

"Hope is that faith inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it."

— Barack Obama

We all know what the problems are: global warming, poverty and starvation in the developing world, competition for resources, pollution of our air, water, and soil, just to name a few.

Sometimes the magnitude of these issues can be so overwhelming that even trying to do something about them can feel pointless and futile. "What can I possibly do about the state of the world," we ask, throwing our hands up in defeat.

Actually, there's a lot you can do. Some things you probably already know. Others you probably haven't thought about.

Therefore, the Ministry of Propaganda would like to suggest:

23 Things You Can Do to Save the World

1. **Grow a garden.** The more food you can grow for yourself and your family, the less resources have to be used shipping food to you. That's why Americans who lived during World War II grew "victory gardens." Plus, it's a good way to get more in touch with nature.
2. **Buy local.** When you support local businesses, especially local farmers and manufacturers, you are cutting down on carbon use and nurturing your local economy.
3. **Repair something.** Save resources by fixing things rather than replacing them.

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3. **Repair something.** Save resources by fixing things rather than replacing them.

4. **Use a refillable water bottle.** Disposable water bottles waste huge amounts of energy. Get a glass or hard plastic bottle and refill it.

5. **Eat less meat.** Notice we didn't say "stop eating meat." Everyone's dietary needs are different. But meat production consumes massive amounts of energy. Your body and the world will both benefit from eating less meat.

6. **Shred your carbon.** Go online and find a carbon calculator. Use it to figure out how much carbon you use and ways you can reduce that amount.

7. **Ride your bike, not your car.** This could be considered part of shredding your carbon, but we thought it was so important, it deserves its own number.

8. **Buy durable products.** It's better to pay more for products you won't have to replace in a month. Try to eliminate the concept of "disposable" from your thinking.

9. **Stop watching television.** Few things are as harmful to the human mind as T.V. Don't allow corporate America access to your subconscious mind. Turn it off.

10. **Get involved in local politics.** Unfortunately, the unwieldy beast that is national politics has soured many Americans on democracy in general, including local politics. But this is the realm where many of the most important decisions are made, and it's also much more accessible to most of us.

11. **Collect rainwater.** One way to conserve water is to collect it directly from the rain. Go online and search on "rainwater collection" for ways to do this.

12. **Use less space.** Most Americans use way more land per person than they need. Excessively large houses for single families contribute to sprawl, traffic, and global warming. Consider living in a smaller home, or living with friends.

13. **Share food.** Pot lucks, food buying co-ops and communal meals are all ways to minimize food costs while fostering community.

14. **Make art out of trash.** Creating art from recycled materials is ecological and fun!

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