do their part. Costco can make a big impact right now by stopping its excessive use of bulk packaging. Will you sign our petition [here](#) today?

April 9: This is the best time of year to get out of the house and enjoy a walk while taking in our annual "resurrection" of Mother Nature. While on your walk, consider how you can help conserve this amazing world our Creator has given us.

April 2: Don't throw your coffee grounds out and no need to compost them. Save them in a canister next to your coffee pot. When it's full, sprinkle the grounds around the base of your evergreen trees and shrubs. Your hollies, pines and azaleas love the gentle acid in coffee grounds.

March 26: Give the gift of adventure and experience over factory-made products.

March 19: Caring for Water Resources. The average household's leaks can account for nearly 10,000 gallons of water wasted every year and ten percent of homes have leaks that waste 90 gallons or more per day. Common types of leaks found in the home are worn toilet flappers, dripping faucets, and other leaking valves. An easy way to see whether your toilet tank is leaking into the bowl is to put a few drops of food coloring in the tank. If color shows up in the bowl before the next flush, you have a leak. Another

way is to simply listen for non-stop running water in the toilet. Fixing water leaks can save homeowners about 10 percent on their water bills.

March 12: If you plan to add new plants to your garden or yard this spring, you should look for ones that are native to your area. These plants thrive with less watering or use of toxic sprays for pests. One source for locating plants native to your area is: [www.audubon.org/plants](http://www.audubon.org/plants). You can also check out the local master gardeners' website: [mgnv.org](http://mgnv.org)

March 5: Beginning to feel like Spring. Some of us may be putting seeds or plants into the ground for food/flowers. Some of us do not have "green thumbs." But we can support local farmers, reduce food-transport costs & bad environmental effects, eat healthier and enjoy meeting other kindred souls when we **shop at area Farmers' Markets**. Most function over the weekends. Are costs sometimes a little higher? Yes, but still worth it!

Feb. 26: Go outside. Connecting with creation and being reminded of God's goodness is a powerful way to motivate ourselves and others to care for our Earth. Not only that, numerous research studies show spending time in creation is so good for us in many ways – mentally, physically and spiritually. Make some time this week to spend time in nature and give thanks for this beautiful world God created. Plant something in the garden, walk in your local reserve or find a nearby hiking track. Share with a friend or family member what you saw, heard and experienced. Give thanks to God for creating such a precious and amazing world.

Feb. 19: About 15% of global greenhouse emissions result from livestock farming — almost on par with those produced by all sectors of transportation. Each year the amount of forested land cleared for cattle grazing releases emissions equal to driving 600 million cars. This Lent give your health and the planet's health a boost and consume less red meat.

Feb. 12: By using vinegar to clean mirrors, kitchen counters, bathroom sinks, etc., you can save money and avoid buying more plastic spray bottles of cleaners that contain a lot of chemicals. Mix equal parts water and vinegar in a spray bottle. Use full strength vinegar to clean mildewed tile or grout.