

# Sage Tips To Ease Your Green Conscience

Resolutions are sooo last year, but there are simple and easy ways that we can all be proud of our green conscience in 2008. Here are some sure-fire sage green living tips, whether or not you are a tree hugger!

\* Waste not, want not.  
Re-use.

\* Use a cloth tote for shopping, fashionable and sensible.

\* Say no to Styrofoam.

\* Donate old clothes, home items, furniture and cars to charity.

\* Don't use plastic forks, knives, spoons or plates during summer BBQ's. Use the real stuff, it's classier anyway.

\* The same goes with paper napkins, tablecloths and powder room disposable hand towels – choose luxurious, washable fabric linens for entertaining instead.

\* A dishwasher (especially an energy start rated one) is more efficient than washing dishes by hand. There's no excuse for dry scaly dish hands anymore, preserve that manicure without guilt and load up the dishwasher.

\* Get romantic, turn down the lights and take it slow. Turn off those harsh overhead lights and get in the mood with a natural soy based candle that casts a glow and sets the mood, sans energy.

\* Is your house warm? Close the blinds and peel off a layer.

\* Is your house cold? Open up the blinds, let the sun shine in, and add a cozy sweater. Or spend a few dollars and coat



your windows with tint that lets you see out, but your neighbors can't see in.

\* Try eco friendly and yummy smelling cleaning products by Method. Or make your own concoctions using vinegar, water, lemon and baking soda.

\* Dust with old tee shirts and ratty old socks.

\* Switch to a low-flow shower head.

\* Turn off the water while brushing your teeth.

\* Reduce paper: pay your bills online, cancel catalogues (shop online instead) and refuse phone books

(check out <http://www.yellowpages.com> and <http://www.whitepages.com>.)

\* Replace conventional light bulbs with compact fluorescents

\* Think about the implications of buying bottled water. (*Bob Harris deals with this equivocation on page 9 of this issue.*) Carry a chic modern stainless steel or glass water bottle with your own tap water and a wedge of lemon or slice of cucumber. Consider your water bottle as an accessory, and a green one at that.

~ Skye MacBroom