**365-Day “Olymp-i-a Challenge” for GREEN-LIVING- Year 1**

**Author: Lesa R. Walker, MD, MPH\*\***

**\*\*Author’s comments:** In this document I present my daily positive ideas and actions for green-living, generated (and posted in Facebook) in the Year 2011. This journal is a journey of positive discovery. I hope it provides you with inspiration for your own positive ideas and actions for green-living. Many of the ideas and actions are timeless and are relevant now and in the future. Some, however, are specific to a particular event in 2011. Nevertheless, the journal entries provide you with tangible examples of positive steps taken on a daily basis. The journal entries frequently include and reference websites and their content. Due to the fluid and changing landscape of the Internet, some links may not work over time. If a link does not work or a website no longer exists, you can enter key words from the subject matter of the journal entry in “Google” or other search engine to locate current relevant websites and launch your own exploration. As you will see, the journal entries reflect my personal interests, passion, and culture. They serve merely as prompts to motivate and encourage you to create your own, personal and unique journey.

After reading an idea or action, write down your own positive idea or action for that day along with the date and re-save this file so you record your positive idea or action. Do this as often as you can over time. Ideally, do this for 21-30 consecutive days to help engrain the habit. The more you practice, the stronger you become! You will create a living journal of your positive ideas and actions.

**365 Daily Positive Ideas and Actions for Green-Living:**

**Day 1: OLYMP-I-A for GREEN-LIVING: Action: In order to network with others and build a support group for the “Olymp-i-a Challenge,” I updated my “Olymp-i-a for Green-Living” Group on Facebook to engage people in positive ideas and actions for green-living.**

**Day 2: OLYMP-I-A for GREEN-LIVING: Action: To help me connect with others and access information on green-living, I started following additional "Green-Living" groups on Twitter.**

**Day 3: OLYMP-I-A for GREEN-LIVING: Idea/Action: I thought about the amount of water I am in the habit of using at the sink when washing my hands or brushing my teeth. I used much less in Ghana when I did not have a lot of water. So, I know I can work on changing this habit.**

**Day 4: OLYMP-I-A for GREEN-LIVING: Action: I took a few minutes to drop off my used printer cartridges for recycling. Best Buy has a drop-off container I use.**

**Day 5: OLYMP-I-A for GREEN-LIVING: Idea: I think recycling containers should be conveniently located in restrooms since many paper goods are disposed of there.**

**Day 6: OLYMP-I-A for GREEN-LIVING: Idea: Companies that sell printers and computers should provide buyers, at the time of purchase, information on recycling and convenient, available means to do so when the printer or computer is no longer functional. This should be routine and expected practice.**

**Day 7: OLYMP-I-A for GREEN-LIVING: Idea: Today, when driving to work, I saw an incredibly long line of about 30 bags of leaves placed out in front of a house for recycling (the most I've ever seen from one house). The sight was impressive and I thought "how awesome is that!" :)).**

**Day 8: OLYMP-I-A for GREEN-LIVING: Action: I went on a long walk. I saw an amazing crisp blue sky dotted with white clouds. I walked through small drifts of soft, richly colored red and gold leaves. I listened to birds and to the chatter of squirrels scampering through trees. I felt the cool breeze on my skin. What a treasure we have!**

**Day 9: OLYMP-I-A for GREEN-LIVING: Idea: If we don't live in trash, it is easier not to think about it or where it goes. Out of sight, out of mind. We need to train ourselves to pay attention and seek to understand the unseen. Thus, the importance of being able to imagine and go beyond our limited view of the world.**

**Day 10: OLYMP-I-A for GREEN-LIVING: Action: Today I went to the grocery store and forgot my cloth grocery bags in the car. I have a habit of doing this :)). At the checkout, after I paid for my items, I asked the checker just to put them (without bagging) back into my cart. I then took the items to my car and put them into the cloth bags I had there. I was able to avoid using additional bags. Yeah!**

**Day 11: OLYMP-I-A for GREEN-LIVING: Action: I was eating a Stonyfield yogurt and noticed an ad on the yogurt lid for a free smart-phone app from "Climate Counts" that helps you fight climate change. You can download the app at Stonyfield.com. The app might be a cool way to help take daily steps to run an OLYMP-I-A for GREEN-LIVING.**

**Day 12: OLYMP-I-A for GREEN-LIVING: Action: I noticed and took time to read the back of my cereal box. I learned about Gene Kahn the Founder of Cascadian Farm. He served on the USDA's National Organic Standard Board from 1992-1997. I am going to take interest in and learn about the people and the companies who generate the food I eat.**

[](https://www.facebook.com/CascadianFarm?ref=nf)

[**Cascadian Farm**](https://www.facebook.com/CascadianFarm)

Our Community Rules: [http://ow.ly/9QBmb](http://www.facebook.com/l.php?u=http%3A%2F%2Fow.ly%2F9QBmb&h=hAQHaL3_pAQEcLxVIeJSlOusYaamuFcx_6zgUkTeuP_rNHw&s=1) Thanks for visiting our page. At Cascadian Farm we’re passionate about sharing love for organic with others. We welcome you to join us by sharing your ideas, stories, links, photos or anything else you find interesting. But, we do ask that you respect others...

**Day 13: OLYMP-I-A for GREEN-LIVING: Action: I read up on the "ecomaginaton Challenge." It is "the largest challenge of its kind with a global call for the best ideas for improving household energy efficiency, energy management, and harnessing wind, solar, hydro and biomass power. The ecomagination Challenge will be open for ideas from January 18 through March 1, 2011" Harness the energy of ideas!**

**[http://www.ecomagination.com/challenge](http://www.ecomagination.com/challenge" \t "_blank)**

[www.ecomagination.com](http://www.ecomagination.com/challenge" \t "_blank)

**Day 14: OLYMP-I-A for GREEN-LIVING: Action: I found out that "Best Buy" stores offer free, postage-paid envelopes for recycling old cell phones and accessories. "Best Buy" donates a portion of the proceeds from your old cell phone to the Boys and Girls Clubs of America.**

**Day 15: OLYMP-I-A for GREEN-LIVING: Idea: When ants build large mounds, and their communities overrun our gardens or our living spaces, we call them pests. When we lay waste to habitats that we share with other species, without concern or thought about potential consequences, what should we be called?**

**Day 16: OLYMP-I-A for GREEN-LIVING: Action and Idea: I noticed a sign posted at a movie theater, encouraging people and instructing people how to recycle their 3-D glasses. The theater's effort was a step in the right direction. It would be so easy for people just to throw their 3D glasses in the trash.**

**Day 17: OLYMP-I-A for GREEN-LIVING: Action: We weather-stripped our house to help reduce our use of electricity and gas.**

**Day 18: OLYMP-I-A for GREEN-LIVING: Action: I located the recycling bins in the break rooms and cafeteria at my work. Now that I know where they are routinely placed, I can advocate for additional locations to increase access and use.**

**Day 19: OLYMP-I-A for GREEN-LIVING: Action: I wandered onto the Facebook wall of Jim Pathfinder Ewing and read his posts. Well worth it!** [**http://www.facebook.com/pages/Jim-PathFinder-Ewing/19604582873?v=wall**](http://www.facebook.com/pages/Jim-PathFinder-Ewing/19604582873?v=wall)

[](https://www.facebook.com/pages/Jim-PathFinder-Ewing/19604582873?ref=nf)

[**Jim PathFinder Ewing**](https://www.facebook.com/pages/Jim-PathFinder-Ewing/19604582873)

Jim PathFinder Ewing is an award-winning journalist, author and organic farmer who lives in Lena, Miss., and operates ShooFly Farm with his wife Annette. He is president of the Mississippi Fruit and Vegetable Growers Association, is East Central Regional Director of Gaining Ground – Sustainability...

**Day 20: OLYMP-I-A for GREEN-LIVING: Action: I checked out the website:** [**http://www.greenroofs.com/**](http://www.greenroofs.com/)

[](http://www.greenroofs.com/projects/pview.php?id=1422)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.greenroofs.com/&h=HAQHAa5S8&s=1)

**[Greenroofs.com: The Resource Portal for Green Roofs](http://www.greenroofs.com/" \t "_blank)**

[www.greenroofs.com](http://www.greenroofs.com/" \t "_blank)

**Day 21: OLYMP-I-A for GREEN-LIVING: Action: I got some tea from Starbucks and read on the cup that Starbucks is working on a hot cup that's 100% recyclable. Find out more by checking out "Starbucks Shared Planet."** <http://www.starbucks.com/responsibility/learn-more/starbucks-shared-planet>.

**[](http://www.starbucks.com/responsibility/global-report/ethical-sourcing)**

**Day 22: OLYMP-I-A for GREEN-LIVING: Idea: In order to obtain a patent on an invention, the inventor should have to provide a feasible recycling plan for their product of invention.**

**Day 23: OLYMP-I-A for GREEN-LIVING: Idea: The more we honor and show respect for the Earth and all living things, the more we honor and respect ourselves.**

**Day 24: OLYMP-I-A for GREEN-LIVING: Action & Idea: I was on a walk and stopped and listened for a full minute to the sounds of the birds- something I rarely do. It was beautiful and relaxing. If we do not take time to notice the nature around us, it can be easier to think it doesn't matter.**

**Day 25: OLYMP-I-A for GREEN-LIVING: Idea: Though I love the convenience of the individual-serving yogurt containers for my lunch at work, I will try to make the effort to buy the larger-size yogurt and carry my lunch serving in a small, washable and reusable container.**

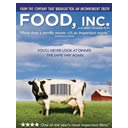
**\*\*Extra Note: The effort is worth it! Every step you take increases your GREEN-LIVING footprint!**

**Day 26: OLYMP-I-A for GREEN-LIVING: Action: I ate a crunchy and delicious organic apple at lunchtime. Yumm!**

**Day 27: OLYMP-I-A for GREEN-LIVING: Idea: I realize that buying organic produce can be more expensive. However, I can take a small step and trade off one thing on occasion. For example, if I reduce buying something that I really do not need, such as a canned drink, I can buy a piece of organic fruit. Maybe I could change my cravings and my budgeting.**

**Day 28: OLYMP-I-A for GREEN-LIVING: Idea: We live in a time of expediency. We want things to be "easy" and "quick" which often generates a demand for more short-cut, expendable products, creates more waste, and works against caring for the world. I believe we should openly acknowledge this issue and create atmospheres in our work and daily lives that make it acceptable to slow down.**

**Day 29: OLYMP-I-A for GREEN-LIVING: Idea: It is important to learn more about our food sources. There are some powerful and informative documentaries available such as "Food, Inc.":** [**http://topdocumentaryfilms.com/food-inc/**](http://www.facebook.com/l.php?u=http%3A%2F%2Ftopdocumentaryfilms.com%2Ffood-inc%2F&h=DAQGutiiaAQFINi4xjDRqN9bjtafAptDYfwZEsX6oL6BfCw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://topdocumentaryfilms.com/food-inc/&h=iAQEbxoD-&s=1)

**[Food, Inc. | Watch Free Documentary Online](http://topdocumentaryfilms.com/food-inc/" \t "_blank)**

[topdocumentaryfilms.com](http://topdocumentaryfilms.com/food-inc/" \t "_blank)

[For most Americans, the ideal meal is fast, cheap, and tasty. Food, Inc. examines the costs of putting value and convenience over nutrition and environmental impact. Director Robert Kenner explores the subject from...](http://topdocumentaryfilms.com/food-inc/" \t "_blank)

**Day 30: OLYMP-I-A for GREEN-LIVING: Action: I ate a simple, inexpensive, and delicious Amy's Breakfast Scramble Wrap made with organic tofu, vegetables, and cheese.** [**http://www.facebook.com/AmysGoOrganic**](http://www.facebook.com/AmysGoOrganic)

[](https://www.facebook.com/AmysGoOrganic?ref=nf)

[**Amy's Kitchen-GO ORGANIC!**](https://www.facebook.com/AmysGoOrganic)

Amy’s Kitchen is a family business. After my parents, Andy and Rachel Berliner had me, Amy, in 1987, they realized they had little time to cook the healthy, organic meals they loved. They formed Amy's Kitchen to help people like them who are sometimes too busy to cook delicious, nutritious meals.

**Day 31: OLYMP-I-A for GREEN-LIVING: Idea: I believe green-living is best served by a life of simplicity.**

**Day 32: OLYMP-I-A for GREEN-LIVING: Action: I covered my outdoor plants in preparation for a hard freeze tonight.**

**Day 33: OLYMP-I-A for GREEN-LIVING: Action: I recycled as many items as possible from my lunch today at work.**

**Day 34: OLYMP-I-A for GREEN-LIVING: Action: We cut off most of the lights at our house to save energy as part of our community's efforts to help prevent power outages from winter weather conditions.**

**Day 35: Running the OLYMP-I-A for GREENLIVING: Action: I walked outside and took a moment to marvel at our beautiful world, the sunlit snow adding icing to the cake.**

**Day 36: OLYMP-I-A for GREEN-LIVING: Action: I picked up trash along the roadside in my neighborhood and recycled it.**

**Day 37: OLYMP-I-A for GREEN-LIVING: Action: I was inspired by a friend who always shops at the local Farmers' Market and who cooks simple, delicious meals from the fresh produce.**

**Day 38: OLYMP-I-A for GREEN-LIVING: Action: I ate wonderful and colorful vegetables for supper- brussel sprouts, cauliflower, turnips, yam soufflé, and greens with capers. Delicious!!**

**Day 39: OLYMP-I-A for GREEN-LIVING: Action: I used biodegradable animal waste pick-up bags today when I walked my dog in my neighborhood.**

**Day 40: OLYMP-I-A for GREEN-LIVING: Action: I turned our house thermostat WAY DOWN (and bundled up in blankets) to help conserve energy and to help prevent community power outages due to freezing weather.**

**Day 41: OLYMP-I-A for GREEN-LIVING: Action: I "recycled" 2 bags of clothing from family members by donating to the Salvation Army on their neighborhood drive.**

**Day 42: OLYMP-I-A for GREEN-LIVING: Action: I read about Horizon Organic (I buy their milk and other dairy products) and their commitment to healthy cows, healthy family farms, healthy communities, and a healthier planet. I also read about Hardy Farms in Maine, one of the Horizon Organic Family Farmers.** [**http://www.facebook.com/Horizon**](http://www.facebook.com/Horizon)

[](https://www.facebook.com/Horizon?ref=nf)

[**Horizon Organic**](https://www.facebook.com/Horizon)

At Horizon, we believe the choice for a healthy family and a healthy planet should be an easy one. That's why we offer a variety of wholesome, responsibly produced, organic dairy products that parents can count on and kids love. Offering kids great‐tasting, good‐for‐you food choices not only makes...

**Day 43: OLYMP-I-A for GREEN-LIVING: Action/Idea: I saw two "Greenling" trucks drive by my house- delivering organic produce to people's homes. I thought that was a positive sign that we as a society are moving in a positive direction.** [**http://www.facebook.com/Greenling?ref=ts**](http://www.facebook.com/Greenling?ref=ts)

[](https://www.facebook.com/Greenling?ref=nf)

[**Greenling**](https://www.facebook.com/Greenling)

Greenling is a home delivery service of Local & Organic food! Shop online like you would at any website and get Local & Organic goodness for about the same prices as the grocery store delivered right to your door for FREE. Greenling is completely obsessed with making you happy and is shaking up fo...

**Day 44: OLYMP-I-A for GREEN-LIVING: Idea: I plan to try to tap the water pumped out by my air-conditioning unit's water run-off pipe this summer and use it to water my garden.**

**Day 45: OLYMP-I-A for GREEN-LIVING: Idea: If we could bottle the energy used to play politics, we could solve the energy crisis!**

**Day 46: OLYMP-I-A for GREEN-LIVING: Action/Idea: I noticed that lots of lights are left on all night in city buildings. I wonder if a study has been done to determine if it is more wasteful of energy to leave the lights on all night or to cut them all off in the evening and then cut them back on in the morning. Would be interesting to know.**

**Day 47: OLYMP-I-A for GREEN-LIVING: Action: I found a cool page on Facebook with lots of great ideas and actions for green-living. Great resource for the OLYMP-I-A Challenge for Green-Living!** [**http://www.facebook.com/pages/Living-Green-Magazine/108633967564**](http://www.facebook.com/pages/Living-Green-Magazine/108633967564)

[](https://www.facebook.com/pages/Living-Green-Magazine/108633967564?ref=nf)

[**Living Green Magazine**](https://www.facebook.com/pages/Living-Green-Magazine/108633967564)

Living Green is an online magazine addressing green living, sustainable choices for the home, work and community. Environmentally conscious, news, sustainability issues, media, books, green design, green building, shopping and social networking.

**Day 48: OLYMP-I-A for GREEN-LIVING: Action: Trying to trim down my water usage- running the tap and shower for shorter times.**

**Day 49: OLYMP-I-A for GREEN-LIVING: Action: I saw a TV ad About Toyota's "Ideas for Good". Toyota is asking people to generate and share their ideas about how to use Toyota technology to help make the world a better place to live. Fits right in with the OLYMP-I-A concept!** [**http://www.toyota.com/ideas-for-good/?srchid=K610\_p360600202**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.toyota.com%2Fideas-for-good%2F%3Fsrchid%3DK610_p360600202&h=AAQGEePxyAQFYSPaTuYyiYMu13wudx6ihzI6yNYbUQOzXAA&s=1)

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**[Toyota Ideas For Good](http://www.toyota.com/ideas-for-good/?srchid=K610_p360600202" \t "_blank)**

[www.toyota.com](http://www.toyota.com/ideas-for-good/?srchid=K610_p360600202" \t "_blank)

[The Ideas for Good Challenge asks how you would use Toyota technology to make the world a better place. Share your ideas: toyota.com/ideasforgood](http://www.toyota.com/ideas-for-good/?srchid=K610_p360600202" \t "_blank)

**Day 50: OLYMP-I-A for GREEN-LIVING: Action: Today I met a man who operates a business that makes solar-powered lighting. He was very interested in the OLYMP-I-A for GREEN-LIVING and was interested in collaboration.**

**Day 51: OLYMP-I-A for GREEN-LIVING: Action: I was walking down part of the path of the marathon a few hours after the marathon had finished and was amazed at how clean the streets were. The marathon volunteer crews did an excellent job picking up all the water cups, trash, etc. from such a huge crowd.**

**Day 52: OLYMP-I-A for GREEN-LIVING: Action: Today I recycled a used printhead from my printer as well as several empty ink cartridges. "Office Max" takes empty ink cartridges and recycles them.**

**Day 53: OLYMP-I-A for GREEN-LIVING: Action: A marathon runner, who was looking for positive things relating to green-living along the marathon path, emailed me and told me that the positive thing he noticed was how clean the city streets were. The city's positive effort helped inspire his run.**

**Day 54: OLYMP-I-A for GREEN-LIVING: Action: My outside plants around my house are drying out so I did some hand-watering. I try to hand-water instead of turning on the sprinkler system.**

**Day 55: OLYMP-I-A for GREEN-LIVING: Action: I ate a delicious, organic, strawberry Greek-style yogurt from "Brown Cow Farm"! Yummm! Nectar of the Gods!** [**http://www.browncowfarm.com/**](http://www.browncowfarm.com/)

**[BrownCowFarm.com: BrownCow Farm Yogurt - Homepage](http://www.browncowfarm.com/" \t "_blank)**

[www.browncowfarm.com](http://www.browncowfarm.com/" \t "_blank)

**Day 56: OLYMP-I-A for GREEN-LIVING: Action: I found an inspiring website-** [**http://planetgreen.discovery.com/tv/fast-forward/**](http://planetgreen.discovery.com/tv/fast-forward/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://planetgreen.discovery.com/tv/fast-forward/&h=aAQFQUuTY&s=1)

**[Fast Forward - Planet Green - On TV](http://planetgreen.discovery.com/tv/fast-forward/" \t "_blank)**

[planetgreen.discovery.com](http://planetgreen.discovery.com/tv/fast-forward/" \t "_blank)

[Watch our special Web series about thirteen unique visionaries in their quest to build a greener and healthier future for our planet.](http://planetgreen.discovery.com/tv/fast-forward/" \t "_blank)

**Day 57: OLYMP-I-A for GREEN-LIVING: Action: Carpooled to save gas.**

**Day 58: OLYMP-I-A for GREEN-LIVING: Action: Read about Matthew Modine's projects: "Bicycle for a Day" and the "Bicycle Container Project."** [**http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-matthew-modine.html**](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-matthew-modine.html)**#**

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**[Fast Forward Episode: Matthew Modine](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-matthew-modine.html" \t "_blank)**

[planetgreen.discovery.com](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-matthew-modine.html" \t "_blank)

[When asked what he would do to help reduce carbon emissions, the actor Matthew Modine had an immediate answer: Bicycle. Driven by the idea that a simple act could](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-matthew-modine.html" \t "_blank)

**Day 59: OLYMP-I-A for GREEN-LIVING: Action: I read about Gloria Reuben and the Waterkeeper Alliance and the "Dirty Lie Campaign," regarding the destruction of 400 mountains in Appalachian Mountain Range by the coal industry.** [**http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-gloria-reuben.html**](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-gloria-reuben.html)**#**

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**[Fast Forward Episode: Gloria Reuben](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-gloria-reuben.html" \t "_blank)**

[planetgreen.discovery.com](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-gloria-reuben.html" \t "_blank)

[The majestic Appalachian Mountain Ranges are a national landmark. In recent years, the region has come under threat by the coal industry, which has exploited its natural resources](http://planetgreen.discovery.com/tv/fast-forward/fast-forward-episode-gloria-reuben.html" \t "_blank)

**Day 60: OLYMP-I-A for GREEN-LIVING: Action: Read an interesting article about the Netherlands combining solar energy with bicycle paths:** [**http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html**](http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html)**#**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html&h=EAQEfOpvP&s=1)

**[Netherlands Looks at Combining Solar Energy with Cycle Paths](http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html" \t "_blank)**

[planetgreen.discovery.com](http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html" \t "_blank)

[Solar technology is great for generating renewable energy and revolutionizing transportation as we know it, but they also require a lot of space. One solution is to look at incorporating](http://planetgreen.discovery.com/tech-transport/netherlands-looks-at-combining-solar-energy-with-cycle-paths.html" \t "_blank)

**Day 61: OLYMP-I-A for GREEN-LIVING: Action: I ate a juicy, crisp, organic apple at lunchtime. I now do this almost every day. It has become such a habit that when I don't do it, I find myself craving the apple.**

**Day 62: OLYMP-I-A for GREEN-LIVING: Action: Instead of buying a cup of tea (in a styrofoam cup) at work, I brought with me a large mug of tea from home.**

**Day 63: OLYMP-I-A for GREEN-LIVING: Idea: Perhaps we should have regular news updates about the landfills and trash dumps in the U.S. and around the world along with pictures. I know it would be ugly and not easy to look at. But trash would then be "in sight" and "in mind." The trash problem would be more present in our lives and we might be inspired to take action.**

**Day 64: OLYMP-I-A for GREEN-LIVING: Action: I read an article for an update on the clean-up of the Gulf oil spill.** [**http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g\_n\_822784.html**](http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g_n_822784.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g_n_822784.html&h=mAQFbJluK&s=1)

**[Gulf Oil Spill Cleanup: Coast Guard Wants It Scaled Back](http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g_n_822784.html" \t "_blank)**

[www.huffingtonpost.com](http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g_n_822784.html" \t "_blank)

[NEW ORLEANS — The cleanup of oiled beaches along the Gulf of Mexico has reached a point where crews, heavy equipment and thorough scrubbing can cause more damage to the ecosystem than good, the Coast Guard said Friday. Birds, sea](http://www.huffingtonpost.com/2011/02/14/oil-spill-cleanup-coast-g_n_822784.html" \t "_blank)

**Day 65: OLYMP-I-A for GREEN-LIVING: Action: I drank an organic smoothie called "Green Sunset" with spirulina, organic spinach, organic beets, fresh organic carrots, fresh organic apple, mango, and cherry at the Daily Juice. Good to the last drop!**

[](https://www.facebook.com/pages/Daily-Juice/64521940955?ref=nf)

[**Daily Juice**](https://www.facebook.com/pages/Daily-Juice/64521940955)

Born in 2003 of the fresh, cool spring water of Barton Springs, deep in the heart of Austin, Daily Juice is freshly squeezed, 100% all fruit and vegetable (no fillers such as ice, egg, soy or sugar powder mixes that others use). With the addition of the Daily Juice Cafe in 2008, and a brand new prot...

**Day 66: OLYMP-I-A for GREEN-LIVING: Action: I worked in my garden- weeding and removing dead plants from the freeze. I used a cardboard box to collect the weeds and dead plants instead of a large plastic trash bag. It worked great! I can re-use it too!**

**Day 67: OLYMP-I-A for GREEN-LIVING: Action: I saw some eco-friendly bamboo plates at a restaurant. I looked up bamboo plates online and read an article about them.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.paystolivegreen.com/2008/08/sustainable-bamboo-kitchen-and-dinnerware/&h=JAQE39DbX&s=1)

**[Sustainable Bamboo Kitchen and Dinnerware | Pays to Live Green](http://www.paystolivegreen.com/2008/08/sustainable-bamboo-kitchen-and-dinnerware/" \t "_blank)**

[www.paystolivegreen.com](http://www.paystolivegreen.com/2008/08/sustainable-bamboo-kitchen-and-dinnerware/" \t "_blank)

[Bambu has a range of bamboo made products including plates, utensils, cutting boards and even cutlery organic](http://www.paystolivegreen.com/2008/08/sustainable-bamboo-kitchen-and-dinnerware/" \t "_blank)

**Day 68: OLYMP-I-A for GREEN-LIVING: Action: I found an article with the dates for Earth Day and other environmental days to observe and celebrate during the year. Great info! Mark your calendars! [NOTE: This info is dated, however, the article has information about various environmental days which you can explore and then find the current celebration dates.]** [**http://ecobites.com/eco-news-articles/green-news/775-earth-day-birthday-environmental-days**](http://ecobites.com/eco-news-articles/green-news/775-earth-day-birthday-environmental-days)

**[Earth Day Birthday + Environmental Days](http://ecobites.com/eco-news-articles/green-news/775-earth-day-birthday-environmental-days" \t "_blank)**

[ecobites.com](http://ecobites.com/eco-news-articles/green-news/775-earth-day-birthday-environmental-days" \t "_blank)

[A Green and Eco conscious community that features magazine articles on healthy lifestyle and recipes, members blogs, groups, community forum to share natural formulas, recipes and ideas, free classifieds and auction page, alternative](http://ecobites.com/eco-news-articles/green-news/775-earth-day-birthday-environmental-days" \t "_blank)

**Day 69: OLYMP-I-A for GREEN-LIVING: Action: I was at a Subway restaurant and saw that they have reusable meal bags and activity cards for kids that are free with every "Subway Fresh Fit for Kids" meal. Good for Subway! I checked out the website- great activities for kids and families!** [**http://www.subwaykids.com/grownups/default.aspx**](http://www.subwaykids.com/grownups/default.aspx)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.subwaykids.com/grownups/default.aspx&h=CAQE6n0jm&s=1)[](http://www.subwaykids.com/grownups/athome/SubwayKids.aspx)

**[SUBWAY KIDS™](http://www.subwaykids.com/grownups/default.aspx" \t "_blank)**

[www.subwaykids.com](http://www.subwaykids.com/grownups/default.aspx" \t "_blank)

**Day 70: OLYMP-I-A for GREEN-LIVING: Action: I hand-watered my garden and enjoyed the spring weather.**

**Day 71: OLYMP-I-A for GREEN-LIVING: Action: I went to a rally in support of education with over 11,000 people and at the end everyone made a point of picking up all the trash.**

**Day 72: OLYMP-I-A for GREEN-LIVING: Action: Took a walk on a beautiful day and enjoyed the budding of Spring.**

**Day 73: OLYMP-I-A for GREEN-LIVING: Action: Helped pick up trash at a large rally at the Capitol.**

**Day 74: OLYMP-I-A for GREEN-LIVING: Action: Ate a delicious "Amy's" meal of organic Indian vegetables- lentils, cauliflower, rice, and peas in a delicious curry sauce.**

[](https://www.facebook.com/AmysGoOrganic?ref=nf)

[**Amy's Kitchen-GO ORGANIC!**](https://www.facebook.com/AmysGoOrganic)

Amy’s Kitchen is a family business. After my parents, Andy and Rachel Berliner had me, Amy, in 1987, they realized they had little time to cook the healthy, organic meals they loved. They formed Amy's Kitchen to help people like them who are sometimes too busy to cook delicious, nutritious meals.

**Day 75: OLYMP-I-A for GREEN-LIVING: Action: Passing on a message I got about a free new way to raise money for Climate Counts. Just do your searching and shopping on Ark.com and Climate Counts gets funding. Give it a try! [NOTE: this info is no longer accessible via the web. Suggestion: search the web for “Climate Counts” to find relevant information.]**

**Day 76: OLYMP-I-A for GREEN-LIVING: Action: On the day of St. Patrick, I wore green, of course. I also found out info on the upcoming World Water Day on March 22nd [for 2011; dates vary for other years]. I found over 500 events posted in the World Water Day Event Map.** [**http://www.unwater.org/worldwaterday/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.unwater.org%2Fworldwaterday%2F&h=XAQEsZ3XmAQEcqX8cT2RfYm5i10pV3gKAx6hx2CdaZbkgSA&s=1)

**[World Water Day - March 22nd 2011 - Official Site](http://www.unwater.org/worldwaterday/" \t "_blank)**

[www.unwater.org](http://www.unwater.org/worldwaterday/" \t "_blank)

[The objective of World Water Day 2011 is to focus international attention on the impact of rapid urban population growth, industrialization and uncertainties caused by climate change, conflicts and natural disasters on urban water systems.](http://www.unwater.org/worldwaterday/" \t "_blank)

**Day 77: OLYMP-I-A for GREEN-LIVING: Action: I recycled my plastic bags at a local grocery store.**

**Day 78: OLYMP-I-A for GREEN-LIVING: Action: I recycled some blankets and other items by donating them to Goodwill.**

**Day 79: OLYMP-I-A for GREEN-LIVING: Action: I read the program for 2011 World Water Day. The celebration is in Cape Town, South Africa and runs from March 20-22, 2011. The theme of World Water Day 2011 is "Water for cities: responding to the urban challenge."** <http://www.unesco.org/new/en/natural-sciences/environment/water/world-water-day/>

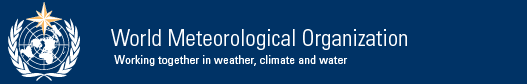
**[](http://www.unwater.org/wwd11/)**

[www.unwater.org](http://www.unwater.org)

**Day 80: OLYMP-I-A for GREEN-LIVING: Action: On a walk in my neighborhood I took time to let my senses experience the wonder of Spring- the sweet smells of different flowers blooming, the beautiful colors, and the songs of birds. If I take time to appreciate and experience the beauty of nature, I am more inclined to work to preserve it.**

**Day 81: OLYMP-I-A for GREEN-LIVING: Action: I found a large recycle bin at my work- a great place for paper recycling. I plan to use it!**

**Day 82: OLYMP-I-A for GREEN-LIVING: Action: I read about the World Meteorological Day celebration, March 23, 2011, and its theme, "Climate and You." Information and presentations are found at** [**http://www.wmo.int/worldmetday/**](http://www.wmo.int/worldmetday/)

[](http://www.wmo.int/pages/index_en.html)

**[World Meteorological Day 2011 | WMO](http://www.wmo.int/worldmetday/" \t "_blank)**

[www.wmo.int](http://www.wmo.int/worldmetday/" \t "_blank)

[WMO - WMO is the United Nations authoritative voice on weather, climate and water](http://www.wmo.int/worldmetday/" \t "_blank)

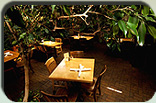
**Day 83: OLYMP-I-A for GREEN-LIVING: Action: I checked out GoEco on Facebook** [**http://www.facebook.com/goecovolunteering**](http://www.facebook.com/goecovolunteering)

[](https://www.facebook.com/goecovolunteering?ref=nf)

[**GoEco**](https://www.facebook.com/goecovolunteering)

Make a difference and enrich your life. Protect endangered wildlife, work with local communities and discover new cultures in diverse locations world- wide. Based on years of experience, GoEco specializes in volunteer programs in Israel and abroad in cooperation with other leading global organizatio...

**Day 84: OLYMP-I-A for GREEN-LIVING: Action: Had a bowl of delicious vegan soup at Mother's Cafe. The soup is tofu-lentil-curry. My favorite!** [**http://www.motherscafeaustin.com/**](http://www.motherscafeaustin.com/)

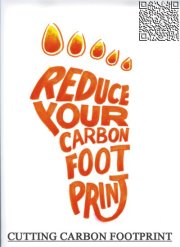
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.motherscafeaustin.com/&h=vAQEH3M0v&s=1)

**[Mother's Cafe & Garden](http://www.motherscafeaustin.com/" \t "_blank)**

[www.motherscafeaustin.com](http://www.motherscafeaustin.com/" \t "_blank)

[Since 1980, Mother's Cafe has been serving up great vegetarian and vegan food. Take a look at our menu - We offer something for everyone!](http://www.motherscafeaustin.com/" \t "_blank)

**Day 85: OLYMP-I-A for GREEN-LIVING: Action: I walked when I could have used my car and helped reduce my carbon footprint. Every step counts.** [**http://www.facebook.com/pages/CUTTING-CARBON-FOOTPRINT/124695727559622**](http://www.facebook.com/pages/CUTTING-CARBON-FOOTPRINT/124695727559622)

[](https://www.facebook.com/pages/CUTTING-CARBON-FOOTPRINT/124695727559622?ref=nf)

[**CUTTING CARBON FOOTPRINT**](https://www.facebook.com/pages/CUTTING-CARBON-FOOTPRINT/124695727559622)

We hope to provide people a chance to help save the planet by incorporating the slightest of changes, for we know that every little bit helps. Remember: It's only when little drops of water come together that they form an ocean!

**Day 86: OLYMP-I-A for GREEN-LIVING: Action: Instead of driving all over town & using a lot of gas to shop for a hard-to-find item I needed, I looked online and made some phone calls and make a quick, easy, non-gas-guzzling purchase.**

**Day 87: OLYMP-I-A for GREEN-LIVING: Action: Recycled my junk mail.**

**Day 88: OLYMP-I-A for GREEN-LIVING: Action: Took a walk and listened to all the bird calls and watched the squirrels scampering through the trees and became acutely aware of our responsibility to the many creatures with whom we share the Earth.**

**Day 89: OLYMP-I-A for GREEN-LIVING: Action: Found and explored a cool website:** <http://www.austintexas.gov/department/grow-green> )



**Day 90: OLYMP-I-A for GREEN-LIVING: Action: Keeping conscious of the need to recycle and trying to throw everything I can in the recycle bin! Maybe I'll put myself in the bin one day to see what happens :))**

**Day 91: OLYMP-I-A for GREEN-LIVING: Action: Experienced a beautiful sunset and warm, breezy night on the grounds of the Texas Capitol under the stars. We held a Nightlight Vigil to honor the real life stories of children, youth, and adults with disabilities. The beauty of the outdoors made the occasion even more memorable. The Rally earlier in the day had called for state funding of essential services to protect the environment.**

**Day 92: OLYMP-I-A for GREEN-LIVING: Action: Ate a delicious organic meal from the produce of local farms at a small, locally-owned restaurant.**

**Day 93: OLYMP-I-A for GREEN-LIVING: Action: Took a walk along the beautiful Town Lake trail and took in nature. I noticed the "Adopt a Garden" signs of the Trail Foundation and looked up the Trail Foundaton website. The Foundation works to maintain the trail and keep it beautiful for all users.** [**http://www.townlaketrail.org/**](http://www.townlaketrail.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.townlaketrail.org/&h=PAQGE8-F_&s=1)

**[The Trail Foundation](http://www.townlaketrail.org/" \t "_blank)**

[www.townlaketrail.org](http://www.townlaketrail.org/" \t "_blank)

**Day 94: OLYMP-I-A for GREEN-LIVING: Action: Ate a simple, macrobiotic meal and found some great recipes.** [**http://www.macrobioticmeals.com/macrobiotic\_recipes.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.macrobioticmeals.com%2Fmacrobiotic_recipes.html&h=FAQEqfDF9AQGftOjJfuEbbHOFGUQIJq77cx91OFYB-XvnRA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.macrobioticmeals.com/macrobiotic_recipes.html&h=_AQEykFFE&s=1)

**[Macrobiotic diet - recipes summer 1](http://www.macrobioticmeals.com/macrobiotic_recipes.html" \t "_blank)**

[www.macrobioticmeals.com](http://www.macrobioticmeals.com/macrobiotic_recipes.html" \t "_blank)

[Macrobiotic diet recipes for spring and summer - page 1](http://www.macrobioticmeals.com/macrobiotic_recipes.html" \t "_blank)

**Day 95: Running the OLMYP-I-A for GREEN-LIVING: Action: I read about home-farming. April 12th is home-farming day.** [**http://www.homefarming.com/**](http://www.homefarming.com/)

**[Home Farming](http://www.homefarming.com/" \t "_blank)**

[www.homefarming.com](http://www.homefarming.com/" \t "_blank)

[Homefarming.com has all the tools you need to grow your own vegetables and herbs at home. Whether you're a beginner or green-thumbed pro, join us to learn, share and grow.](http://www.homefarming.com/" \t "_blank)

**Day 96: OLYMP-I-A for GREEN-LIVING: Action: I read about the "Go Green" initiative on Facebook** [**http://www.facebook.com/pages/Go-Green/213469776157**](http://www.facebook.com/pages/Go-Green/213469776157)**. Good info on the web too:** [**http://www.gogreeninitiative.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.gogreeninitiative.org%2F&h=IAQH1iaOzAQH7D5sOTFELmZ82QELlZCyVkJ5oSfn5lQ_J1A&s=1)**.**

[](https://www.facebook.com/pages/Go-Green/213469776157?ref=nf)

[**Go Green!**](https://www.facebook.com/pages/Go-Green/213469776157)

To spread the word about climate change, by informing the public and rallying those sympathetic to our cause! Let's save the world together!

**Day 97: OLYMP-I-A for GREEN-LIVING: Action: I read the lid on my Stonyfield organic yogurt. This month's lid is about a collaboration of Stonyfield and the United States Tennis Association to bring tennis to school kids, the general public, and people with widely differing abilities. I read more about the monthly lid messages at** [**http://www.stonyfield.com/about-us/our-lids**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.stonyfield.com%2Fabout-us%2Four-lids&h=8AQHHtMCxAQEVzisl_Fuz0aXZI3mypLeKBXhNFpycQqrE7g&s=1)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.stonyfield.com/about-us/our-lids&h=TAQHA8L5u&s=1)[](http://www.stonyfield.com/about-us/our-lids/help-divvy-usta-funds-community-tennis)

**[Our Lids, Organic Yogurt, Healthy Food, Environmental Responsibility - Stonyfield Farm](http://www.stonyfield.com/about-us/our-lids" \t "_blank)**

[www.stonyfield.com](http://www.stonyfield.com/about-us/our-lids" \t "_blank)

[We print messages on our yogurt lids to tell our yogurt lovers about nonprofit environmental efforts, farming and health issues. View our lids here.](http://www.stonyfield.com/about-us/our-lids" \t "_blank)

**Day 98: OLYMP-I-A for GREEN-LIVING: Action: For breakfast I had organic yogurt, blueberries, and walnuts. I had purchased the yogurt in a large tub instead of the individual 6 oz. containers. I put scoops of yogurt in a reusable container, added frozen blueberries and the walnuts, and off to work. When I got to work I had a tasty breakfast treat to start my day. Yummm!**

**Day 99: OLYMP-I-A for GREEN-LIVING: Action: I visited one of the organic community gardens in our city, a wonderful place for people to grow their own organic food- straight from the garden to the table.** [**http://communitygardensaustin.org/?page\_id=70**](http://communitygardensaustin.org/?page_id=70)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://communitygardensaustin.org/?page_id=70&h=tAQEqa06H&s=1)

**[Coalition of Austin Community Gardens » Deep Eddy](http://communitygardensaustin.org/?page_id=70" \t "_blank)**

[communitygardensaustin.org](http://communitygardensaustin.org/?page_id=70" \t "_blank)

[Deep Eddy Organic Community Gardens 300 1/2 Atlanta Drive - located near Lady Bird Lake adjacent to Deep Eddy Swimming Pool and the hike and bike trail in central Austin. The Garden has been an active organic community garden f](http://communitygardensaustin.org/?page_id=70" \t "_blank)

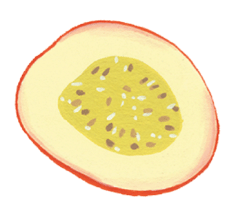
**Day 100: OLYMP-I-A for GREEN-LIVING: Action: Completing 100 days of the Olymp-i-a for Green-Living Challenge! I took a walk in the early morning, enjoying the cool morning air and listening to the birds awakening. I was drawn to the delicate perfume of a flowering bush and noticed a ladybug on one of the leaves. Since the ladybug brings good luck, I took it as a sign from Mother Earth of even better things to come as I continue the OLYMP-I-A adventure.**

**Day 101: OLYMP-I-A for GREEN-LIVING: Action: I noticed something new in the parking area for Whole Foods. There are now two parking spaces reserved only for electric cars with a place for the cars to be recharged while they are parked. A sign of the changing times!**

**Day 102: OLYMP-I-A for GREEN-LIVING: Action: I ate a tasty assortment of organic veggies for supper- edamame, peas, corn, greens.**

**Day 103: OLYMP-I-A for GREEN-LIVING: Action: I noticed a sign with the day, time, and location of a weekend Farmer's Market that my friend goes to regularly. It was a gentle reminder to me to go there to get fresh locally-grown produce.**

**Day 104: OLYMP-I-A for GREEN-LIVING: Action: I ate some "Purity" organic fingerling potatoes. I looked up Purity.Organic online and found out more about their organic juices, etc. Good stuff!** [**http://www.purityorganic.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.purityorganic.com%2F&h=6AQEBPJjtAQEOncDW8C5fiydzKj2C0IiZtOHJAU6BrRF0lg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.purityorganic.com/&h=3AQH17DTb&s=1)[](http://www.purityorganic.com/juice.html)

**[Purity.Organic™ | Better Fruit. Better Juice.](http://www.purityorganic.com/" \t "_blank)**

[www.purityorganic.com](http://www.purityorganic.com/" \t "_blank)

[Home | About Us | Our Juice | Functional Drinks | Our Fruit | The Farmers | Tell a Friend | Contact Us | Find Us © 2009 Purity.Organic™, Inc. | 1625 Bush Street Suite 3, San](http://www.purityorganic.com/" \t "_blank)

**Day 105: OLYMP-I-A for GREEN-LIVING: Action: I fought my ongoing battle to downsize the "clutter" around my house and recycled lots of paper.**

**Day 106: OLYMP-I-A for GREEN-LIVING: Action: Bought local and ate organic.**

**Day 107: OLYMP-I-A for GREEN-LIVING: Action: Went to a local small restaurant and noted they served organic eggs from Vital Farms, where chickens are humanely treated.** [**http://www.facebook.com/pages/vital-farms-pasture-raised-organic-eggs/251279500546**](http://www.facebook.com/pages/vital-farms-pasture-raised-organic-eggs/251279500546)

[](https://www.facebook.com/pages/Vital-Farms/251279500546?ref=nf)

[**Vital Farms**](https://www.facebook.com/pages/Vital-Farms/251279500546)

Our egg and broiler producers are true family farms that are beyond "cage-free" or "free-range." Our girls genuinely live outdoors everyday and are rotated regularly onto fresh pasture. The way they were intended to live - like birds!

**Day 108: OLYMP-I-A for GREEN-LIVING: Action: Discovered a locally run business, "White Mountain Foods"- providing great, nutritious vegan food.** [**http://www.facebook.com/pages/White-Mountain-Foods/174928941395?sk=info**](http://www.facebook.com/pages/White-Mountain-Foods/174928941395?sk=info)

[](https://www.facebook.com/WhtMntFoods?ref=nf)

[**White Mountain Foods**](https://www.facebook.com/WhtMntFoods)

Providing our customers with yogurt and good tasting, nutritious vegan products since 1980.Family owned & operated in Austin, TX

**Day 109: OLYMP-I-A for GREEN-LIVING: Action: Bought a birthday card made from recycled paper.**

**Day 110: OLYMP-I-A for GREEN-LIVING: Action: Ate a delicious vegan, organic, macrobiotic meal. Inspired eating!**

**Day 111: OLYMP-I-A for GREEN-LIVING: Action: Watched a TV program which explained how we could eliminate our dependence on oil NOW and could reduce pollution dramatically if we were willing to make and live by key decisions: use of solar and wind power, use of electric plug-in cars, use of bio mass fuels, installation and use of more mass transit in urban areas, and, most important, personal steps such as less energy/water use, recycling, etc.**

**Day 112: OLYMP-I-A for GREEN-LIVING: Action: Reading about and celebrating Earth Day - TODAY April 22nd!! Check out the cool new Billion Acts of Green Facebook app on** [**http://apps.facebook.com/billionactsofgreen**](http://apps.facebook.com/billionactsofgreen)**. Find out more about Earth Day at:** [**http://www.earthday.org/earth-day-2011**](http://www.earthday.org/earth-day-2011)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://apps.facebook.com/billionactsofgreen)[http://act.earthday.org/sites/all/themes/bag/images/webversion.png](http://act.earthday.org/)

**[I just joined the Billion Acts of Green Campaign](http://apps.facebook.com/billionactsofgreen)**

**Day 113: OLYMP-I-A for GREEN-LIVING: Action: I read a Washington Post article today on being Vegan. Interesting information: eating vegan one day a week reduces your carbon footprint more than eating local every day of the week.**

**Day 114: OLYMP-I-A for GREEN-LIVING: Action: Took an early morning ride to the lake and around parts of town via electric-powered scooter.**

**Day 115: OLYMP-I-A for GREEN-LIVING: Action: Cooked and ate some delicious brussel sprouts as part of a vegetarian meal.**

**Day 116: OLYMP-I-A for GREEN-LIVING: Action: I found out that "Kiva" is now financing "Green Loans" to borrowers who want to make their businesses and communities more sustainable by reducing waste, recycling, and minimizing pollution. Check it out.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.kiva.org/green?utm_source=jg&utm_medium=Email&utm_campaign=jg_Announcing+Kiva+Green+Loans+on+Earth+Day!+(260832333)&utm_content=lrwalker04@yahoo.com&h=aAQFQUuTY&s=1)

**[Kiva - Green Loans](http://www.kiva.org/green?utm_source=jg&utm_medium=Email&utm_campaign=jg_Announcing+Kiva+Green+Loans+on+Earth+Day%21+%28260832333%29&utm_content=lrwalker04%40yahoo.com" \t "_blank)**

[www.kiva.org](http://www.kiva.org/green?utm_source=jg&utm_medium=Email&utm_campaign=jg_Announcing+Kiva+Green+Loans+on+Earth+Day%21+%28260832333%29&utm_content=lrwalker04%40yahoo.com" \t "_blank)

[Green Loans](http://www.kiva.org/green?utm_source=jg&utm_medium=Email&utm_campaign=jg_Announcing+Kiva+Green+Loans+on+Earth+Day%21+%28260832333%29&utm_content=lrwalker04%40yahoo.com" \t "_blank)

**Day 117: OLYMP-I-A for GREEN-LIVING: Action: Read more about "GoEco." Thinking about a trip....** [**http://www.goeco.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.goeco.org%2F&h=qAQHRv53GAQFt5pi5fpszMQB9uRVfDotlvCVpUs2IWZN4uw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.goeco.org/&h=zAQHCvhJp&s=1)[](http://www.goeco.org/project/24/Volunteer_in_Thailand_Learn,_volunteer_andamp;_travel)

**[GoEco - Volunteer Abroad for Ecological & Humanitarian Projects with GoEco.org](http://www.goeco.org/" \t "_blank)**

[www.goeco.org](http://www.goeco.org/" \t "_blank)

[Volunteer Abroad with GoEco - Overseas volunteering projects includes Wildlife, Ecological & Humanitarian volunteering work](http://www.goeco.org/" \t "_blank)

**Day 118: OLYMP-I-A for GREEN-LIVING: Action: My dog reminded me that it's time for organic pest (flea) control for our home/yard. It's that time of year!**

**Day 119: OLYMP-I-A for GREEN-LIVING: Action: Found out info about Arbor Day at** [**http://www.arborday.org/arborday/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.arborday.org%2Farborday%2F&h=XAQEsZ3XmAQGOJMj1SD1g118VRSP-4PpuBNG_9_GHOKwieA&s=1)**. Read an interesting and eye-opening article "Arbor Day 2011: Are We Living Out 'The Lorax'?" on HUFFPOST GREEN at** [**http://www.huffingtonpost.com/2011/04/29/arbor-day-2011-wwf-living-forests-report\_n\_854613.html**](http://www.huffingtonpost.com/2011/04/29/arbor-day-2011-wwf-living-forests-report_n_854613.html)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.arborday.org/arborday/&h=6AQEBPJjt&s=1)[](http://www.arborday.org/Shopping/Merchandise/MerchDetail.cfm?id=50)

**[Arbor Day at arborday.org](http://www.arborday.org/arborday/" \t "_blank)**

[www.arborday.org](http://www.arborday.org/arborday/" \t "_blank)

[This official site of the Arbor Day Foundation provides information about planting and caring for trees, our Rain Forest Rescue and Tree City USA programs, and much more.](http://www.arborday.org/arborday/" \t "_blank)

**Day 120: OLYMP-I-A for GREEN-LIVING: Action: I was out on a walk today and noticed a bird feeding her young. The babies were peeping out of a small hole in a tree while the parent flew up and stuffed tasty treats in their eager mouths. I was reminded of the wonder and delicate balance of our ecosystem & how important it is to protect it.**

**Day 121: OLYMP-I-A for GREEN-LIVING: Idea: I watched a 3D IMAX movie "Born to be Wild" re: 2women in different parts of the world who have dedicated their lives to saving orphaned elephants and orangutans and returning them to the wild. The more we learn, the more we realize how important it is to respect and preserve our fellow travelers on this earth.** [**http://www.facebook.com/thedswt**](http://www.facebook.com/thedswt)

[](https://www.facebook.com/thedswt?ref=nf)

[**The David Sheldrick Wildlife Trust**](https://www.facebook.com/thedswt)

The DSWT is a registered charity in the UK, a Kenyan non-profit and a 501c3 in the USA, dedicated to the protection and conservation of wildlife and habitats in Kenya. The DSWT was founded by Dr Dame Daphne Sheldrick in Kenya in 1977, in memory of her late husband, David Sheldrick, the naturalist...

**Day 122: OLYMP-I-A for GREEN-LIVING: Idea: How amazing it would be to partner with "Comfort the Children" through their "Rafiki Link" initiative and bring students together from Kenya and the U.S. to discuss environmental issues.** [**http://www.ctcinternational.org/our-initiatives/education/rafiki-link**](http://www.ctcinternational.org/our-initiatives/education/rafiki-link)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/our-initiatives/education/rafiki-link&h=GAQH6mm62&s=1)[](http://www.rafikilink.org/)

**[Rafiki Link | Comfort the Children International](http://www.ctcinternational.org/our-initiatives/education/rafiki-link" \t "_blank)**

[www.ctcinternational.org](http://www.ctcinternational.org/our-initiatives/education/rafiki-link" \t "_blank)

[Providing hope through relationships and using a holistic approach to community development, CTC is empowering our world.](http://www.ctcinternational.org/our-initiatives/education/rafiki-link" \t "_blank)

**Day 123: OLYMP-I-A for GREEN-LIVING: Action: Found out about Johnson's Backyard Garden. You can workshare for half a day for a share of the veggies.** [**http://www.facebook.com/pages/Johnsons-Backyard-Garden/48608757650**](http://www.facebook.com/pages/Johnsons-Backyard-Garden/48608757650)

[](https://www.facebook.com/pages/Johnsons-Backyard-Garden/48608757650?ref=nf)

[**Johnson's Backyard Garden**](https://www.facebook.com/pages/Johnsons-Backyard-Garden/48608757650)

Johnson's Backyard Garden is a small family-run and community-supported farm, serving the Austin TX area. Visit [www.jbgorganic.com](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.jbgorganic.com&h=VAQFyPsLLAQF6pZTjMsb8XkC-XdNXHoAH0if_ZuIxPLBmIQ&s=1) to join our CSA. Find our produce year-round at farmers markets in Austin and at Wholefoods and Wheatsville Coop.

**Day 124: OLYMP-I-A for GREEN-LIVING: Action: Had a salad for supper with all kinds of organic veggies.**

**Day 125: OLYMP-I-A for GREEN-LIVING: Action: I've found an organic kelp food supplement for my dog to help with itching.**

**Day 126: OLYMP-I-A for GREEN-LIVING: Action: I like reading recycled books from the "Half Price Books" store.** [**http://www.facebook.com/halfpricebooks?sk=wall**](http://www.facebook.com/halfpricebooks?sk=wall)

[](https://www.facebook.com/halfpricebooks?ref=nf)

[**Half Price Books**](https://www.facebook.com/halfpricebooks)

Half Price Books has 114 stores in 16 states, with each store carrying a unique variety of new and used books, music, movies and games. And for booklovers, tree huggers, and collectors alike, Half Price Books is a great place to work. Find employment opportunities at [http://hpb.com/jobs](http://www.facebook.com/l.php?u=http%3A%2F%2Fhpb.com%2Fjobs&h=NAQHV6A5UAQHIEGSvxFy0ypSeRzrKi8Co4g0ir3jRHAZjog&s=1) This is the...

**Day 127: OLYMP-I-A for GREEN-LIVING: Action: I read up on the Global Alliance for Clean Cookstoves:** [**http://www.facebook.com/cookstoves?sk=wall**](http://www.facebook.com/cookstoves?sk=wall)**.**

[](https://www.facebook.com/cookstoves?ref=nf)

[**Global Alliance for Clean Cookstoves**](https://www.facebook.com/cookstoves)

The Global Alliance for Clean Cookstoves is a public-private partnership to save lives, improve livelihoods, empower women, and combat climate change by creating a thriving global market for clean and efficient household cooking solutions.

**Day 128: OLYMP-I-A for GREEN-LIVING: Action: I saw something called an "Enviro-Cake." It is a small eco system in the shape of a round cake. As you water it, the plants grow and populate the ecosystem. A low-cal and eco-friendly way to enjoy cake!** [**http://www.facebook.com/pages/Enviro-Cakes/189675441078906**](http://www.facebook.com/pages/Enviro-Cakes/189675441078906)

[](https://www.facebook.com/pages/Enviro-Cakes/189675441078906?ref=nf)

[**Enviro-Cakes**](https://www.facebook.com/pages/Enviro-Cakes/189675441078906)

Do you enjoy miniature gardening? Well, you have come to the right place. We offer several do-it-yourself kits and a line of plants perfect for terrariums, fairy gardens, and small plantings.

**Day 129: OLYMP-I-A for GREEN-LIVING: Action/Idea: I looked through my kitchen window and watched a mother squirrel teaching her youngster how to search for acorns in our backyard and find water in our watering can. May we always take time to see the beauty of nature around us and not take it for granted.**

**Day 130: OLYMP-I-A for GREEN-LIVING: Action: I saw a Dasani green cap bottle and learned more about the PlantBottle online.** [**http://dasani.com/?WT.srch=1#/plantbottle**](http://www.facebook.com/l.php?u=http%3A%2F%2Fdasani.com%2F%3FWT.srch%3D1%23%2Fplantbottle&h=NAQHV6A5UAQFBdoeu6FL86BK0269gWN9Xhv7nzP3l3EkZgA&s=1)

**[DASANI ® :: Home](http://dasani.com/?WT.srch=1" \l "/plantbottle" \t "_blank)**

[dasani.com](http://dasani.com/?WT.srch=1" \l "/plantbottle" \t "_blank)

[DASANI ® :: Home: Better by design, PlantBottle™ is made from 30% plant-based materials and is still a 100% recyclable bottle.](http://dasani.com/?WT.srch=1" \l "/plantbottle" \t "_blank)

**Day 131: OLYMP-I-A for GREEN-LIVING: Action: Bought organic produce at the grocery store. Consumers create change by changing what they buy.**

**Day 132: OLYMP-I-A for GREEN-LIVING: Action: Read through a cookbook for vegetarian meals and got some great recipe ideas. Maybe, I'll expand my cooking horizons :))**

**Day 133: OLYMP-I-A for GREEN-LIVING: Action: The welcome rain refreshed the earth. Everything looks more vibrant. I can feel the happiness of the plants and animals.**

**Day 134: OLYMP-I-A for GREEN-LIVING: Action: I watched a TV show highlighting San Francisco's Greasecycle program and read more about it online. I think this is awesome!** <http://www.alternative-energy-news.info/san-francisco-greasecycle/> )

[Greasecycle](http://www.alternative-energy-news.info/san-francisco-greasecycle/)

**Day 135: OLYMP-I-A for GREEN-LIVING: Action: Participated in the bulk recycling program of the city.**

**Day 136: OLYMP-I-A for GREEN-LIVING: Action: I found and explored the Facebook page "Blue Planet Green Living." Great place for ideas!** [**http://www.facebook.com/BPGL1?sk=wall**](http://www.facebook.com/BPGL1?sk=wall)

[](https://www.facebook.com/BPGL1?ref=nf)

[**Blue Planet Green Living**](https://www.facebook.com/BPGL1)

BPGL posts green living ideas, humanitarian stories, interviews, product reviews, tips, book reviews, social action, eco-friendly beauty products, eco-travel ideas, and more! Join the BPGL team! We're seeking fresh posts, photos, and videos. Contact julia@blueplanetgreenliving.com.

**Day 137: OLYMP-I-A for GREEN-LIVING: Action: While taking a walk with my dog, I saw her looking intently at a bush. When I bent down to her level and looked, I saw a brilliant, red cardinal hidden in the leaves. When we change our perspective, we can find unexpected treasure. The human perspective is not the only one. It is one of many found in nature. It is important to preserve harmony in our co-existence.**

**Day 138: OLYMP-I-A for GREEN-LIVING: Action: While out on a walk, I made a point of noticing and counting all the different colors I saw. This simple action heightened my awareness and appreciation of the world around me and helped prevent me from taking such beauty for granted.**

**Day 139: OLYMP-I-A for GREEN-LIVING: Action: I wanted something quick to eat. I fought off the urge to drive through a fast-food chain store. Instead I waited to get home and ate a quick organic meal made by "Amy's Kitchen."**

**Day 140: OLYMP-I-A for GREEN-LIVING: Action: At a cafeteria I was happy to see a choice of cups. I had the option of a styrofoam or an "Eco-Product" cup. I chose the "Eco-Product" cup. We have power as consumers to create change.** [**http://www.facebook.com/EcoProducts?ref=ts&sk=wall**](http://www.facebook.com/EcoProducts?ref=ts&sk=wall)

[](https://www.facebook.com/EcoProducts?ref=nf)

[**Eco-Products**](https://www.facebook.com/EcoProducts)

The environmental choice for single-use cups, cutlery, plates and more, all made from recycled and plant-based materials. Green alternatives to traditional disposables. [www.ecoproducts.com](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ecoproducts.com&h=ZAQGuYcgYAQF5Wc1gYzz4xVKgPUJIIHyHksDPu1Rpvq__nQ&s=1)

**Day 141: OLYMP-I-A for GREEN-LIVING: Action: I saw the logo for "Ingeo" on an Eco Product recycled paper cup. The cup had a plastic lining made by Ingeo from plants, not oil. I googled Ingeo and found out more about bio-based plastics and fibers.** [**http://www.natureworksllc.com/the-ingeo-journey.aspx**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.natureworksllc.com%2Fthe-ingeo-journey.aspx&h=1AQGQq-B9AQEULo7i20qjg05wmiOz0EvYSKlgQgaH1gLG6Q&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.natureworksllc.com/the-ingeo-journey.aspx&h=ZAQGuYcgY&s=1)**[](http://www.natureworksllc.com/The-Ingeo-Journey/Raw-Materials)**

**[The Ingeo Journey](http://www.natureworksllc.com/the-ingeo-journey.aspx" \t "_blank)**

[www.natureworksllc.com](http://www.natureworksllc.com/the-ingeo-journey.aspx" \t "_blank)

[Since Ingeo was introduced in 2003, NatureWorks LLC has been dedicated to driving environmental progress through developing the global market for bio-based plastics & fibers.](http://www.natureworksllc.com/the-ingeo-journey.aspx" \t "_blank)

**Day 142: OLYMP-I-A for GREEN-LIVING: Action: Saw that the neighborhood Randall's grocery store has a collection box for recycling cardboard boxes. Hooray!**

**Day 143: OLYMP-I-A for GREEN-LIVING: Action: Discovered that the United Nations (UN) has declared 2011 as the international year of forests to raise awareness on the sustainable management, conservation and sustainable development of all types of forests.** [**http://www.facebook.com/pages/International-Year-of-Forests-2011/130409067025087?sk=wall**](http://www.facebook.com/pages/International-Year-of-Forests-2011/130409067025087?sk=wall)

[](https://www.facebook.com/pages/International-Year-of-Forests-2011/130409067025087?ref=nf)

[**International Year of Forests 2011**](https://www.facebook.com/pages/International-Year-of-Forests-2011/130409067025087)

The United Nations (UN) has declared 2011 as the international year of forests to raise awareness on the sustainable management, conservation and sustainable development of all types of forests.

**Day 144: OLYMP-I-A for GREEN-LIVING: Action: I saw the emblem for the "FSC" on a recycled cup. I looked up FSC on Facebook and found out more about it. The Forest Stewardship Council A.C. (FSC) promotes environmentally appropriate, socially beneficial, and economically viable management of the world's forests.** [**http://www.facebook.com/pages/Forest-Stewardship-Council-FSC/88211771707?sk=wall**](http://www.facebook.com/pages/Forest-Stewardship-Council-FSC/88211771707?sk=wall)

[](https://www.facebook.com/pages/Forest-Stewardship-Council-FSC/88211771707?ref=nf)

[**Forest Stewardship Council (FSC)**](https://www.facebook.com/pages/Forest-Stewardship-Council-FSC/88211771707)

FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world’s forests. Sign up for news updates at <http://www.fsc.org/subscribe-newsletter.html>

**Day 145: OLYMP-I-A for GREEN-LIVING: Action: Made a point of listening to the bird songs at daybreak... at first one or two birds start, and then others join in, until there is a magnificent symphony, all for free. I was amazed at what I heard when I paid attention. It is all too easy to miss the wonder of nature in our busy lives.**

**Day 146: OLYMP-I-A for GREEN-LIVING: Action: At a local coffee/tea shop I noted that they provided "Eco-Grip" thermal hot cup sleeves. Made from 100% recycled materials, "Eco-Grips" save over 2,600 trees by using 154 tons of recycled paper annually. I plan to start paying attention to the types of cups and cup sleeves that are provided at restaurants and ask for recycled products.**

**Day 147: OLYMP-I-A for GREEN-LIVING: Action: Visited the "Comfort the Children" organization headquarters in Austin. They support environmental projects in Kenya, including sustainable gardening and the production and sale of reusable hot cup sleeves to help fund the local Kenya initiatives.** [**http://www.facebook.com/comfortthechildreninternational**](http://www.facebook.com/comfortthechildreninternational)

[](https://www.facebook.com/comfortthechildreninternational?ref=nf)

[**CTC International**](https://www.facebook.com/comfortthechildreninternational)

CTC is a non-profit working alongside Kenyan communities to create sustainable change through our 5 initiatives: education, environment, economy, health and community. We are based in Maai Mahiu, Kenya a community of over 60,000 people growing and becoming more sustainable every day.

**Day 148: OLYMP-I-A for GREEN-LIVING: Action: Drove by a newly revitalized Farmers Market today and made a note to be sure to visit and do some shopping. The market had been closed for some time and recently reopened. It lifted my spirits to see it back in action.**

**Day 149: OLYMP-I-A for GREEN-LIVING: Action: I went on a walk at the lake and saw a cardinal feeding her young, a white adult swan with one black and one white cygnet, and a duck with 6 ducklings swimming along behind- a wonderful emersion in Spring and renewal of nature.**

**Day 150: OLYMP-I-A for GREEN-LIVING: Action: Today, I started fostering an orphan elephant in Kenya, named ISHANGA. She is fantastic!** [**http://www.sheldrickwildlifetrust.org/asp/fostering.asp**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.sheldrickwildlifetrust.org%2Fasp%2Ffostering.asp&h=IAQH1iaOzAQEvPVqUnuVZR-L-Lz4w9NIFPGupBmQg9Bls3A&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.sheldrickwildlifetrust.org/asp/fostering.asp&h=tAQEqa06H&s=1)

**[Adopt an Elephant Orphan - Foster an Elephant or Rhino Orphan](http://www.sheldrickwildlifetrust.org/asp/fostering.asp" \t "_blank)**

[www.sheldrickwildlifetrust.org](http://www.sheldrickwildlifetrust.org/asp/fostering.asp" \t "_blank)

[Adopt an Elephant Orphan or Rhino Orphan with the David Sheldrick Wildlife Trust through our on-line fostering program.](http://www.sheldrickwildlifetrust.org/asp/fostering.asp" \t "_blank)

**Day 151: OLYMP-I-A for GREEN-LIVING: Action: Today I saw 3 armadillos out for a stroll in our neighborhood and I appreciated the importance of preserving nature's diversity.**

**Day 152: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed receiving an e-card from my friend- saving trees!**

**Day 153: OLYMP-I-A for GREEN-LIVING: Action: Found out from a friend that Odwalla is donating $100,000 to plant trees in the United States this year. We can vote to help determine where those trees will be planted! Visit** [**www.odwalla.com/plantatree**](http://www.odwalla.com/plantatree) **and plant your tree. Each tree planted online equals $1 that a state will receive to plant real trees. I voted. It is quick and easy to do!**



**[2011 Odwalla Plant A Tree](http://www.odwalla.com/plantatree" \t "_blank)**

[www.odwalla.com](http://www.odwalla.com/plantatree" \t "_blank)

[Plant a Tree on Odwalla!](http://www.odwalla.com/plantatree" \t "_blank)

**Day 154: OLYMP-I-A for GREEN-LIVING: Action: Hand-watered some areas in my yard to keep a few green plants going in this heat.**

**Day 155: OLYMP-I-A for GREEN-LIVING: Action: Celebrating National Trails Day and 40 years of the Town Lake Trail!** [**http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/**](http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/&h=dAQGqxQlC&s=1)

**[Austin’s Lakeside Trail Marks 40 Years | KUT.org](http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/" \t "_blank)**

[kut.org](http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/" \t "_blank)

[You only need to login to comment on stories or submit events for our event calendar. Not logging in will not prevent you from listening to the KUT Media Player or accessing the rest of our](http://kut.org/2011/06/austins-lakeside-trail-marks-40-years/" \t "_blank)

**Day 156: OLYMP-I-A for GREEN-LIVING: Action: Saw a sign at Whole Foods check-out... reminded me that I can decline a sales receipt and help save a few trees.**

**Day 157: OLYMP-I-A for GREEN-LIVING: Action: Had a wonderful vegetarian dish for supper- Sicilian Pasta- artichokes, calamata olives, tomatoes, onions, capers, pasta, sauce, parmesan cheese... delicious!**

**Day 158: OLYMP-I-A for GREEN-LIVING: Action: After talking with a friend about glass recycling I found a website with more info:** [**http://earth911.com/recycling/glass/benefits-of-glass-recycling/**](http://earth911.com/recycling/glass/benefits-of-glass-recycling/)

**[Benefits of Recycling Glass - Earth911.com](http://earth911.com/recycling/glass/benefits-of-glass-recycling/" \t "_blank)**

[earth911.com](http://earth911.com/recycling/glass/benefits-of-glass-recycling/" \t "_blank)

[Guide to local resources including recycling centers, how to recycle, pollution prevention and how help protect the environment.](http://earth911.com/recycling/glass/benefits-of-glass-recycling/" \t "_blank)

**Day 159: OLYMP-I-A for GREEN-LIVING: Action: Found an informative Facebook page:** [**http://www.facebook.com/Earth911?ref=ts&sk=wall**](http://www.facebook.com/Earth911?ref=ts&sk=wall)**. If you visit this page, it's easy to do the OLYMP-I-A Challenge for Green-Living.**

[](https://www.facebook.com/Earth911?ref=nf)

[**Earth911**](https://www.facebook.com/Earth911)

Have you downloaded our free Android & Apple iOS app, iRecycle? <http://earth911.com/iphone> Earth911.com is the place to go for all you need to know about reducing your impact, reusing what you’ve got and recycling the rest. Visit Earth911.com to read the latest in green lifestyle stories, and most...

**Day 160: OLYMP-I-A for GREEN-LIVING: Action: Now in California visiting relatives: enjoyed organic fruit straight from the garden- peaches, apriums, white nectarines, blackberries, raspberries, grapes, and purple carrots :))**

**Day 161: OLYMP-I-A for GREEN-LIVING: Action: Attended a talk on sustainable gardening, emphasizing the importance of choosing plants for your yard and garden that grow well in your native environment.**

**Day 162: OLYMP-I-A for GREEN-LIVING: Action: Discovered a great way to grow veggies, etc. in a small space, using the "Ur-Bin."** [**http://www.facebook.com/pages/Ur-Bin/154978894558256?sk=wall**](http://www.facebook.com/pages/Ur-Bin/154978894558256?sk=wall) **I may order one online.**

[](https://www.facebook.com/urbin.dtla?ref=nf)

[**Ur-Bin**](https://www.facebook.com/urbin.dtla)

Ur-Bin works to install community gardens of all shapes and sizes throughout Downtown Los Angeles, and bring neighbors together in the process.

**Day 163: OLYMP-I-A for GREEN-LIVING: Action: Appreciated the beauty of different natural landscapes and flower varieties at my nephew's college campus in California. The diversity in nature is breath-taking and fills all the senses.**

**Day 164: OLYMP-I-A for GREEN-LIVING: Action: Visited the 250 year old "Lone Cypress" on the 17-mile drive along the California coast near Carmel. Also, watched elephant seals and sea otters. We are all but brief travelers on this earth, and we, who have the power to destroy it, must ensure its preservation.**

**Day 165: OLYMP-I-A for GREEN-LIVING: Action: Visited the Thoreau Center for Sustainability in San Francisco. Saw an interesting poster of the Vision 2050 created by the World Business Council for Sustainable Development which lays out a pathway leading to a global population of some 9 billion people living well, within the resource limits of the planet by 2050.** [**http://www.facebook.com/pages/World-Business-Council-for-Sustainable-Development/109497092401256**](http://www.facebook.com/pages/World-Business-Council-for-Sustainable-Development/109497092401256)

[https://fbexternal-a.akamaihd.net/safe_image.php?d=AQCdVW1T7lkChlMv&w=180&h=540&url=http%3A%2F%2Fupload.wikimedia.org%2Fwikipedia%2Fen%2Fa%2Faa%2FWBCSD_logo_75_dpi_for_web.png&fallback=hub_likes&prefix=d](https://www.facebook.com/pages/World-Business-Council-for-Sustainable-Development/109497092401256?ref=nf)

[**World Business Council for Sustainable Development**](https://www.facebook.com/pages/World-Business-Council-for-Sustainable-Development/109497092401256)

The World Business Council for Sustainable Development (WBCSD) is a CEO-led, global association of some 200 international companies dealing exclusively with business and sustainable development. Its origins date back to the 1992 Rio Summit, when Stephan Schmidheiny, a Swiss business entrepreneur, was...

**Day 166: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed traveling along the Russian River, basking in the beauty of the river and the vast hillside vineyards surrounding us. Nature calls to us to slow down and live in the moment.**

**Day 167: OLYMP-I-A for GREEN-LIVING: Action: Made a choice to eat a veggie burger at a hamburger restaurant.**

**Day 168: OLYMP-I-A for GREEN-LIVING: Action: Read an article about a California company that is sterilizing and reusing glass wine bottles. This is even better than recycling the glass!**

**Day 169: OLYMP-I-A for GREEN-LIVING: Action: Had delicious, fresh-squeezed juice made from my brother’s home-grown, organic oranges.**

**Day 170: OLYMP-I-A for GREEN-LIVING: Action: Watched a documentary about the lions, cheetahs, and other animals living in the Maasi Mara in Kenya and was inspired to work for animal and animal habitat preservation.**

**Days 171-180: OLYMP-I-A for GREEN-LIVING: Actions: Discovered and ate at a vegan restaurant serving local, living-foods (no cooking, no processing), hand-watered my garden, recycled, heard the plants shouting for joy when we had a brief rain storm, discovered a new eco-friendly product- the GreenBox for pizza (**[**http://www.greenboxny.com/HOME.html**](http://www.greenboxny.com/HOME.html)**), and kept the home thermostat at 80.**



**Day 181: OLYMP-I-A for GREEN-LIVING: Action: Sharing a poem, “I am an Elephant” by Stu Bykofsky:** [**http://www.all-creatures.org/stories/a-iamanelephant.html**](http://www.all-creatures.org/stories/a-iamanelephant.html)**. May we respect and preserve the grandeur, grace, and long-suffering nobility of elephants.**



**Day 182: OLYMP-I-A for GREEN-LIVING: Action: Read about vertical garden solutions, mobile living walls, eco-friendly design. A good way to grow herbs/veggies** [**http://www.verticalgardensolutions.com/**](http://www.verticalgardensolutions.com/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.verticalgardensolutions.com/&h=vAQEH3M0v&s=1)[](http://www.verticalgardensolutions.com/rusticpockets.htm)

**[Vertical Garden Solutions creating living vertical garden walls and mobile vegetable herb gardens wi](http://Vertical Garden Solutions creating living vertical garden walls and mobile vegetable herb gardens wi www.verticalgardensolutions.com Vertical Garden Solutions applications are endless and only stop at one's own imagination. Vertical Garden Walls can fit )**

[www.verticalgardensolutions.com](http://Vertical Garden Solutions creating living vertical garden walls and mobile vegetable herb gardens wi www.verticalgardensolutions.com Vertical Garden Solutions applications are endless and only stop at one's own imagination. Vertical Garden Walls can fit )

[Vertical Garden Solutions applications are endless and only stop at one’s own imagination. Vertical Garden Walls can fit](http://Vertical Garden Solutions creating living vertical garden walls and mobile vegetable herb gardens wi www.verticalgardensolutions.com Vertical Garden Solutions applications are endless and only stop at one's own imagination. Vertical Garden Walls can fit )

**Day 183: OLYMP-I-A for GREEN-LIVING: Action: Bought some fresh peaches from a roadside farmer's stand.**

**Day 184: OLYMP-I-A for GREEN-LIVING: Action: On my walk this morning, my senses were awakened by the colors of nature- blues, purples, reds, & yellows- and when I stopped to listen, I could hear the mourning dove calls echoing throughout the neighborhood.... free gifts of nature.**

**Day 185: OLYMP-I-A for GREEN-LIVING: Action: Read that the Rainwater Harvesting Bill (Texas House Bill 3391) passed into law. It promotes rainwater harvesting for both potable and non-potable uses. It offers incentives for installing rainwater harvest systems in homes, businesses, schools, and government buildings. See** [**http://www.facebook.com/rainwaterrevival?sk=wall**](http://www.facebook.com/rainwaterrevival?sk=wall)

[](https://www.facebook.com/rainwaterrevival?sk=wall&ref=nf)

[**The Rainwater Revival**](https://www.facebook.com/rainwaterrevival?sk=wall)

To encourage the use of rainwater as a viable way of growing without depleting our groundwater resources.

**Day 186: OLYMP-I-A for GREEN-LIVING: Action: I read about the Fresh Air Fund which provides free summer vacations to New York City children from low-income families since 1877. Children visit and stay in host families in Fresh Air Friendly towns for part of the summer. This year, also some 3000 youth will attend a Fresh Air summer camp.** [**http://www.facebook.com/freshairfund?ref=ts&sk=wall**](http://www.facebook.com/freshairfund?ref=ts&sk=wall)

[](https://www.facebook.com/freshairfund?sk=wall&ref=nf)

[**Fresh Air Fund**](https://www.facebook.com/freshairfund?sk=wall)

More than 9,000 New York City children enjoy free Fresh Air Fund programs annually. Each summer, over 4,000 children visit volunteer host families in rural, suburban and small town communities across 13 states from Virginia to Maine and Canada. 3,000 children also attend five Fresh Air camps in the...

**Day 187: OLYMP-I-A for GREEN-LIVING: Action: Ate organic- yogurt, apples, blueberries.... yum!**

**Day 188: OLYMP-I-A for GREEN-LIVING: Action: Did my daily recycling of paper, cans, and plastic.**

**Day 189: OLYMP-I-A for GREEN-LIVING: Action: The David Sheldrick Trust sent an email about a new orphan elephant calf they have rescued in Kenya, named Ololoo. The email mentioned Ishanga, the orphan elephant I am fostering. Ishanga has befriended Ololoo and has become quite attached to him, welcoming him into the orphanage herd. Looking forward to seeing Ishanga in August.**

**Day 190: OLYMP-I-A for GREEN-LIVING: Action: I was noting the Fair Trade products at Whole Foods. So, I looked up Fair Trade certification on Facebook and learned more about it.** [**http://www.facebook.com/fairtradecertified?sk=wall**](http://www.facebook.com/fairtradecertified?sk=wall)

[](https://www.facebook.com/fairtradecertified?sk=wall&ref=nf)

[**Fair Trade Certified**](https://www.facebook.com/fairtradecertified?sk=wall)

Fair Trade USA (previously TransFair USA), a nonprofit organization, is the leading third-party certifier of Fair Trade products in the United States. Fair Trade USA audits and certifies transactions between U.S. companies and their international suppliers to guarantee that the farmers and workers p...

**Day 191: OLYMP-I-A for GREEN-LIVING: Action: Had fun creating a great smoothie at Whole Foods. It had blended beet and spinach juice, raspberries, banana, and hemp protein.**

**Day 192: OLYMP-I-A for GREEN-LIVING: Action: Checked out "Green Life Pages" on Facebook. Great tips for living green!** [**http://www.facebook.com/greenlifepages?ref=ts&sk=wall**](http://www.facebook.com/greenlifepages?ref=ts&sk=wall)

[](https://www.facebook.com/greenlifepages?sk=wall&ref=nf)

[**Green Life Pages**](https://www.facebook.com/greenlifepages?sk=wall)

Heres the deal, we love green. We try to do anything that puts the least amount of pressure on Mother Earth, because she is under a lot of stress as it is. So we decided to make it easy for all of you out there to do the same. If you would like to learn how to shop green, eat green, and live green w...

**Day 193: OLYMP-I-A for GREEN-LIVING: Action: Enjoying my daily organic apples. A great mid-day snack.**

**Day 194: OLYMP-I-A for GREEN-LIVING: Action: I joined the Group "African Ecology" on Facebook to connect and learn more about eco projects in Africa.** [**http://www.facebook.com/group.php?gid=97869400240**](http://www.facebook.com/group.php?gid=97869400240)

[](https://www.facebook.com/photo.php?fbid=10150716885107228&set=o.97869400240&type=1)

[**African Ecology**](https://www.facebook.com/groups/97869400240/)

**Day 195: OLYMP-I-A for GREEN-LIVING: Action: Gave our energy-efficient air-conditioner a preventive maintenance check-up to keep it running smoothly and saving energy through this long, hot summer.**

**Day 196: OLYMP-I-A for GREEN-LIVING: Action: Gave our languishing garden plants a small drink via hand-watering today and tried to help them hang in there through this hot, dry summer.**

**Day 197: OLYMP-I-A for GREEN-LIVING: Action: Read and learned more about the Environmental Working Group.** [**http://www.facebook.com/ewg.org?sk=info**](http://www.facebook.com/ewg.org?sk=info)

[](https://www.facebook.com/ewg.org?sk=info&ref=nf)

[**Environmental Working Group**](https://www.facebook.com/ewg.org?sk=info)

‎1. To protect the most vulnerable segments of the population—children, babies, and infants in the womb—from health problems attributed to toxic contaminants. 2. To replace federal policies, including government subsidies that damage the environment and natural resources, with policies that invest i...

**Day 198: OLYMP-I-A for GREEN-LIVING: Action: Read some updates from the David Sheldrick Trust about the little elephant I'm fostering in the Nairobi elephant orphanage. Evidently she has been quite a troublemaker in the herd! However, recently, she has befriended and helped welcome a newly arrived male orphan elephant. With this new-found friendship, she has suddenly become sweet, happy, and content.** [**http://www.facebook.com/thedswt**](http://www.facebook.com/thedswt)

[](https://www.facebook.com/thedswt?ref=nf)

[**The David Sheldrick Wildlife Trust**](https://www.facebook.com/thedswt)

The DSWT is a registered charity in the UK, a Kenyan non-profit and a 501c3 in the USA, dedicated to the protection and conservation of wildlife and habitats in Kenya. The DSWT was founded by Dr Dame Daphne Sheldrick in Kenya in 1977, in memory of her late husband, David Sheldrick, the naturalist...

**Day 199: OLYMP-I-A for GREEN-LIVING: Action: Having fun connecting with other foster parents of the orphan elephant Ishanga via the David Sheldrick Wildlife Trust Facebook page... elephant lovers all.**

**Day 200: OLYMP-I-A for GREEN-LIVING: Idea: I am always amazed at the power of a simple flower to bring happiness and joy to a person's day. When flowers and plants thrive, we thrive.**

**Day 201: OLYMP-I-A for GREEN-LIVING: Action: Admiring my husband's use of a thermos for water instead of using water in plastic bottles. A good example to follow.**

**Day 202: OLYMP-I-A for GREEN-LIVING: Idea: When I was driving down the road on trash pick-up day, I was struck by the amount of trash that came from each household. I imagined multiplying that by thousands and thousands of days and millions of people. I realized the importance of using this mental image to remind me to reduce my accumulation, and ultimate disposal, of things.**

**Day 203: OLYMP-I-A for GREEN-LIVING: Action: Recycled a lot today :))**

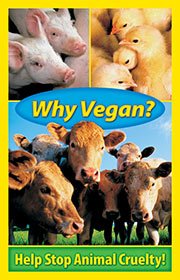
**Day 204: OLYMP-I-A for GREEN-LIVING: Action: Came across a clothing brand called "Threads for Thought" at Whole Foods and read more about the company on Facebook. They use sustainable materials and donate some of their proceeds to charity.** [**http://www.facebook.com/pages/Threads-for-Thought/394707496275**](http://www.facebook.com/pages/Threads-for-Thought/394707496275)

[](https://www.facebook.com/threads4thought?ref=nf)

[**Threads for Thought**](https://www.facebook.com/threads4thought)

Leigh & Eric Fleet founded Threads for Thought while still in college. What started as a few graphic tees has now grown into a full men's and women's lifestyle brand with offices in New York, Los Angeles & Kansas City. From the beginning Eric and Leigh wanted to make sure that their fashion products...

**Day 205: OLYMP-I-A for GREEN-LIVING: Action: Found an interesting Facebook page on being Vegan.** [**http://www.facebook.com/veganoutreach**](http://www.facebook.com/veganoutreach)

[](https://www.facebook.com/veganoutreach?ref=nf)

[**Vegan Outreach**](https://www.facebook.com/veganoutreach)

Vegan Outreach is dedicated to promoting vegetarianism and reducing suffering via our detailed publications, Why Vegan?, Compassionate Choices, and Even If You Like Meat. Be a part at veganoutreach.org

**Day 206: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed the beauty of the lake at sunset. The water was smooth as glass and the sky had clouds painted blue, pink, and orange. I am always amazed by Nature's art collection.**

**Day 207: OLYMP-I-A for GREEN-LIVING: Action: Found an interesting Facebook page and website on green living. Good tips for "running" the Olymp-i-a.** [**http://www.facebook.com/pages/Green-Living/203051858707**](http://www.facebook.com/pages/Green-Living/203051858707)

[](https://www.facebook.com/pages/Green-Living/203051858707?ref=nf)

[**Green Living**](https://www.facebook.com/pages/Green-Living/203051858707)

Follow and Promote Easy Green Living Tips at [www.commonfloor.com/green-living](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.commonfloor.com%2Fgreen-living&h=XAQEsZ3XmAQE-pvgZZVctYzaHxeWffL0gVGStNX7Ppj9vEQ&s=1)

**Day 208: OLYMP-I-A for GREEN-LIVING: Action: Sharing a post by the David Sheldrick Wildlife Trust in honor of a great man: "Moses Lelesit was, among other things, a Kenya Wildlife Service (KWS) Pilot. He believed in the protection of Kenya's wildlife and his death a few days ago is a tragic loss in the fight to protect wild animals** [**http://ourmaninside.com/2011/07/26/captain-moses-lelesit-he-died-doing-what-he-loved-best/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fourmaninside.com%2F2011%2F07%2F26%2Fcaptain-moses-lelesit-he-died-doing-what-he-loved-best%2F&h=wAQF7C-pSAQHfZ7CX8pQQ86HFuUAIBm4X0p5K0jFoZSKxrA&s=1) **He will be missed by us all."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://ourmaninside.com/2011/0&h=SAQEnluWH&s=1)[](http://www.flickr.com/photos/christianpayne/5977589025/in/photostream)

**[http://ourmaninside.com/2011/0](http://ourmaninside.com/2011/0" \t "_blank)**

[ourmaninside.com](http://ourmaninside.com/2011/0" \t "_blank)

[Writing about the death of a pilot I’ve flown with once is bad enough. But now to write about another so soon. Well, I don’t know what to think.](http://ourmaninside.com/2011/0" \t "_blank)

**Day 209: OLYMP-I-A for GREEN-LIVING: Action: Put out some water for the birds and squirrels in my backyard. I know they are suffering in this drought we are having. The birds immediately drank some. The squirrels waited until my dachshund was inside the house. Smart squirrels!**

**Day 210: OLYMP-I-A for GREEN-LIVING: Idea: Animal and environmental conservation efforts expose the best and the worst in humanity. We are confronted with the importance of forgoing our selfish desire for convenience (e.g. plastic bags, etc.) in order to protect the innocent.**

**\*\*Extra Note: We are guests on this earth and we can make the world better or worse based on what we do while visiting here.**

**Days 211-227: OLYMP-I-A for GREEN-LIVING: Actions: Traveled to Kenya with the Comfort the Children (CTC) Intl. Community Team. Helped with youth art projects in Maai Mahiu: learned about and visited all the CTC projects (health, environment, economics, education, and work with children with special needs); learned about other cultures and shared in new customs/foods/events; learned about and supported animal conservation efforts; and made wonderful friends for life!**



**Days 228-233: OLYMP-I-A for GREEN-LIVING: Actions: Reunited with family and friends after my trip to Kenya and each day shared stories about Africa, Comfort the Children Intl., the David Sheldrick Wildlife Trust orphan elephant & black rhino nursery in Nairobi, & my gracious new friends in Kenya. In meeting new people and immersing in other cultures and habitats, the beauty of life & the importance of preserving it through peace, green-living, and health are intensified.**



**Day 234: OLYMP-I-A for GREEN-LIVING: Action: Purchased some of the Comfort the Children Intl "Life Jackets" (reusable sleeves for hot drinks) made by the Moms of children with special needs in Maai Mahiu. The cloth sleeves are reusable, reducing waste, and help raise money to support the CTC projects and children with special needs.** [**http://www.ctcinternational.org/our-initiatives/economy**](http://www.ctcinternational.org/our-initiatives/economy)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/our-initiatives/economy&h=wAQF7C-pS&s=1)

**[Initiative // Economy | Comfort the Children International](http://www.ctcinternational.org/our-initiatives/economy" \t "_blank)**

[www.ctcinternational.org](http://www.ctcinternational.org/our-initiatives/economy" \t "_blank)

[Providing hope through relationships and using a holistic approach to community development, CTC is empowering our](http://www.ctcinternational.org/our-initiatives/economy" \t "_blank)

**Day 235: OLYMP-I-A for GREEN-LIVING: Action: Hand watered my plants to give them a quick drink. Our vulnerability to nature and our environment is made very clear when we face such severe drought.**

**Day 236: OLYMP-I-A for GREEN-LIVING: Action: Noticed that Whole Foods has reusable bowls in the salad bar area. I looked up their "Green Mission" online and read more at** [**http://www.wholefoodsmarket.com/values/green-mission.php**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.wholefoodsmarket.com%2Fvalues%2Fgreen-mission.php&h=LAQHPDfbpAQEDpG6NhDMgaJIosFC9ujhBNIIFazoGzTcIjg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wholefoodsmarket.com/values/green-mission.php&h=hAQHaL3_p&s=1)

**[Green Action | WholeFoodsMarket.com](http://www.wholefoodsmarket.com/values/green-mission.php" \t "_blank)**

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com/values/green-mission.php" \t "_blank)

[We’ve been trying to make green choices since we opened our first store. We understand that companies can have a large impact on our environment.](http://www.wholefoodsmarket.com/values/green-mission.php" \t "_blank)

**Day 237: OLYMP-I-A for GREEN-LIVING: Action: Noticed at the library parking lot that there are reserved parking spaces for electric-plug-in vehicles only. These parking spots are popping up more and more. A sign of changing times.**

**Day 238: OLYMP-I-A for GREEN-LIVING: Action: Found out that National Geographic's Sept 2011 iPad Tablet Edition of the magazine features a video of the orphan elephants in the Nairobi nursery. Awesome!**

**Day 239: OLYMP-I-A for GREEN-LIVING: Action: Drove by a sign that said "5-Mile Farms" and decided to drive down the street and explore. So glad I did. I discovered a wonderful urban organic farm with friendly people and a great mission. Also, the home of "Resolution Gardens." Hope to volunteer there!** [**http://www.facebook.com/5MileFarms**](http://www.facebook.com/5MileFarms)

[](https://www.facebook.com/5MileFarms?ref=nf)

[**5-Mile Farms**](https://www.facebook.com/5MileFarms)

We can help you farmscape your yard -- transform your grass into nutritious produce, and create a beautiful addition to your home and neighborhood at the same time. Volunteer Hours: 10a-2p every Saturday Come over and meet some new friends as you hone your skills at harvesting veggies, squashing b...

**Day 240: OLYMP-I-A for GREEN-LIVING: Action: Did some more brainstorming regarding the school garden grants being offered by the Whole Kids Foundation and the possibility of seeking such assistance for a local school.**

**Day 241: OLYMP-I-A for GREEN-LIVING: Action: When I was shopping today at 2 different stores, I was offered a plastic bag at both stores to help carry out my things. I declined and just carried out what I bought without taking a bag- one way of reducing use of plastic bags even if you don't have a cloth bag to use at the time.**

**Day 242: OLYMP-I-A for GREEN-LIVING: Action: I put out some water in my backyard for the birds and squirrels. The drought is hard on them.**

**Day 243: OLYMP-I-A for GREEN-LIVING: Action: In the morning while giving a short, but much-needed hand-watered drink to some of my trees & plants in the front of my house, I had the added pleasure of seeing the birds eagerly flocking around for a sip of water and also greeting my neighbors who are out for walks in the cool of the early morning.**

**Day 244: OLYMP-I-A for GREEN-LIVING: Action: Sharing a post from Facebook's "Rainwater Revival" page:   
"Even in the dessert, rainwater can be collected,"   
Regional Gardening Reports: National Gardening Association.   
Sounds relevant to the weather we are having.**

**Found a website with ideas about rainwater harvesting:** <http://www.garden.org/regional/report/arch/inmygarden/351>.

**Day 245: OLYMP-I-A for GREEN-LIVING: Action: Found out more about the new orphan elephant named "Rombo" at the David Sheldrick Wildlife Trust's elephant nursery in Nairobi. Also, had a great conversation with a friend at work who read the recent National Geographic article about the orphan elephants. I am amazed by the magnificence of these wonderful animals.**[**http://youtu.be/LY5cg\_VkKVk**](http://www.facebook.com/l.php?u=http%3A%2F%2Fyoutu.be%2FLY5cg_VkKVk&h=5AQHZ0jJvAQFbLW0xp9PP5mZU3bPNXbg8OAlpxQlj_zpmtg&s=1)



**[The Rescue of Rombo](http://youtu.be/LY5cg_VkKVk" \t "_blank)**

[www.youtube.com](http://youtu.be/LY5cg_VkKVk" \t "_blank)

[On Sunday 28th August we received a call to rescue an orphaned elephant, a young bull of approximately two years, from the Rombo area. This orphan is now und...](http://youtu.be/LY5cg_VkKVk" \t "_blank)

**Day 246: OLYMP-I-A for GREEN-LIVING: Action: I volunteered today for a couple of hours at the Five Mile Farm (an urban organic farm). Talked with the owners.... such nice people. Great crop of chard! I found an article from The New York Times (September, 2011) with chard recipes:** [**http://topics.nytimes.com/top/news/health/series/recipes\_for\_health/chard/index.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Ftopics.nytimes.com%2Ftop%2Fnews%2Fhealth%2Fseries%2Frecipes_for_health%2Fchard%2Findex.html&h=xAQEaf2hzAQG0VNNpec1uPKu11Wuf_QtIsd2DqX3BTVfuPw&s=1)

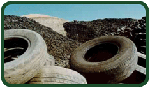
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html&h=xAQEaf2hz&s=1)

**[Recipes for Health: Chard - The New York Times](http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html" \t "_blank)**

[topics.nytimes.com](http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html" \t "_blank)

[Articles in the Recipes for Health: Chard series from The New York Times.](http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html" \t "_blank)

**Day 247: OLYMP-I-A for GREEN-LIVING: Action: I saw "Envirotiles" at Home Depot. The tiles are for decks, patios, etc. and are made from recycled rubber tires. An eco-friendly product. I read more about them online at:** [**http://www.envirotile.ca/eb\_envirotile.html**](http://www.envirotile.ca/eb_envirotile.html)



**[Multy Home](http://www.envirotile.ca/eb_envirotile.html" \t "_blank)**

[www.envirotile.ca](http://www.envirotile.ca/eb_envirotile.html" \t "_blank)

**Day 248: OLYMP-I-A for GREEN-LIVING: Action: Today, through my friend in Kenya, I found out about the Elsamere Conservation Centre which is very near Maai Mahiu where I visited. I looked up the Centre's website and read more about it. Sounds like a wonderful place with great educational and research programs.** [**http://www.elsatrust.org/pages/Elsamere\_Field\_Study\_Centre.vrt**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.elsatrust.org%2Fpages%2FElsamere_Field_Study_Centre.vrt&h=oAQGOyMufAQGJzIQpmOYipwyfu82b_hxqPI-dg3UUP9BaAA&s=1)



**[Elsamere : Elsamere Field Study Centre](http://www.elsatrust.org/pages/Elsamere_Field_Study_Centre.vrt" \t "_blank)**

[www.elsatrust.org](http://www.elsatrust.org/pages/Elsamere_Field_Study_Centre.vrt" \t "_blank)

**Day 249: OLYMP-I-A for GREEN-LIVING: Action: Got a heads-up on this from a friend and read an article about the latest actions to ban plastic bags on the West Coast. Portland just passed a city ordinance banning distribution of single-use plastic shopping bags!** [**http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/**](http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/&h=xAQEaf2hz&s=1)

**[3 More Plastic Bag Bans Hit the West Coast - Earth911.com](http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/" \t "_blank)**

[earth911.com](http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/" \t "_blank)

[Guide to local resources including recycling centers, how to recycle, pollution prevention and how help protect the](http://earth911.com/news/2011/07/29/3-more-plastic-bag-bans-hit-the-west-coast/" \t "_blank)

**Day 250: OLYMP-I-A for GREEN-LIVING: Action: I read the September, 2011 National Geographic article about the orphan elephants in Kenya. It brought back wonderful memories of my visit there and made me even more committed to support the work of the David Sheldrick Wildlife Trust. I caught up on the latest news from the Trust at** [**http://www.facebook.com/thedswt?ref=ts**](http://www.facebook.com/thedswt?ref=ts)

[](https://www.facebook.com/thedswt?ref=nf)

[**The David Sheldrick Wildlife Trust**](https://www.facebook.com/thedswt)

The DSWT is a registered charity in the UK, a Kenyan non-profit and a 501c3 in the USA, dedicated to the protection and conservation of wildlife and habitats in Kenya. The DSWT was founded by Dr Dame Daphne Sheldrick in Kenya in 1977, in memory of her late husband, David Sheldrick, the naturalist...

**Day 251: OLYMP-I-A for GREEN-LIVING: Action: When I volunteered at the Five Mile Farm, I saw that they had crushed glass "no-fade" mulch. It was beautiful with multiple mixed colors and you can walk on it barefoot. It is made from recycled glass. I did an Internet search and found a local supplier of the crushed, recycled glass rock. I also read an article about it:** <http://earth911.com/news/2009/02/09/a-cool-use-for-recycled-glass/> )



**Day 252: OLYMP-I-A for GREEN-LIVING: Action: Ate a delicious vegan meal: tofu with sesame seeds, green beans, and squash. Then, for dessert, I succumbed to my milk craving and had Greek yogurt with red raspberry sorbet. Vegan for a little while is better than not Vegan at all. At least it's leaning in the right direction. One step at a time...**

**Day 253: OLYMP-I-A for GREEN-LIVING: Action: Had a great time volunteering at the urban organic "Five Mile Farm." I met another volunteer and we had a fun time chatting as we worked. I learned that the leaves of a particular kind of weed (Pigweed) are edible. Cool!** [**http://www.facebook.com/5MileFarms?sk=wall&filter=12**](http://www.facebook.com/5MileFarms?sk=wall&filter=12)

[](https://www.facebook.com/5MileFarms?sk=wall&ref=nf)

[**5-Mile Farms**](https://www.facebook.com/5MileFarms?sk=wall)

We can help you farmscape your yard -- transform your grass into nutritious produce, and create a beautiful addition to your home and neighborhood at the same time. Volunteer Hours: 10a-2p every Saturday Come over and meet some new friends as you hone your skills at harvesting veggies, squashing b...

**Day 254: OLYMP-I-A for GREEN-LIVING: Action: Read about the city's compost rebate challenge and zero waste plan:** [**http://www.ci.austin.tx.us/sws/zerowaste\_composting.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ci.austin.tx.us%2Fsws%2Fzerowaste_composting.htm&h=MAQGxV9DFAQEKKSCZcs5u2I0ndeO3m8Cj2FvqPKAo64e0MQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ci.austin.tx.us/sws/zerowaste_composting.htm&h=DAQGutiia&s=1)

**[City of Austin - Composting](http://www.ci.austin.tx.us/sws/zerowaste_composting.htm" \t "_blank)**

[www.ci.austin.tx.us](http://www.ci.austin.tx.us/sws/zerowaste_composting.htm" \t "_blank)

[The City of Austin's home composting rebate program challenges Austinites to reduce trash, learn how to compost at a free class, and start composting. Eligible customers receive](http://www.ci.austin.tx.us/sws/zerowaste_composting.htm" \t "_blank)

**Day 255: OLYMP-I-A for GREEN-LIVING: Action and Idea: Ate some vegan mock buffalo chicken (made with soy nuggets) mixed with spices and veggies. Very flavorful and tasty. Wonder if this combo of flavors would work well in pot stickers/dumplings? Might try creating a new vegan dish.**

**Day 256: OLYMP-I-A for GREEN-LIVING: Action: Shared info about "Community Cars" with friends. This is an electric vehicle that allows people with disabilities easy access and independence.** [**http://www.kenguru.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.kenguru.com%2F&h=WAQEFDLKQAQEQxZobFawRM-KpxlJu3UYwoS2R1y-wSW2x8Q&s=1)

[www.kenguru.com](http://www.kenguru.com/" \t "_blank)

[Are you ready for change? Tired of expensive, fuel-inefficient and poorly designed wheelchair additions for vans? Looking for independence and the convenience of getting easily into the](http://www.kenguru.com/" \t "_blank)

**Day 257: OLYMP-I-A for GREEN-LIVING: Action: Found out about the "most natural city" contest. Safeway is hosting a contest via Facebook for people to vote for America's most natural city. They are promoting their new product line, "Open Nature."** [**http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html**](http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html&h=2AQFFUgju&s=1)

**[Safeway Launches People's Choice Contest to Determine 'America's Most Natural City' -- PLEASANTON, C](http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html" \t "_blank)**

[www.prnewswire.com](http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html" \t "_blank)

[Safeway Launches People's Choice Contest to Determine](http://www.prnewswire.com/news-releases/safeway-launches-peoples-choice-contest-to-determine-americas-most-natural-city-128717188.html" \t "_blank)

**Day 258: OLYMP-I-A for GREEN-LIVING: Action: Watched a great video shared by a friend:** [**http://www.youtube.com/watch?v=exBEFCiWyW0&feature=player\_embedded**](http://www.youtube.com/watch?v=exBEFCiWyW0&feature=player_embedded)



**[My Potato Project; The Importance of "Organic"](http://www.youtube.com/watch?v=exBEFCiWyW0&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=exBEFCiWyW0&feature=player_embedded" \t "_blank)

[A child's experiment turns into a lesson on the toxins in our food supply.](http://www.youtube.com/watch?v=exBEFCiWyW0&feature=player_embedded" \t "_blank)

**Day 259: OLYMP-I-A for GREEN-LIVING: Action: Saw a flyer for an upcoming fundraiser for urban farming. Looked up and found out more info about the Green Corn Project:** [**http://www.facebook.com/pages/Green-Corn-Project/297769180536?sk=wall**](http://www.facebook.com/pages/Green-Corn-Project/297769180536?sk=wall)

[](https://www.facebook.com/pages/Green-Corn-Project/297769180536?sk=wall&ref=nf)

[**Green Corn Project**](https://www.facebook.com/pages/Green-Corn-Project/297769180536?sk=wall)

Non-Profit Organization

**Day 260: OLYMP-I-A for GREEN-LIVING: Action: Volunteered planting kale and collards at Five Mile Farm (organic, urban farm). Had a great time! While we were planting we even heard thunder and got some rain! Miraculous!** [**http://www.facebook.com/5MileFarms**](http://www.facebook.com/5MileFarms)

[](https://www.facebook.com/5MileFarms?ref=nf)

[**5-Mile Farms**](https://www.facebook.com/5MileFarms)

We can help you farmscape your yard -- transform your grass into nutritious produce, and create a beautiful addition to your home and neighborhood at the same time. Volunteer Hours: 10a-2p every Saturday Come over and meet some new friends as you hone your skills at harvesting veggies, squashing b...

**Day 261: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed seeing and feeling rain. Drought makes us appreciate water and water usage. Many parts of the world deal with a lack of water on a regular basis. I learned more about Water.org at** [**http://www.facebook.com/water?sk=info**](http://www.facebook.com/water?sk=info)**. For $25, you can provide someone with access to safe drinking water for life.**

[](https://www.facebook.com/water?sk=info&ref=nf)

[**Water.org**](https://www.facebook.com/water?sk=info)

Co-founded by Matt Damon and Gary White, Water.org is a nonprofit organization that has transformed hundreds of communities in Africa, South Asia, and Central America by providing access to safe water and sanitation. Water.org traces its roots back to the founding of WaterPartners in 1990. In July 2...

**Day 262: OLYMP-I-A for GREEN-LIVING: Action: Made a Facebook photo album of the photos I took of the orphan elephants in Nairobi.** [**http://www.facebook.com/media/set/?set=a.2436322553747.2143995.1422222365&l=224e4cc61f&type=1**](http://www.facebook.com/media/set/?set=a.2436322553747.2143995.1422222365&l=224e4cc61f&type=1)

[](https://www.facebook.com/photo.php?fbid=2436414236039&set=a.2436322553747.2143995.1422222365&type=1&ref=nf)

[**The Orphan Elephants of Kenya**](https://www.facebook.com/media/set/?set=a.2436322553747.2143995.1422222365&type=1)

The orphan elephants (and a few orphan black rhinos) at the David Sheldrick Wildlife Trust elephant orphanage in the Nairobi National Park.

**Day 263: OLYMP-I-A for GREEN-LIVING: Action: Read an article, "Agony and Ivory" from the August, 2011 issue of Vanity Fair magazine:** [**http://www.vanityfair.com/video/2011/07/1039480590001**](http://www.vanityfair.com/video/2011/07/1039480590001)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.vanityfair.com/video/2011/07/1039480590001&h=_AQEykFFE&s=1)[](http://www.vanityfair.com/video/2011/07/1039480590001?playlistid=14167009001)

**[Agony and Ivory](http://www.vanityfair.com/video/2011/07/1039480590001" \t "_blank)**

[www.vanityfair.com](http://www.vanityfair.com/video/2011/07/1039480590001" \t "_blank)

[The numbers of elephants in Africa are dwindling, as the black market for ivory booms in Asia. V.F. contributing editor Alex Shoumatoff embarked on a three-continent reporting trip to](http://www.vanityfair.com/video/2011/07/1039480590001" \t "_blank)

**Day 264: OLYMP-I-A for GREEN-LIVING: Action: Was at an eco-friendly cafe and noticed they used "Bamboomel" dinnerware. Looked up the product for more info. "Bamboomel" is made from rapidly renewable bamboo cellulose and melamine. Great alternative to plastic ware.** [**http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category\_Code=ECO**](http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=ECO)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=ECO&h=vAQEH3M0v&s=1)[](http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=BM)

**[eco-friendly: get melamine](http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=ECO" \t "_blank)**

[67.99.204.233](http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=ECO" \t "_blank)

[get melamine](http://67.99.204.233/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=ECO" \t "_blank)

**Day 265: OLYMP-I-A for GREEN-LIVING: Action: Sharing my photos and videos of my Nairobi orphan elephant experience and other info on elephants with friends. Click on:** [**http://storify.com/idea4idea/elephants-a-beginning**](http://storify.com/idea4idea/elephants-a-beginning)

**[Elephants- A New Beginning](http://storify.com/idea4idea/elephants-a-beginning" \t "_blank)**

[storify.com](http://storify.com/idea4idea/elephants-a-beginning" \t "_blank)

[I began my face-to-face adventure with elephants when I visited the David Sheldrick Wildlife Trust orphan elephant nursery in the Nairobi National Park in August, 2011. What I](http://storify.com/idea4idea/elephants-a-beginning" \t "_blank)

**Day 266: OLYMP-I-A for GREEN-LIVING: Action: Made an all organic vegan pasta salad with rice vegetable noodles (Mrs. Leeper's Rice Vegetable Twists), broccoli, zucchini and yellow squash, carrots, onions, marinated artichoke hearts, and grilled organic tofu and enjoyed sharing it with good friends.** [**http://www.mrsleepers.com/**](http://www.mrsleepers.com/)

**[Mrs. Leeper's - Wheat Free, Gluten Free, Organic Pasta](http://www.mrsleepers.com/" \t "_blank)**

[www.mrsleepers.com](http://www.mrsleepers.com/" \t "_blank)

**Day 267: OLYMP-I-A for GREEN-LIVING: Action: Visited 5-Mile Farm and saw a great quote they had on their vegetable stand: “Eating with the fullest pleasure - pleasure, that is, that does not depend on ignorance - is perhaps the profoundest enactment of our connection with the world. In this pleasure we experience our dependence and our gratitude, for we are living in a mystery, from creatures we did not make and powers we cannot comprehend.”   
― Wendell Berry** [**http://www.goodreads.com/quotes/show/153199**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.goodreads.com%2Fquotes%2Fshow%2F153199&h=aAQFQUuTYAQHHgxtfCbRfl03JiNN985WrG3H9Q2vDz5Veiw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.goodreads.com/quotes/show/153199&h=rAQG0aE1v&s=1)[Wendell Berry](http://www.goodreads.com/author/show/8567.Wendell_Berry)

**[Quote by Wendell Berry: 'Eating with the fullest pleasure - pleasure, that...'](http://www.goodreads.com/quotes/show/153199" \t "_blank)**

[www.goodreads.com](http://www.goodreads.com/quotes/show/153199" \t "_blank)

[8 people liked this quote by Wendell Berry: 'Eating with the fullest pleasure - pleasure, that is, that does not depend on](http://www.goodreads.com/quotes/show/153199" \t "_blank)

**Day 268: OLYMP-I-A for GREEN-LIVING: Action: Grilled some organic tofu with a little olive oil and mixed it with seasoned steamed organic veggies. I really love tofu fixed this way- very versatile for many different dishes.**

**Day 269: OLYMP-I-A for GREEN-LIVING: Action: Found out about "Urban Roots" and looked up the program info on Facebook. The program uses sustainable agriculture to transform lives. Community members can volunteer.** [**https://www.facebook.com/youthlaunch.urbanroots?sk=wall**](https://www.facebook.com/youthlaunch.urbanroots?sk=wall)

[](https://www.facebook.com/youthlaunch.urbanroots?sk=wall&ref=nf)

[**Urban Roots**](https://www.facebook.com/youthlaunch.urbanroots?sk=wall)

Urban Roots is a youth development program that uses sustainable agriculture as a means to transform the lives of young people and increase access to healthy food in Austin.

**Day 270: OLYMP-I-A for GREEN-LIVING: Action: Learned about crittercams and their use in marine/animal conservation.**

(Link is: <http://newswatch.nationalgeographic.com/2011/09/27/your-questions-for-crittercams-inventor/?source=link_fb20110927crittercam> )



**[Your Questions for Crittercam’s Inventor](http://newswatch.nationalgeographic.com/2011/09/27/your-questions-for-crittercams-inventor/?source=link_fb20110927crittercam" \t "_blank)**

[newswatch.nationalgeographic.com](http://newswatch.nationalgeographic.com/2011/09/27/your-questions-for-crittercams-inventor/?source=link_fb20110927crittercam" \t "_blank)

[25 years ago Greg Marshall had an idea that revolutionized our ability to see the world through the eyes of other animals, and made videos like the one above possible. This Wednesday,](http://newswatch.nationalgeographic.com/2011/09/27/your-questions-for-crittercams-inventor/?source=link_fb20110927crittercam" \t "_blank)

**Day 271: OLYMP-I-A for GREEN-LIVING: Action: When I used the cloth bag I got from Half Price Books to carry out my groceries, I noticed the following website link written on the bag:** [**http://becomegreen.info/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fbecomegreen.info%2F&h=wAQF7C-pSAQGlvaAzK4vAk3Rb4gg99VR5UsEboNqrQv665g&s=1)**. I checked out the site and discovered some great green tips and resources.**coul

**[b(eco)me green](http://www.becomegreen.info/" \t "_blank)**

[www.becomegreen.info](http://www.becomegreen.info/" \t "_blank)

[By using this site, you agree to our fascinating terms and conditions. This earth-freindly site brought to you by Half Price Books. Reading and recycling for 35 years and counting.](http://www.becomegreen.info/" \t "_blank)

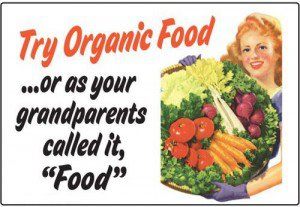
**Day 272: OLYMP-I-A for GREEN-LIVING: Action: Had some tea at a cafe and noted the cup was made by "EarthChoice." EarthChoice cups are lined with Ingeo, a 100% annually renewable material made from plants. They are fully compostable in municipal and industrial compost facilities.** [**https://www.facebook.com/pages/Earth-Choice/115368561814898?sk=wall**](https://www.facebook.com/pages/Earth-Choice/115368561814898?sk=wall)

[](https://www.facebook.com/pages/OdoBan-Professional-Series/115368561814898?sk=wall&ref=nf)

[**OdoBan Professional Series**](https://www.facebook.com/pages/OdoBan-Professional-Series/115368561814898?sk=wall)

Clean Control Corporation - A premier manufacturer of high quality cleaning products, odor eliminators, disinfectants, sanitizers, deodorizers, pet products, environmentally friendly products, outdoor hunting products, industrial & institutional products & much more.

**Day 273: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed a great Wall Photo (shared by a friend) from "Farmer's Pal" on Facebook. I looked up "Farmer's Pal" and found out that it is an Organic, Sustainable, & Local Business Directory helping people in finding local Green businesses by State, County, & Region!**

[](https://www.facebook.com/photo.php?fbid=255801164458678&set=a.223538334351628.52965.117021665003296&type=1&ref=nf)

[**Farmer's Pal - Volume 1**](https://www.facebook.com/media/set/?set=a.223538334351628.52965.117021665003296&type=3)

By: [Farmer's Pal](https://www.facebook.com/FarmersPal?ref=stream)

**Day 274: OLYMP-I-A for GREEN-LIVING: Action: Volunteered at 5-Mile Farms, weeding, thinning and replanting some of the kale sprouts. Happy to learn that 5-Mile Farms' produce (chard, etc.) is available at Wheatsville Co-op. Met some young neighbors of the farm who helped me weed :))** [**https://www.facebook.com/5MileFarms**](https://www.facebook.com/5MileFarms)

[](https://www.facebook.com/5MileFarms?ref=nf)

[**5-Mile Farms**](https://www.facebook.com/5MileFarms)

We can help you farmscape your yard -- transform your grass into nutritious produce, and create a beautiful addition to your home and neighborhood at the same time. Volunteer Hours: 10a-2p every Saturday Come over and meet some new friends as you hone your skills at harvesting veggies, squashing b...

**Day 275: OLYMP-I-A for GREEN-LIVING: Action: I read and learned about Wangari Muta Maathai, founder of the Green Belt Movement and 2004 Nobel Peace Prize winner. Her powerful inspiration lives on.** [**http://www.greenbeltmovement.org/**](http://www.greenbeltmovement.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.greenbeltmovement.org/&h=oAQGOyMuf&s=1)

**[The Green Belt Movement | Home](http://www.greenbeltmovement.org/" \t "_blank)**

[www.greenbeltmovement.org](http://www.greenbeltmovement.org/" \t "_blank)

[The official site of the Green Belt Movement and its founder, 2004 Nobel Peace Prize winner Wangari Maathai.](http://www.greenbeltmovement.org/" \t "_blank)

**Day 276: OLYMP-I-A for GREEN-LIVING: Action: Watched a short video (shared by "Farmer's Pal) supporting action for green-living. Compelling music and message...**



**[Back to the Start](http://www.youtube.com/watch?v=aMfSGt6rHos" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=aMfSGt6rHos" \t "_blank)

[Coldplay's haunting classic 'The Scientist' is performed by country music legend Willie Nelson for the soundtrack of the short film entitled, "Back to the St...](http://www.youtube.com/watch?v=aMfSGt6rHos" \t "_blank)

**Day 277: OLYMP-I-A for GREEN-LIVING: Action: Noticed that my organic Stonyfield yogurt is sweetened with Stevia, a natural, organic, no-calorie sweetener that comes from a plant. So, I looked up more info on Stevia:** [**http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs**](http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs&h=AAQGEePxy&s=1)

[](http://www.stonyfield.com/)

**[FAQs about our 0% fat yogurt with stevia - Stonyfield Farm](http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs" \t "_blank)**

[www.stonyfield.com](http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs" \t "_blank)

[Taste the difference in our organic yogurt, organic milk and other healthy food. Stonyfield Farm food products contain food](http://www.stonyfield.com/stonyfield-fat-free-yogurt-faqs" \t "_blank)

**Day 278: OLYMP-I-A for GREEN-LIVING: Action: Watched a TED talk on "life-editing," shared by a friend via Facebook. Living with less stuff in less space reduces our carbon footprint and can help reduce stress.**

(Link is: <http://www.ted.com/talks/graham_hill_less_stuff_more_happiness.html#.ToyP-W-VUsc.facebook> )



**[Graham Hill: Less stuff, more happiness | Video on TED.com](http://www.ted.com/talks/graham_hill_less_stuff_more_happiness.html" \l ".ToyP-W-VUsc.facebook" \t "_blank)**

[www.ted.com](http://www.ted.com/talks/graham_hill_less_stuff_more_happiness.html" \l ".ToyP-W-VUsc.facebook" \t "_blank)

[TED Talks Writer and designer Graham Hill asks: Can having less stuff, in less room, lead to more happiness? He makes the case for taking up less space, and lays out three rules for](http://www.ted.com/talks/graham_hill_less_stuff_more_happiness.html" \l ".ToyP-W-VUsc.facebook" \t "_blank)

**Day 279: OLYMP-I-A for GREEN-LIVING: Action: I read about the petition to the FDA to label all genetically modified/engineered foods in the U.S. (something Europe has already done). Also, checked out the Center for Food Safety's Facebook page which provides easy access for signing the petition.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.fwi.co.uk/Articles/05/10/2011/129432/Organic-movement-presses-for-GM-labeling-in-USA.htm&h=4AQH68Ns0&s=1)(Link is: <http://www.fwi.co.uk/Articles/05/10/2011/129432/Organic-movement-presses-for-GM-labeling-in-USA.htm> )



**[Organic movement presses for GM labeling in USA - 10/5/2011 - Farmers Weekly](http://www.fwi.co.uk/Articles/05/10/2011/129432/Organic-movement-presses-for-GM-labeling-in-USA.htm" \t "_blank)**

[www.fwi.co.uk](http://www.fwi.co.uk/Articles/05/10/2011/129432/Organic-movement-presses-for-GM-labeling-in-USA.htm" \t "_blank)

[An American pressure group has filed a legal petition with the US Food and Drug Administration to demand that all food](http://www.fwi.co.uk/Articles/05/10/2011/129432/Organic-movement-presses-for-GM-labeling-in-USA.htm" \t "_blank)

**Day 280: OLYMP-I-A for GREEN-LIVING: Action: Found out more about the Rainwater Revival and auction. Proceeds go to fund school programs teaching children about why it is critical to conserve surface and ground water.** [**http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8**](http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8&h=SAQEnluWH&s=1)

**[Conservation, Education and Beauty Meet on October 8 -- be a part of it!](http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8" \t "_blank)**

[myemail.constantcontact.com](http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8" \t "_blank)

[Please join us at 5 p.m. Saturday, October 8, at Roger Hanks Park in Dripping Springs during the 2nd Annual Rainwater Revival for the auction of six professionally decorated, unique](http://myemail.constantcontact.com/Conservation--Education-and-Beauty-Meet-on-October-8----be-a-part-of-it-.html?soid=1101416304440&aid=5YxXi-T0wl8" \t "_blank)

**Day 281: OLYMP-I-A for GREEN-LIVING: Action: I discovered another farmers' market in my area and noted the time and date. Plan to go and buy some of their local, fresh produce.**

**Day 282: OLYMP-I-A for GREEN-LIVING: Action: Rejoiced in hearing the rain come pouring down. It was our watering day and nature took care of it.**

**Day 283: OLYMP-I-A for GREEN-LIVING: Action: I enjoy eating an organic apple every day. So, I looked up some apple recipes for the Fall season:** [**http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx**](http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx&h=TAQHA8L5u&s=1)

**[5 Apple Recipes You Should Make Right Now | Cascadian Farm Organic Goodness](http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx" \t "_blank)**

[blog.cascadianfarm.com](http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx" \t "_blank)

[5 Apple Recipes You Should Make Right Now](http://blog.cascadianfarm.com/category/food/5-apple-recipes-you-should-make-right-now.aspx" \t "_blank)

**Day 284: OLYMP-I-A for GREEN-LIVING: Action: I talked with children about saving and reusing paper and recycling.**

**Day 285: OLYMP-I-A for GREEN-LIVING: Action: Recycled clothing and bed and bath items through a local organization.**

**Day 286: OLYMP-I-A for GREEN-LIVING: Action: I read an article about promoting use of clean cook stoves by involving the cooks- part of the work of the Global Alliance for Clean Cookstoves to reduce indoor air pollution.**  <http://www.reuters.com/article/2011/10/13/us-cookstoves-idUSTRE79C5G620111013>

**[To push clean cookstoves, involve the cooks, report says | Reuters](http://uk.reuters.com/article/2011/10/13/us-cookstoves-idUKTRE79C5G620111013" \t "_blank)**

[uk.reuters.com](http://uk.reuters.com/article/2011/10/13/us-cookstoves-idUKTRE79C5G620111013" \t "_blank)

[WASHINGTON (Reuters) - Clean cookstoves that burn more efficiently and channel smoke outside could save millions of lives around the world, but only if the cooks themselves are](http://uk.reuters.com/article/2011/10/13/us-cookstoves-idUKTRE79C5G620111013" \t "_blank)

**Day 287: OLYMP-I-A for GREEN-LIVING: Action: Cooked up some organic tofu and veggies for supper. Yum!**

**Day 288: OLYMP-I-A for GREEN-LIVING: Action: Found an interesting article about taking action to transform to green-living.**

[](http://www.sierraclubgreenhome.com/)



<http://www.sierraclubgreenhome.com/homepage/taking-the-next-natural-step/> )

**[Sierra Club Green Home » Blog Archive » Taking the Next (Natural) Step](http://www.sierraclubgreenhome.com/homepage-subarticles/taking-the-next-natural-step/" \t "_blank)**

[www.sierraclubgreenhome.com](http://www.sierraclubgreenhome.com/homepage-subarticles/taking-the-next-natural-step/" \t "_blank)

[Sustainability is everywhere, but we still are on an unsustainable pattern. Beyond the talking, what about doing](http://www.sierraclubgreenhome.com/homepage-subarticles/taking-the-next-natural-step/" \t "_blank)

**Day 289: OLYMP-I-A for GREEN-LIVING: Action: Worked in my garden today- weeding and trimming. Met neighbors who were out for walks, including a new neighbor cat who seemed happy to lie down nearby and watch me work :))**

**Day 290: OLYMP-I-A for GREEN-LIVING: Action: Found out about a new local, organic/vegan meals delivery service- "Veggytopia."** [**https://www.facebook.com/pages/Veggytopia/167813309953837?sk=wall**](https://www.facebook.com/pages/Veggytopia/167813309953837?sk=wall)

[](https://www.facebook.com/pages/Veggytopia/167813309953837?sk=wall&ref=nf)

[**Veggytopia**](https://www.facebook.com/pages/Veggytopia/167813309953837?sk=wall)

Veggytopia was created to bring a healthy, delicious, and affordable meal plan to Central Texans. Our food is prepared by creative and top-notch chefs using the freshest available plant-based ingredients - cooked fresh and never frozen. The result is a healthy diet you can count on to keep you energ...

**Day 291: OLYMP-I-A for GREEN-LIVING: Action: Made a tasty vegan spaghetti with tofu, zucchini, onion, tomato sauce and noodles. I like freezing extra firm tofu and then thawing and squeezing out the moisture, and crumbling it- works just like ground meat.**

**Day 292: OLYMP-I-A for GREEN-LIVING: Action: Arranged for some trimming of dead tree branches with a company that will recycle the cut wood.**

**Day 293: OLYMP-I-A for GREEN-LIVING: Idea: Had a fun idea to open a tofu cafe- working tofu-magic to create all kinds of tasty dishes.... the "tofog" (tofu hotdog), the "tofaco" (tofu taco), tofu pizza, etc. for the fast food crowd along with more gourmet dishes of lasagna, etc. Had fun dreaming..... It is interesting to think about food culture and habits. If we all grew up eating such meals from the start, they would not seem strange to us at all. It is easier to envision change than to do it. That's why it is important what habits we instill in our children.**

**Day 294: OLYMP-I-A for GREEN-LIVING: Action: At my bank I noticed a sign saying you could order Wyland checks and money would help fund the Wyland Foundation that helps protect the environment. I looked up the Wyland Foundation on the Internet and found out more. A great resource!** [**http://www.wylandfoundation.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.wylandfoundation.org%2F&h=kAQHkMiGXAQGdOXuLaCzYipudDlkPrGrD8wk-ezXZluzTog&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wylandfoundation.org/&h=pAQFr32_V&s=1)[](http://www.wylandfoundation.org/about.php?subsection=mission)

**[Wyland Foundation - Home](http://www.wylandfoundation.org/" \t "_blank)**

[www.wylandfoundation.org](http://www.wylandfoundation.org/" \t "_blank)

[The Wyland Foundation has helped children and families around the nation to rediscover the importance of healthy oceans and waterways through public art programs, classroom science education, and live events.](http://www.wylandfoundation.org/" \t "_blank)

**Day 295: OLYMP-I-A for GREEN-LIVING: Action: Visited 5-Mile Farms today and got some fresh, organic kale, greens, and basil. Looking forward to my salad!** [**https://www.facebook.com/5MileFarms**](https://www.facebook.com/5MileFarms)

[](https://www.facebook.com/5MileFarms?ref=nf)

[**5-Mile Farms**](https://www.facebook.com/5MileFarms)

We can help you farmscape your yard -- transform your grass into nutritious produce, and create a beautiful addition to your home and neighborhood at the same time. Volunteer Hours: 10a-2p every Saturday Come over and meet some new friends as you hone your skills at harvesting veggies, squashing b...

**Day 296: OLYMP-I-A for GREEN-LIVING: Action: Buying organic pie pumpkins today to make some tasty, organic pumpkin pie and pumpkin bread. A wonderful (and tasty) Fall tradition.**

**Day 297: OLYMP-I-A for GREEN-LIVING: Action: I found out about the Nepalese Teacher Network for Sustainable Education from a friend on Facebook. The group promotes learning through gardening. I read more about it online and on the Facebook page:** [**https://www.facebook.com/nepaleseteacher**](https://www.facebook.com/nepaleseteacher)

[](https://www.facebook.com/nepaleseteacher?ref=nf)

[**Nepalese Teacher Network for Sustainable Education**](https://www.facebook.com/nepaleseteacher)

Nepalese Teacher Network for Sustainable Education (NTNSE) is the online and offline network of Nepalese teachers, teacher trainees and stakeholders for sharing ideas, views, opportunities, experiences and expertise for making this world a better place to live. NTNSE started as the informal group o...

**Day 298: OLYMP-I-A for GREEN-LIVING: Read an article about how a school in my community had a playscape built from recycled flipflops through TerraCycle. I found out more about TerraCycle online:** [**http://www.terracycle.net/en-US/about-us.html**](http://www.terracycle.net/en-US/about-us.html)**. TerraCycle's purpose is to eliminate the idea of waste. Amazing!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.terracycle.net/en-US/about-us.html&h=gAQH1AFKs&s=1)**[](http://www.terracycle.com/en-US/about-us.html)**

**[About Us | TerraCycle](http://www.terracycle.net/en-US/about-us.html" \t "_blank)**

[www.terracycle.net](http://www.terracycle.net/en-US/about-us.html" \t "_blank)

[About TerraCycle](http://www.terracycle.net/en-US/about-us.html" \t "_blank)

**Day 299: OLYMP-I-A for GREEN-LIVING: I found out about the Green Collar Association at a local organic farm. I read more on the Internet. The Association promotes green collar jobs and helps businesses transform themselves to become more eco-friendly:** [**http://www.greencollar.org/about\_us.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.greencollar.org%2Fabout_us.html&h=bAQEM56iUAQHyJfKDCt2n7HLlknvADyXCR1PLUmphS4tnFg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.greencollar.org/about_us.html&h=PAQGE8-F_&s=1)[](http://www.greencollar.org/)

**[Environmental (Eco) Training / Certification, Green Collar Jobs, Green Associations](http://www.greencollar.org/about_us.html" \t "_blank)**

[www.greencollar.org](http://www.greencollar.org/about_us.html" \t "_blank)

[Green Collar Association promotes the creation and growth of green collar jobs through education and training.](http://www.greencollar.org/about_us.html" \t "_blank)

**Day 300: OLYMP-I-A for GREEN-LIVING: Action: Got some pumpkin bread at Starbucks and read that Starbucks has removed the trans fats, artificial flavors, artificial dyes and high-fructose corn syrup from their foods. Also, the bags/wrappers they use are made from 100% unbleached paper with 20% post-consumer material. Steps in the right direction!**

**Day 301: OLYMP-I-A for GREEN-LIVING: Action: I clicked on** [**http://www.mygreenface.com/25000-trees**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.mygreenface.com%2F25000-trees&h=8AQHHtMCxAQHnvWm8tWgsvkxbN_zAfDfsJtnQWE2Ov908LQ&s=1) **and planted a tree in the Brazilian rainforest for free and also got a free eCookbook from Living Green magazine. Helping preserve the "lungs of the planet." On the website I learned that in Brazil 1.5 acres of rainforest are lost every second!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.mygreenface.com/25000-trees&h=YAQHfZAnE&s=1)

**[Plant a Rainforest Tree for Free! - my green face](http://www.mygreenface.com/25000-trees" \t "_blank)**

[www.mygreenface.com](http://www.mygreenface.com/25000-trees" \t "_blank)

[Help us plant 25,000 tropical trees in the Brazilian rainforest—and it’s absolutely FREE for you!   We’re planting 25,000 trees to help pr…](http://www.mygreenface.com/25000-trees" \t "_blank)

**Day 302: OLYMP-I-A for GREEN-LIVING: Action: I found a great website about how to make Halloween treats, etc. more "green." Check it out:** [**http://www.greenhalloween.org/content.php?page=treats**](http://www.greenhalloween.org/content.php?page=treats)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.greenhalloween.org/content.php?page=treats&h=AAQGEePxy&s=1)**[](http://www.greenhalloween.org/index.php?page=home)**

**[GREEN HALLOWEEN®: The healthy, eek-o-friendly & FUN revolution](http://www.greenhalloween.org/content.php?page=treats" \t "_blank)**

[www.greenhalloween.org](http://www.greenhalloween.org/content.php?page=treats" \t "_blank)

[Treats and TreasuresFood items (treats)Non-food items (treasures)What about candy?Trick-or-treat essentialsGreen](http://www.greenhalloween.org/content.php?page=treats" \t "_blank)

**Day 303: OLYMP-I-A for GREEN-LIVING: Action: Found out more about the EcoThrive Global Art Coalition (E.T.A.C.), a partnership with artists to convey environmental issues and concerns through the inspiration of art. [NOTE: Info no longer accessible via the Web. Suggestion: Search the web for the key words: “Ecology” and “Art” and see what you find.]**

**Day 304: OLYMP-I-A for GREEN-LIVING: Action: I read about Austin Energy's "Green" Goal, "to make Austin Energy the nation's leading utility for greenhouse gas reductions thru measures including: 1) achieving 700 megawatts new savings thru energy efficiencies by 2020 and 2) meeting 30% of all energy needs thru the use of renewable resources by 2020, including at least 100 megawatts of solar power." A solar farm is starting energy production in 12/2011 and a biomass plant is starting in the Summer, 2012. Yeah!**

**Day 305: OLYMP-I-A for GREEN-LIVING: Action: Had organic tofu (steamed) and organic veggie soup for supper. Delicious!**

**Day 306: OLYMP-I-A for GREEN-LIVING: Action: Found a recycle box for household batteries at my neighborhood library. Plan to use it!**

**Day 307: OLYMP-I-A for GREEN-LIVING: Action: Learned about GreenGov through a link shared by a friend. The 2011 GreenGov Symposium, bringing leaders together to "green" the Federal Government. President Obama signed the Federal Leadership in Environmental, Energy and Economic Performance Executive Order (13514) on October 5, 2009, setting sustainability goals for Federal agencies to make improvements in their environmental, energy and economic performance. Projected benefits to the taxpayer include substantial energy savings and avoided costs from improved efficiency.** [**http://www.whitehouse.gov/greengov/symposium**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.whitehouse.gov%2Fgreengov%2Fsymposium&h=wAQF7C-pSAQEvlWWFm4RgbqZCvI2IUFurzIEE61YX-0o4Tg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.whitehouse.gov/greengov/symposium&h=OAQHYy8Lg&s=1)[](http://www.whitehouse.gov/greengov)

**[GreenGov Symposium | The White House](http://www.whitehouse.gov/greengov/symposium" \t "_blank)**

[www.whitehouse.gov](http://www.whitehouse.gov/greengov/symposium" \t "_blank)

[WhiteHouse.gov is the official web site for the White House and President Barack Obama, the 44th President of the United States. This site is a source for information about the](http://www.whitehouse.gov/greengov/symposium" \t "_blank)

**Day 308: OLYMP-I-A for GREEN-LIVING: Action: I read an encouraging news article shared by a friend. Congratulations to Marriott and UPS, both top-rated by Climate Counts for setting and meeting/exceeding environmental goals.** [**http://www.gazette.net/article/20111104/NEWS/711049732/1033/1033/green-wave-overtaking-more-maryland-companies&template=gazette**](http://www.gazette.net/article/20111104/NEWS/711049732/1033/1033/green-wave-overtaking-more-maryland-companies&template=gazette)

**[Gazette.net Gazette Maryland Community News](http://www.gazette.net/article/20111104/NEWS/711049732/1033/1033/green-wave-overtaking-more-maryland-companies&template=gazette" \t "_blank)**

[www.gazette.net](http://www.gazette.net/article/20111104/NEWS/711049732/1033/1033/green-wave-overtaking-more-maryland-companies&template=gazette" \t "_blank)

[Marriott, UPS among those setting, and meeting, environmental goals](http://www.gazette.net/article/20111104/NEWS/711049732/1033/1033/green-wave-overtaking-more-maryland-companies&template=gazette" \t "_blank)

**Day 309: OLYMP-I-A for GREEN-LIVING: Action: I was serving myself some Nature's Path organic cereal and read that the cereal box was an "EnviroBox" (10% less box, same amount of cereal). By reducing the box size by 10%, Nature's Path has lessened its impact upon the earth by saving over 1.3 million gallons of water, 942,128 K Wh of energy, and 144 tons of paperboard. Who says a small step can't make a huge difference! A great cereal from a powerful box :)). Found out more info on Nature's Path's many steps for green-living:** [**http://www.naturespath.com/do-good/nature-facts**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.naturespath.com%2Fdo-good%2Fnature-facts&h=yAQFG7aDvAQGgITr8sPFmdXH7JYQUfPoiuxINh_CzddERkw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.naturespath.com/do-good/nature-facts&h=WAQEFDLKQ&s=1)[](http://www.naturespath.com/)

**[Do Good Facts | Nature's Path Foods](http://www.naturespath.com/do-good/nature-facts" \t "_blank)**

[www.naturespath.com](http://www.naturespath.com/do-good/nature-facts" \t "_blank)

**Day 310: OLYMP-I-A for GREEN-LIVING: Action: I found out more about the Global Green Growth Institute, led by emerging and developing countries to address environmental challenges and pursue sustainable economic growth.** [**http://www.gggi.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.gggi.org%2F&h=cAQG8cR0jAQHmVcv0RW6WkX_6BpBV8l13ahfNeUrkqRr6hg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.gggi.org/&h=4AQH68Ns0&s=1)[](http://www.gggi.org/)

**[Global Green Growth Institute](http://www.gggi.org/" \t "_blank)**

[www.gggi.org](http://www.gggi.org/" \t "_blank)

[We are a new kind of international organization -- interdisciplinary, multi-stakeholder and driven by emerging and developing countries. Formed by several forward-thinking governments and other actors, our mission is to accelerate](http://www.gggi.org/" \t "_blank)

**Day 311: OLYMP-I-A for GREEN-LIVING: Action/Idea: I enjoyed hearing rain falling on the roof, a sound I haven't heard in a while. Nature did some much needed watering. Nature is delicately balanced, allowing us to thrive on this earth. A drought is nature's wake up call, showing us what can happen when we take something like rain and water for granted.**

**Day 312: OLYMP-I-A for GREEN-LIVING: Action: I found out more about "Women of Green" on Facebook and found a great quote on their Wall: "All that is necessary to break the spell of inertia and frustration is to act as if it were impossible to fail." - Dorothea Brande**[**https://www.facebook.com/WomenOfGreen?sk=info**](https://www.facebook.com/WomenOfGreen?sk=info)

[](https://www.facebook.com/WomenOfGreen?sk=info&ref=nf)

[**Women Of Green**](https://www.facebook.com/WomenOfGreen?sk=info)

Women Of Green is a multi-media blog and online community with a singular purpose: To be the change we need in the world right now. How are we doing it? We're turning up the volume of the feminine voice on behalf of our planet and the web of life that it supports.

**Day 313: OLYMP-I-A for GREEN-LIVING: Action: I checked out a link shared by a friend, the Facebook "Food and Water Watch" page. Good info! The organization works to help ensure the safety and sustainability of the food, water and fish supply. Also, I found out that when I "liked" the page, the Food and Water Watch gets a $1 donation. This lasts until November 15th!** [**https://www.facebook.com/FoodandWaterWatch?sk=info**](https://www.facebook.com/FoodandWaterWatch?sk=info)

[](https://www.facebook.com/FoodandWaterWatch?sk=info&ref=nf)

[**Food & Water Watch**](https://www.facebook.com/FoodandWaterWatch?sk=info)

Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainably produced. So we can all enjoy and trust in what we eat and drink, we help people take charge of where their food comes from, keep clean, affordable, public tap water flowing freely to our homes...

**Day 314: OLYMP-I-A for GREEN-LIVING: Action: Went on a nature hike with preschoolers, kindergarteners, and 1st graders. A great way to gain new perspective and appreciation for all of nature... each step an adventure and everything so new and exciting.**

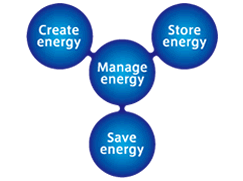
**Day 315: OLYMP-I-A for GREEN-LIVING: Action: Watched the PBS News Hour report about the delay of the Keystone XL pipeline and learned more about the issues and the projected future of the pipeline.** [**http://www.youtube.com/watch?v=RNKgKKZz7XM**](http://www.youtube.com/watch?v=RNKgKKZz7XM)

**[Obama Administration Delays Keystone XL Pipeline Approval](http://www.youtube.com/watch?v=RNKgKKZz7XM" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=RNKgKKZz7XM" \t "_blank)

[Should President Obama approve a major extension of the Keystone XL pipeline? Ray Suarez discusses that question, which has divided business, environmental g...](http://www.youtube.com/watch?v=RNKgKKZz7XM" \t "_blank)

**Day 316: OLYMP-I-A for GREEN-LIVING: Action: Searched online and found out more about the Panasonic Eco House... an amazing and exciting step along the path to zero CO2 emissions. Making such houses/buildings affordable will be essential.** [**http://panasonic.co.jp/ecohouse/en/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fpanasonic.co.jp%2Fecohouse%2Fen%2F&h=qAQHRv53GAQEEo7uS4Q9kOjmYlv9WP5nhF1-MdASvebVSbw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://panasonic.co.jp/ecohouse/en/&h=FAQEqfDF9&s=1)

**[eco ideas HOUSE | Panasonic Global](http://panasonic.co.jp/ecohouse/en/" \t "_blank)**

[panasonic.co.jp](http://panasonic.co.jp/ecohouse/en/" \t "_blank)

[By saving, creating, and storing energy.Panasonic presents a lifestyle with virtually zero CO2 emissions throughout the entire house.](http://panasonic.co.jp/ecohouse/en/" \t "_blank)

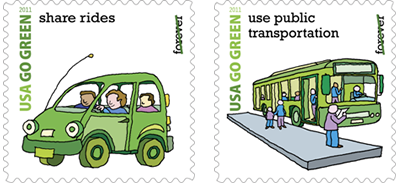
**Day 317: OLYMP-I-A for GREEN-LIVING: Action: Looked up "WiserEarth" on Facebook and found out more about the organization. WiserEarth is a social network for sustainability: addressing the central issues of climate change, poverty, the environment, peace, water, food, social justice, conservation, human rights and more.** [**https://www.facebook.com/WiserEarth?sk=info**](https://www.facebook.com/WiserEarth?sk=info)

[](https://www.facebook.com/WiserEarth?sk=info&ref=nf)

[**Wiser.org**](https://www.facebook.com/WiserEarth?sk=info)

Wiser.org is an online community space connecting the people, nonprofits and businesses working toward a just and sustainable world.

**Day 318: OLYMP-I-A for GREEN-LIVING: Action: I was at the post office and noticed a poster about the US Postal Service "green" actions. The Postal Service has "Go Green" Forever stamps to encourage people to save fuel and reduce greenhouse gas emissions. This is just one of many steps the Postal Services has taken to become a lot "greener."** [**http://about.usps.com/news/national-releases/2011/pr11\_111.htm**](http://about.usps.com/news/national-releases/2011/pr11_111.htm)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://about.usps.com/news/national-releases/2011/pr11_111.htm&h=aAQFQUuTY&s=1)****

**[Postal Service encourages ride sharing](http://about.usps.com/news/national-releases/2011/pr11_111.htm" \t "_blank)**

[about.usps.com](http://about.usps.com/news/national-releases/2011/pr11_111.htm" \t "_blank)

**Day 319: OLYMP-I-A for GREEN-LIVING: Action: I was eating a Stonyfield organic Greek yogurt and read the info on the lid of the container. For each person who visits CelebrateWithOrganic.com and enters to win a Stonyfield yogurt every day and an Organic Valley food product every week for a year, Stonyfield and Organic Valley will donate 20 cents to "The Wholesome Wave Foundation" (**[**https://www.facebook.com/wholesomewave?sk=info**](https://www.facebook.com/wholesomewave?sk=info)**) to help families in need gain access to healthy, nutritious food.**

[](https://www.facebook.com/wholesomewave?sk=info&ref=nf)

[**Wholesome Wave**](https://www.facebook.com/wholesomewave?sk=info)

Wholesome Wave programs and efforts benefit underserved communities and farmers in a way that creates lasting change. Wholesome Wave achieves success through partnership-based programs that serve food deserts of historically excluded urban and rural communities.

**Day 320: OLYMP-I-A for GREEN-LIVING: Action: Ate some delicious nacho-flavor "Rhythm" organic kale chips- vegan, gluten-free, and packed with nutrition. Very tasty! When I bought the chips, I happened to meet a man who works for the Rhythm Superfoods company. I asked if the chip bag is recyclable. He said it wasn't but that it would be in the near future. As consumers, we do have the power to create change.** [**https://www.facebook.com/RhythmSuperfoodsLLC?sk=info**](https://www.facebook.com/RhythmSuperfoodsLLC?sk=info)

[](https://www.facebook.com/RhythmSuperfoodsLLC?sk=info&ref=nf)

[**Rhythm Superfoods**](https://www.facebook.com/RhythmSuperfoodsLLC?sk=info)

Born of the fertile, creative minds of a consortium of successful entrepreneurial foodies, Rhythm Superfoods brings you down-home tasty health food snacks.

**Day 321: OLYMP-I-A for GREEN-LIVING: Action: Planning and preparing for a fun Fall tradition... baking pumpkin pies from fresh organic pumpkin. Yum!**

**Day 322: OLYMP-I-A for GREEN-LIVING: Action: Ate at a restaurant that serves locally grown produce.**

**Day 323: OLYMP-I-A for GREEN-LIVING: Action: Saw a UPS truck and noticed that it was a hybrid electric vehicle. I looked up UPS online and found out that UPS is using a "rolling laboratory" approach - using its alternative fuel fleet as a way to learn about how new technologies and advancements can be adapted for use in a large delivery network. UPS estimates 35% savings in fuel economy. This is great!**[**http://www.pressroom.ups.com/HEV/Related+Content/Documents/Fact+Sheets/UPS+Hybrid+Electric+Vehicle+Fleet**](http://www.pressroom.ups.com/HEV/Related+Content/Documents/Fact+Sheets/UPS+Hybrid+Electric+Vehicle+Fleet)



**[UPS Hybrid Electric Vehicle Fleet - UPS Pressroom](http://www.pressroom.ups.com/HEV/Related+Content/Documents/Fact+Sheets/UPS+Hybrid+Electric+Vehicle+Fleet" \t "_blank)**

[www.pressroom.ups.com](http://www.pressroom.ups.com/HEV/Related+Content/Documents/Fact+Sheets/UPS+Hybrid+Electric+Vehicle+Fleet" \t "_blank)

[The UPS Pressroom offers the latest press releases, media kits, multimedia and other resources for journalists and media.](http://www.pressroom.ups.com/HEV/Related+Content/Documents/Fact+Sheets/UPS+Hybrid+Electric+Vehicle+Fleet" \t "_blank)

**Day 324: OLYMP-I-A for GREEN-LIVING: Action: I read a great article posted by "Earth911." Recycling has increased in the U.S. The good news: "Diverting 34 percent of our waste from the dump reduced more than 186 million metric tons of carbon emissions – the equivalent of the greenhouse gases emitted from over 36 million cars. It also saved more than 1.3 quadrillion Btu’s of energy, which is equal to over 229 million barrels of oil." However, the 34% figure indicates there is still a lot of room left for improvement.**[**http://earth911.com/news/2011/11/18/epa-municipal-solid-waste-generation-2010-report/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fearth911.com%2Fnews%2F2011%2F11%2F18%2Fepa-municipal-solid-waste-generation-2010-report%2F&h=WAQEFDLKQAQGi9GOlMgA-llEQ5Eq0FxhTjRkL9AOiFzZ-fQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://earth911.com/news/2011/11/18/epa-municipal-solid-waste-generation-2010-report/&h=bAQEM56iU&s=1)

**[How Much Did We Toss in 2010? - Earth911.com](http://earth911.com/news/2011/11/18/epa-municipal-solid-waste-generation-2010-report/" \t "_blank)**

[earth911.com](http://earth911.com/news/2011/11/18/epa-municipal-solid-waste-generation-2010-report/" \t "_blank)

[Guide to local resources including recycling centers, how to recycle, pollution prevention and how help protect the environment.](http://earth911.com/news/2011/11/18/epa-municipal-solid-waste-generation-2010-report/" \t "_blank)

**Day 325: OLYMP-I-A for GREEN-LIVING: Action: I had an organic, fiber-rich snack. I mixed organic vanilla 0-fat Greek yogurt with Kashi 7-Whole Grain Puffs and some walnuts. It tasted a little like a marshmallow Rice Krispie treat. Fun, filling, and delicious. Sometimes I also sprinkle in dried, fresh, or frozen fruit such as blueberries, etc.**

**Day 326: OLYMP-I-A for GREEN-LIVING: Action: I made a similar treat to the one I had yesterday, but with a Thanksgiving Holiday twist. I mixed organic, vanilla, 0-fat Greek yogurt with Kashi 7-Whole Grain Puffs and some walnuts, and, this time, I sprinkled in some "pumpkin pie spice" (a spice mix of cloves, ginger, cinnamon, and allspice). A very tasty dessert snack!**

**Day 327: OLYMP-I-A for GREEN-LIVING: Action: Cooked up a vegetarian supper with organic squash and broccoli and some "Gardein" 7-grain crispy tenders. I checked out the "Gardein" Facebook Info page and found out that a 2006 UN study entitled “Livestock’s Long Shadow” "demonstrate[s] that the average American can do more to reduce their global warming emissions by becoming a vegetarian than by switching to a hybrid car. Going vegetarian even just one day a week is a significant action individuals can take to help protect the planet."** [**https://www.facebook.com/gardein?sk=info**](https://www.facebook.com/gardein?sk=info)

[](https://www.facebook.com/gardein?sk=info&ref=nf)

[**gardein**](https://www.facebook.com/gardein?sk=info)

gardein is an award-winning range of tasty, nutritious, convenient everyday foods made from a blend of soy, wheat, and pea proteins, organic ancient grains and veggies. gardein offers all the health benefits of eating less animal-based protein without sacrificing the meaty texture and taste that man...

**Day 328: OLYMP-I-A for GREEN-LIVING: Idea: Each Thanksgiving Day it would be great if we could tip the balance of our Thanksgiving meal just a little more toward vegetarian or vegan. It can be fun trying out a new vegetarian or vegan recipe with family and friends, and it might influence our daily meal choices as well over time. For those who are already vegetarian or vegan, it would be great each Thanksgiving to share a new, delicious veggie/vegan recipe with a friend. In this way we would show our willingness to help preserve this world for which we are so thankful.**

**Day 329: OLYMP-I-A for GREEN-LIVING: Action: Visited a Certified Texas Tree Farm and learned more online about the Texas Tree Farm Certification Program, supported by the Texas Forestry Association: "To promote the growing of renewable forest resources on private lands while protecting environmental benefits and increasing public understanding of all benefits of productive forestry."** [**http://www.texasforestry.org/programs/treefarm/**](http://www.texasforestry.org/programs/treefarm/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.texasforestry.org/programs/treefarm/&h=PAQGE8-F_&s=1)

**[Texas Forestry :: Tree Farm](http://www.texasforestry.org/programs/treefarm/" \t "_blank)**

[www.texasforestry.org](http://www.texasforestry.org/programs/treefarm/" \t "_blank)

**Day 330: OLYMP-I-A for GREEN-LIVING: Action: Rejoiced at the rain last night and today! It is wonderful to see some green color returning to the landscape. You can almost feel the plants and trees smiling :)). It is so clear how we are interconnected with nature and that we sustain each other. A true Thanksgiving Holiday blessing!**

**Day 331: OLYMP-I-A for GREEN-LIVING: Action/Idea: After driving through the fire-devastated forests in Bastrop, Texas, I realize even more the importance of tree conservation. I discovered a page on Facebook, the "Texas Trees Foundation." The posts on their wall indicate the work of the Foundation and the changes being made to plant trees and better communities in North Texas. It would be great if such foundations blanketed the earth.** [**https://www.facebook.com/texastrees?sk=info**](https://www.facebook.com/texastrees?sk=info)

[](https://www.facebook.com/texastrees?sk=info&ref=nf)

[**Texas Trees Foundation**](https://www.facebook.com/texastrees?sk=info)

The Texas Trees Foundation has a vision for our community. It is a community comprised of beautiful, well maintained parks, shady tree-lined streets and boulevards, hiking, biking and nature trails, and other outdoor amenities which combine to form a living and working environment that enhances the...

**Day 332: OLYMP-I-A for GREEN-LIVING: Action: Ate a delicious vegan meal: red and black beans, collard greens, tomatoes, and vegan cornbread from Bouldin Creek Coffeehouse-Cafe, serving locally grown and organic produce:** [**http://www.bouldincreek.com/menu.asp**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.bouldincreek.com%2Fmenu.asp&h=hAQHaL3_pAQGqeDR1py2LvBfWMEPod7nrSYiMkmM3kcTljQ&s=1)



**[Menu](http://www.bouldincreek.com/menu.asp" \t "_blank)**

[www.bouldincreek.com](http://www.bouldincreek.com/menu.asp" \t "_blank)

[Bouldin Creek Coffeehouse](http://www.bouldincreek.com/menu.asp" \t "_blank)

**Day 333: OLYMP-I-A for GREEN-LIVING: Action: I saw a Coca-Cola ad on TV which talked about a partnership with the World Wildlife Fund (WWF) and a joint campaign called “Arctic Home” to help provide the financial resources needed to protect the polar bear’s Arctic habitat. Coca-Cola plans to donate $2 million over the next 5 yrs to the campaign. I read more online at:** [**http://www.worldwildlife.org/what/partners/wwfandcoke.html#help**](http://www.worldwildlife.org/what/partners/wwfandcoke.html#help)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.worldwildlife.org/what/partners/wwfandcoke.html#help&h=TAQHA8L5u&s=1)[](http://www.arctichome.com/?wt.mc_id=IL-WWF)

**[- WWF - Partnerships - WWF and The Coca-Cola Company Team Up to Protect Polar Bears](http://www.worldwildlife.org/what/partners/wwfandcoke.html" \l "help" \t "_blank)**

[www.worldwildlife.org](http://www.worldwildlife.org/what/partners/wwfandcoke.html" \l "help" \t "_blank)

[Conservation partnerships provide a great opportunity for global market leaders to create sustainable business practices.](http://www.worldwildlife.org/what/partners/wwfandcoke.html" \l "help" \t "_blank)

**Day 334: OLYMP-I-A for GREEN-LIVING: Action: Read an article about "Good World Solutions" and their partnership with Fair Trade USA. "Good World Solutions will develop technology solutions that monitor working conditions against Fair Trade standards, track social outcomes and livelihoods, and engage and empower Fair Trade farmers and workers. The partnership will provide technology solutions to more than 1 million farmers and workers around the world."** [**http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones**](http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones&h=ZAQGuYcgY&s=1)**[](http://www.goodworldsolutions.org/)**

**[Good World Solutions: A New Use for Cell Phones | Fair Trade USA](http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones" \t "_blank)**

[fairtradeusa.org](http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones" \t "_blank)

[Fair Trade USA is proud to introduce a new partnership with Good World Solutions.](http://fairtradeusa.org/blog/good-world-solutions-new-use-cell-phones" \t "_blank)

**Day 335: OLYMP-I-A for GREEN-LIVING: Action: Helped children in an after-school childcare start the habit of putting their paper napkin trash from their snack time into the recycle bin.**

**Day 336: OLYMP-I-A for GREEN-LIVING: Action: I read about [a program] in Nepal and the work they are doing to launch a green campaign in 2012 in Kathmandu, Pokhara, and Surkhet, Biratnagar and Dhangadi....to educate the children and reforest Nepal**

[](https://www.facebook.com/earthchildinstitutenepal?sk=info&ref=nf)

**Day 337: OLYMP-I-A for GREEN-LIVING: Action: I was out shopping and saw some great gifts for children by "Green Toys." I found out more about the company on Facebook:** [**https://www.facebook.com/GreenToys?sk=info**](https://www.facebook.com/GreenToys?sk=info)

[](https://www.facebook.com/GreenToys?sk=info&ref=nf)

[**Green Toys**](https://www.facebook.com/GreenToys?sk=info)

Green Toys Inc. makes an awesome line of classic children’s toys constructed from recycled plastic and other environmentally friendly materials. This helps reduce fossil fuel use and reduce greenhouse gas emissions, improving the overall health and happiness of the planet.

**Day 338: OLYMP-I-A for GREEN-LIVING: Action: I found out that this week is "Eat Drink Local Week" and looked up more info online:** [**http://www.edibleaustin.com/content/about-eat-local-week**](http://www.edibleaustin.com/content/about-eat-local-week)**. This event:  
• Raises awareness of the bounty of products grown in our region  
• Drives customers to restaurants and other businesses supporting local food and drink  
• Raises funds for local nonprofits: Urban Roots and Sustainable Food Center.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.edibleaustin.com/content/about-eat-local-week&h=kAQHkMiGX&s=1)

**[Eat Drink Local Week 2011](http://www.edibleaustin.com/content/about-eat-local-week" \t "_blank)**

[www.edibleaustin.com](http://www.edibleaustin.com/content/about-eat-local-week" \t "_blank)

[Edible Austin is a quarterly publication dedicated to celebrating Central Texas' food culture.](http://www.edibleaustin.com/content/about-eat-local-week" \t "_blank)

**Day 339: OLYMP-I-A for GREEN-LIVING: Action: I visited a local CVS store and noticed that CVS is promoting an incentive for people to use reusable/cloth shopping bags. Customers can purchase and attach a Green Leaf Tag to their reusable bag and get 25 cents worth of store rewards each time they shop with the tagged bag. I read more about it online:** [**http://consumerist.com/2009/10/greenbacks-for-green-bags-at-cvs.html**](http://consumerist.com/2009/10/greenbacks-for-green-bags-at-cvs.html)



**[Greenbacks For Green Bags At CVS - The Consumerist](http://consumerist.com/2009/10/greenbacks-for-green-bags-at-cvs.html" \t "_blank)**

[consumerist.com](http://consumerist.com/2009/10/greenbacks-for-green-bags-at-cvs.html" \t "_blank)

[-->Many stores offer discounts to customers who bring their own reusable bags to shop. Now, CVS is integrating their customer loyalty program with a green initiative, and plans to reward customers with 25 cents every time they use](http://consumerist.com/2009/10/greenbacks-for-green-bags-at-cvs.html" \t "_blank)

**Day 340: OLYMP-I-A for GREEN-LIVING: Action: Bought some "Bright Green" stainless steel water bottles- good for the environment:** [**http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/**](http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/&h=UAQEE3_si&s=1)[](http://www.brightgreenleadership.com/wp-content/uploads/2010/12/Back2Tap-logo-bottle.jpg)

**[Stainless Water Bottle | Bright Green Leadership](http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/" \t "_blank)**

[www.brightgreenleadership.com](http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/" \t "_blank)

[Think back to the last event you attended at your community center or child’s school. Remember the overflowing recycling bins – filled with plastic](http://www.brightgreenleadership.com/meet-paul-hannam/greenbusiness/stainless-water-bottle/" \t "_blank)

**Day 341: OLYMP-I-A for GREEN-LIVING: Action: I found out more about "Earth Hour 2012" (Saturday, March 31, 2012) and marked the date on my calendar.** [**http://www.youtube.com/watch?v=FovYv8vf5\_E&feature=player\_embedded**](http://www.youtube.com/watch?v=FovYv8vf5_E&feature=player_embedded)**. The Earth Hour website has informative featured articles and news about actions around the earth to help save the planet:** [**http://www.earthhour.org/**](http://www.earthhour.org/)



**[Earth Hour 2012 Official Video](http://www.youtube.com/watch?v=FovYv8vf5_E&feature=player_embeddedThe" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=FovYv8vf5_E&feature=player_embeddedThe" \t "_blank)

[This Earth Hour 2012: 8.30pm, Saturday 31 March, celebrate your action for the planet with the people of world by switching off](http://www.youtube.com/watch?v=FovYv8vf5_E&feature=player_embeddedThe" \t "_blank)

**Day 342: OLYMP-I-A for GREEN-LIVING: Action: I read a pamphlet from the American Society for the Prevention of Cruelty to Animals (ASPCA) which encouraged people to support pet food banks. I looked up my local Pet Food Bank to find out more info and realized I could donate to the food bank at a nearby pet store:** [**http://greyhoundrescueaustin.com/gra/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fgreyhoundrescueaustin.com%2Fgra%2F&h=gAQH1AFKsAQHbnoAEO6LC64hRpB6tHF_iSFsswmIXJLtW3A&s=1)

http://greyhoundrescueaustin.com/gra/barrel2.gif

**[Pet Food Bank of Austin and Travis County](http://greyhoundrescueaustin.com/gra/" \t "_blank)**

[greyhoundrescueaustin.com](http://greyhoundrescueaustin.com/gra/" \t "_blank)

[The Pet Food Bank of Austin and Travis County is a food and supplies bank for dogs, cats, and other species in need. The Pet Food Bank also makes its supplies available for disasters and emergencies locally as well as state wide.](http://greyhoundrescueaustin.com/gra/" \t "_blank)

**Day 343: OLYMP-I-A for GREEN-LIVING: Action: Discovered (through a friend) a new enterprising company that has created the:   
•1st Saké from Texas Rice  
•1st Organic-Only Saké Kura in North America**[**http://www.txsake.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.txsake.com%2F&h=bAQEM56iUAQEMhxwkVFAd1IYlC2uMucoKQGNYCdmsL9Gfeg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.txsake.com/&h=VAQFyPsLL&s=1)

**[Welcome](http://www.txsake.com/" \t "_blank)**

[www.txsake.com](http://www.txsake.com/" \t "_blank)

[The best saké this side of the Pacific? You'll have to decide but by crafting in small batches in the traditional method with only the finest rice grown here, we think you might agree. As you](http://www.txsake.com/" \t "_blank)

**Day 344: OLYMP-I-A for GREEN-LIVING: Action: I heard a radio announcement about the "Reconnect" partnership between Dell and Goodwill to establish a residential computer recycling program.... an easy, free way to recycle computer equipment. I found out more online at:** [**http://reconnectpartnership.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Freconnectpartnership.com%2F&h=UAQEE3_siAQEmSjnrc_JNvKtkTbqlf-XBw1rPsU9JoVfIkQ&s=1)**.**

[](http://reconnectpartnership.com/index.php)

**[Computer Equipment Recycling with Reconnect](http://reconnectpartnership.com/" \t "_blank)**

[reconnectpartnership.com](http://reconnectpartnership.com/" \t "_blank)

[Free computer recycling service from Dell and Goodwill](http://reconnectpartnership.com/" \t "_blank)

**Day 345: OLYMP-I-A for GREEN-LIVING: Action: I read an article about the ten National Geographic grant projects that, according to an internal panel, "have made the greatest difference in understanding the Earth." The ten projects were identified in honor of the National Geographic Society awarding its 10,000th grant (since 1890) for research and exploration. The 10,000th grant went to Krithi Karanth, a conservation biologist with Duke University and the India-based Centre for Wildlife Studies.** [**http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link\_fb20111208news-grant#/top-science-grants-national-geographic-karanth\_45126\_600x450.jpg**](http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant#/top-science-grants-national-geographic-karanth_45126_600x450.jpg)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant#/top-science-grants-national-geographic-karanth_45126_600x450.jpg&h=PAQGE8-F_&s=1)[](http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant)

**[Pictures: National Geographic's Top Ten Discoveries](http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant" \l "/top-science-grants-national-geographic-karanth_45126_600x450.jpg" \t "_blank)**

[news.nationalgeographic.com](http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant" \l "/top-science-grants-national-geographic-karanth_45126_600x450.jpg" \t "_blank)

[To mark the National Geographic Society's 10,000th grant, Society experts have named Nat Geo's top grant projects since 1890.](http://news.nationalgeographic.com/news/2011/12/pictures/111208-top-ten-national-geographic-grants-expeditions-science/?source=link_fb20111208news-grant" \l "/top-science-grants-national-geographic-karanth_45126_600x450.jpg" \t "_blank)

**Day 346: OLYMP-I-A for GREEN-LIVING: Action: I read about Jim Gerritsen, the Organic Seed Growers and Trade Association President, named by Utne Reader as one of the "25 Visionaries Who Are Changing Your World":** [**http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary**](http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary&h=sAQFXOCNN&s=1)

**[OSGATA President named an Utne Reader 2011 Visionary | OSGATA](http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary" \t "_blank)**

[www.osgata.org](http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary" \t "_blank)

[OSGATA - Organic Seed Growers & Trade Association](http://www.osgata.org/osgata-president-named-an-utne-reader-2011-visionary" \t "_blank)

**Day 347: OLYMP-I-A for GREEN-LIVING: Action: I read about the story of ex-orphan elephant LISSA and the news that she has now had a fourth calf born in the wild. The wonderful work of the David Sheldrick Wildlife Trust has lasting impact and lives on in future generations!** [**http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385**](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385&h=GAQH6mm62&s=1)

**[The David Sheldrick Wildlife Trust Updates](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385" \t "_blank)**

[www.sheldrickwildlifetrust.org](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385" \t "_blank)

[A haven for elephant orphans, rhinos and other animals. Read about our work on elephant conservation, anti-poaching resource and everything else about elephants.](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=385" \t "_blank)

**Day 348: OLYMP-I-A for GREEN-LIVING: Action: I remembered to gather up my empty printer cartridges and take them with me when I went to work this morning. I was able to drop them off at the "Best Buy" recycling station which is on my way home from work. I am so impressed with the "Best Buy" recycling station which has been improved since the last time I was there. It is placed right at the entrance to the store for convenience. You can recycle a variety of things there- plastic bags, empty printer cartridges, used wiring/cords, etc. Also, they have postage-paid envelopes for easy, free small electronics (phones, cameras) recycling.**

**Day 349: OLYMP-I-A for GREEN-LIVING: Action: I noticed a sign posted outside a neighborhood school that said the area is a National Wildlife Federation (NWF) "Certified Wildlife Habitat." I looked up more online and found out about the certification process. Properties that provide food, water, cover, places to raise young for wildlife and practice sustainable gardening practices are eligible for NWF wildlife habitat certification. Each year in Austin, Texas there is a "Neighborhood Habitat Challenge" to make Austin a more wildlife friendly city. Prizes are awarded to the top three neighborhoods that certify the most number of wildlife habitats within their neighborhood between April 15th and November 15th 2011. The winners have been selected for 2011.**

Related link: <http://www.nwf.org/Get-Outside/Outdoor-Activities/Garden-for-Wildlife/Schoolyard-Habitats.aspx>. Talks about schoolyard habitats.



**[City of Austin - Parks and Recreation Wildlife Habitat Event](http://www.cityofaustin.org/parks/wildlifehabitatchallenge.htm" \t "_blank)**

[www.cityofaustin.org](http://www.cityofaustin.org/parks/wildlifehabitatchallenge.htm" \t "_blank)

**Day 350: OLYMP-I-A for GREEN-LIVING: Action: I read about "Suno," a company producing fun and colorful shoes from cast-off fabric and recycled products, creating jobs for people in Kenya, and donating a portion of sales proceeds to the David Sheldrick Wildlife Trust to help orphaned baby elephants and black rhinos. Great work for the planet!** [**http://earth911.com/news/2011/12/14/suno-upcycled-canvas-sneakers-benefit-africa/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fearth911.com%2Fnews%2F2011%2F12%2F14%2Fsuno-upcycled-canvas-sneakers-benefit-africa%2F&h=aAQFQUuTYAQEgqTTADvns3scO_54oG4NRRPh6HG5ydpxEXA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://earth911.com/news/2011/12/14/suno-upcycled-canvas-sneakers-benefit-africa/&h=nAQHS54cV&s=1)

**[Upcycled Sneakers Benefit Orphaned Elephants, Rhinos - Earth911.com](http://earth911.com/news/2011/12/14/suno-upcycled-canvas-sneakers-benefit-africa/" \t "_blank)**

[earth911.com](http://earth911.com/news/2011/12/14/suno-upcycled-canvas-sneakers-benefit-africa/" \t "_blank)

[Guide to local resources including recycling centers, how to recycle, pollution prevention and how help protect the environment.](http://earth911.com/news/2011/12/14/suno-upcycled-canvas-sneakers-benefit-africa/" \t "_blank)

**Day 351: OLYMP-I-A for GREEN-LIVING: Action: I found some great vegan/vegetarian snack and appetizer recipes- great for the holidays and anytime! I'm ready to try some :))** [**http://vegetarian.about.com/od/saucesdipsspreads/tp/dips.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fvegetarian.about.com%2Fod%2Fsaucesdipsspreads%2Ftp%2Fdips.htm&h=0AQF_uin4AQHsXXO2NQv0shNkXjo6dJ7xJZkcmseIzc_4HA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://vegetarian.about.com/od/saucesdipsspreads/tp/dips.htm&h=0AQF_uin4&s=1)[](http://0.tqn.com/d/vegetarian/1/0/H/7/-/-/mangosalsa200.jpg)

**[Top 10 Easy Vegetarian and Vegan Party Dips and Appetizers](http://vegetarian.about.com/od/saucesdipsspreads/tp/dips.htm" \t "_blank)**

[vegetarian.about.com](http://vegetarian.about.com/od/saucesdipsspreads/tp/dips.htm" \t "_blank)

[As a vegan, I'm often disappointed to attend events that serve nothing but the same ol' veggies and ranch dressing, mini-](http://vegetarian.about.com/od/saucesdipsspreads/tp/dips.htm" \t "_blank)

**Day 352: OLYMP-I-A for GREEN-LIVING: Action: I learned about "A Billion Acts of Green" and entered my pledge for 365 straight days of positive ideas and actions for green-living (a 365-day OLYMP-I-A Challenge) by December 31, 2011.** [**http://act.earthday.org/**](http://act.earthday.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://act.earthday.org/&h=KAQHl9JHe&s=1)[](http://www.earthday.org/)

**[Earth Day 2012 | Billion Acts of Green](http://act.earthday.org/" \t "_blank)**

[act.earthday.org](http://act.earthday.org/" \t "_blank)

[You can make a difference! Help Earth Day Network – that works with over 22,000 partners in 192 countries - broaden and mobilize the environmental movement.](http://act.earthday.org/" \t "_blank)

**Day 353: OLYMP-I-A for GREEN-LIVING: Action/Idea: Over the last week I have watched Nature's vibrant display of Fall colors hit its peak. The trees this year are so striking. While driving to work I saw drifts of beautiful, windswept leaves along the roads, as if an artist had taken a brush and painted strokes of yellow, orange, crimson. The road became a canvas and I drove along through Nature's artwork, leaving one painting to enter the next. I thought how interesting it would be to photograph the changing patterns of the leaves on the road from a bird's-eye view.... capturing the dynamic artistry of Nature.**

**Day 354: OLYMP-I-A for GREEN-LIVING: Action: I found out that "Think Elephants International" is using Skype to help school children in different parts of the world participate in discussions and learn about elephants and current elephant research projects. A better way for children to learn about elephants than a zoo.** [**https://www.facebook.com/thinkelephants**](https://www.facebook.com/thinkelephants)

[](https://www.facebook.com/thinkelephants?ref=nf)

[**Think Elephants International**](https://www.facebook.com/thinkelephants)

We are a non-profit organization that works with other organizations around the world to better understand elephants, while also working to conserve them through cooperative relationships with international governments, sanctuaries, and schools. Our work combines cognitive intelligence research - we...

**Day 355: OLYMP-I-A for GREEN-LIVING: Action: I read more about "Seventh Generation." The United Nations named them a 2011 Leader of Change.** [**https://www.facebook.com/SeventhGeneration?sk=info**](https://www.facebook.com/SeventhGeneration?sk=info)

[](https://www.facebook.com/SeventhGeneration?sk=info&ref=nf)

[**Seventh Generation**](https://www.facebook.com/SeventhGeneration?sk=info)

At Seventh Generation, we know your home is your world. For more than 20 years, we have been the nation's most trusted brand of household cleaning and personal-care products. Our products are healthy and safe for the air, the surfaces, the fabrics, the pets, and the people within your home — and for...

**Day 356: OLYMP-I-A for GREEN-LIVING: Action: Outside my local Randall's grocery store, I saw large bins labeled "ReDirectory" that were full of old phone books. I read more online and learned that "Project ReDirectory" is conducted in many U.S. cities and serves to recycle old phone books. For each ton of directories recycled, landfill space the size of a typical bedroom is saved. Directories are recycled into a wide variety of products, such as paper towels, cereal boxes, animal bedding and even new phone books.**

**Day 357: OLYMP-I-A for GREEN-LIVING: Action: I found out more about the "Green School Campaign 2012," helping to support 100,000 school children to plant 100,000 trees in Nepal.**

**Day 358: OLYMP-I-A for GREEN-LIVING: Action: I am enjoying soy-based "Silk" "Nog" this holiday season (eggnog without the eggs). I looked up the company, "Silk," online and found out about their partnerships with "Conservation International" and "Farm Aid." Also, "Silk" purchases Renewable Energy Certificates (RECs) from their green-power partner, "Bonneville Environmental Foundation." To-date, Silk's purchase of RECs represents the environmental equivalent of planting almost 35,000 acres of trees—or the equivalent of taking 23,000 cars off the road for an entire year. Our selection and purchase of food products can contribute to green-living.**

**Day 359: OLYMP-I-A for GREEN-LIVING: Action: Enjoyed the beauty of nature through National Geographic photos... a beautiful winter wonderland worth preserving!** [**http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link\_fb20111225travel-canadaphotos**](http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link_fb20111225travel-canadaphotos)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link_fb20111225travel-canadaphotos&h=wAQF7C-pS&s=1)[](http://travel.nationalgeographic.com/travel/countries/canada-photos/)

**[Canada Photos -- National Geographic](http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link_fb20111225travel-canadaphotos" \t "_blank)**

[travel.nationalgeographic.com](http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link_fb20111225travel-canadaphotos" \t "_blank)

[See photos of Canada (including the aurora borealis, Trinity Bay, Niagara Falls, and Banff) in this travel photo gallery from National Geographic.](http://travel.nationalgeographic.com/travel/countries/canada-photos/?source=link_fb20111225travel-canadaphotos" \t "_blank)

**Day 360: OLYMP-I-A for GREEN-LIVING: Shared with relatives some photos, stories, and information about the orphan elephants at the David Sheldrick Wildlife Trust orphan elephant nursery in Nairobi.** [**https://www.facebook.com/thedswt**](https://www.facebook.com/thedswt)

[](https://www.facebook.com/thedswt?ref=nf)

[**The David Sheldrick Wildlife Trust**](https://www.facebook.com/thedswt)

The DSWT is a registered charity in the UK, a Kenyan non-profit and a 501c3 in the USA, dedicated to the protection and conservation of wildlife and habitats in Kenya. The DSWT was founded by Dr Dame Daphne Sheldrick in Kenya in 1977, in memory of her late husband, David Sheldrick, the naturalist...

**Day 361: OLYMP-I-A for GREEN-LIVING: Action: Recycled the wrapping paper from our holiday gift packages.**

**Day 362: OLYMP-I-A for GREEN-LIVING: I found a great website to support green-living (thanks to a friend):** [**http://greenupgrader.com/about-us/**](http://greenupgrader.com/about-us/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://greenupgrader.com/about-us/&h=4AQH68Ns0&s=1)[](http://greenupgrader.com/)

**[About Us](http://greenupgrader.com/about-us/" \t "_blank)**

[greenupgrader.com](http://greenupgrader.com/about-us/" \t "_blank)

[At greenUPGRADER we believe being Green doesn't have to be difficult and it shouldn't feel overwhelming. Instead of telling you how to live, we are going to](http://greenupgrader.com/about-us/" \t "_blank)

**Day 363: OLYMP-I-A for GREEN-LIVING: Action: I explored a website that highlights artists, fans, festivals, causes and companies that are committed to making good music green. The site shares inspiring stories and activities and has an infographic about "green-living" in the music industry:** [**http://greenupmusic.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fgreenupmusic.com%2F&h=9AQE0s44KAQGsBV2LEWBilCvnE4SpTlDUdHKgwyL0rGpJCA&s=1)

**Day 364: OLYMP-I-A for GREEN-LIVING: Action: I read an interesting article about a newly developed solar paint for houses and the growth of the solar energy industry:** [**http://www.huffingtonpost.com/2011/12/22/sunbelievable-solar-power-paint\_n\_1166357.html**](http://www.huffingtonpost.com/2011/12/22/sunbelievable-solar-power-paint_n_1166357.html)

**['Sunbelievable' Solar Paint Could Power Home Appliances, Scientists Say](http://www.huffingtonpost.com/2011/12/22/sunbelievable-solar-power-paint_n_1166357.html" \t "_blank)**

[www.huffingtonpost.com](http://www.huffingtonpost.com/2011/12/22/sunbelievable-solar-power-paint_n_1166357.html" \t "_blank)

[Green homeowners may soon be able to say goodbye to unwieldy solar panels thanks to a new paint that generates](http://www.huffingtonpost.com/2011/12/22/sunbelievable-solar-power-paint_n_1166357.html" \t "_blank)

**Day 365: OLYMP-I-A for GREEN-LIVING: Idea: May we be at one with the earth, be in awe of its splendor, and work to sustain ourselves and future generations in harmony with its majesty.** [**http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link\_fb20111231pod**](http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link_fb20111231pod)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link_fb20111231pod&h=lAQHcLegt&s=1)[](http://photography.nationalgeographic.com/photography/photo-of-the-day/eagle-owl-flight/)

**[Forest Picture – Scotland Wallpaper - National Geographic Photo of the Day](http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link_fb20111231pod" \t "_blank)**

[photography.nationalgeographic.com](http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link_fb20111231pod" \t "_blank)

[See a photo of a hiker in the woods in the Scottish Highlands and download free wallpaper from National Geographic.](http://photography.nationalgeographic.com/photography/photo-of-the-day/hiker-scottish-highlands/?source=link_fb20111231pod" \t "_blank)