

CARING FOR CREATION NEWS

May 2009

Last month thirteen of our fellow parishioners spent four weeks working through the *Low Carbon Diet: A 30 Day Program To Lose 5000 Pounds* curriculum. We examined our own energy habits, analyzed our home systems, and thought of ways that we could extend the challenge to others. Here are some brief thoughts from two of the participants.

Judi Boogaart:

The Carbon Diet class we held during Lent gave us a chance to share ideas for energy saving habits. I mentioned my habit of hanging clothes to dry instead of using the dryer. During the winter months I hang laundry from hangers on a garment rack or in a doorway. While I'm saving energy the freshly laundered clothes act as both humidifier and air freshener. Now that spring is here I enjoy hanging my washing outside again. Why do I love it so much? Because it gets me out under a blue sky, where the robins are singing "cheer up, cheerio," golden daffodils nod at me, I start thinking about what to plant in my garden, and, oh yes – I can gather in an armful of clothes that smell like pant legs flapping in a sunny breeze. M-m-m-good!

Chris Wiers:

DIAGNOSTIC & STATISTICAL MANUAL OF MILEAGE DISORDERS

The wife believes I'm a twitch for a panoply of behaviors, but particularly for my tic of tracking the mileage of whatever vehicle I own, whether truck, car, or motorcycle. To my mind, it's the easiest and best early indicator of a mechanical problem. When I stop for gas, I always fill the tank and drive it until it's empty. I set the trip odometer at every fill up, and I divide the miles driven by the number of gallons pumped. It's automatic for me. After reading and following the program of the *Low Carbon Diet*, I've acquired another quirk: tire inflation. Since I had been collecting the data already and knew the regular range of each vehicle, I began insuring our tires are properly inflated. No revelation that I confirmed the book's claim that properly inflated tires extend mileage five-to-seven percent. Now when I mention the voices, she knows I probably mean only the singing of the tires.