

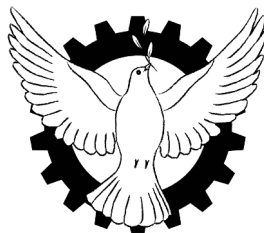
INDEPENDENCE FROM OIL NOW!

**No more wars for oil and natural resources!
No more polluting our sea, air and landfills!**

The murderous and destructive trap of the oil lifestyle is a condition we were all born into. Our society has been engineered with the underlying necessity and functionality to be dependent on gasoline and petroleum products in most every aspect. It is not realistic that we will overcome this problem overnight. But we must introduce ourselves to a more thoughtful lifestyle and promote it to others at every opportunity. We must evolve beyond fossil fuels as soon as possible. Please act now!

BOYCOTT BP!

LET THEM KNOW ENOUGH IS ENOUGH



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WHAT YOU CAN DO PERSONALLY:

AUTOMOBILES/TRANSPORTATION

- 1. Reduce:** If you must drive please reduce your average gasoline consumption by all variables and factors possible. Plan ahead for your grocery shopping in order to reduce the amount of needed trips to the grocery store. Research/utilize the closest options for local dining and entertainment.
- 2. Carpool:** Attempt to find family, friends and/or associates to commute to and from work with. Coordinate trips to the grocery store with your neighbor – decide upon a certain day of the week!
- 3. Hybrid/Electric:** When selecting the purchase or lease of a vehicle (or renting a vehicle) please consider hybrid and electric! Many options exist now and more options are coming to market.
- 4. High-Mileage Vehicles:** If you do purchase an all gasoline powered vehicle please select the most fuel efficient vehicle available to you. Avoid large gas-monster luxury vehicles at all costs!
- 5. Walk/Bicycle:** This is a literal translation of the term “people power.” It not only saves on the consumption of gasoline but is also a healthy lifestyle choice! A win/win for you and Planet Earth.
- 6. Mass Transit:** Research and utilize your local area mass transit alternatives such as light rail and bus systems. The more that people utilize these options the more the capacity will be increased.

DISPOSABLES/RECYCLED MATERIALS

- 1. Carry a Reusable Shopping Bag with You:** Eliminate the thousands of plastic and paper shopping bags choking our planet.
- 2. Pack a Waste-Free Lunch:** Our addiction to fast and "convenient" lunch products adds billions of pounds of trash to landfills each year. Bring your lunch to work!
- 3. Bring a Bottle or Mug:** Reduce wasteful consumption of disposable beverage bottles. They save you money while saving precious natural resources by cutting down on the trillions of cans and bottles trashed each year. Avoid the use of styrofoam cups at every option.
- 4. Use Paper Towel Replacements:** Utilize simple items to help you cut down on use-and-toss items in your home & office. Utilize reusable hand towels instead of paper towels!
- 5. Give Green – Wrap Gifts in a Reusable Bag:** Disposable paper gift wrap prevents unnecessary waste of our natural resources. Annually \$5 billion of gift wrap is tossed in the trash.
- 6. Bag the Sandwich Baggie:** Use innovative, reusable sandwich wraps to snack bags made from organic cotton & recycled plastic, each diverts waste from our landfills and saves money.
- 7. Replace Aluminum Foil & Plastic Wrap:** Utilize single-purchase, multi-use glass storage containers with reusable lids.
- 8. Utilize Recycled Materials Whenever Possible:** These option are available for most all items.
- 9. Utilize Efficient Home Water Filters:** Filter tap water coming into your home to negate the entire transportation of the retail water/plastics market. (Brita and PUR filters are good examples.)

ALTERNATIVE ENERGY/HOME EFFICIENCY

- 1. Solar/Wind Power:** If you have the resources install Solar/Wind power systems today!
- 2. Home Energy Efficiency:** Purchase the most energy efficient (Energy Star) appliances, choose “low flow” toilets, address home efficiency (i.e. weather stripping) and moderate heating/cooling.