

Presents

100 Ways To Save The Planet

1 Recycle. It seems obvious so I thought I'd put it at number one. Recycling covers loads of stuff which some of the other Ways To Save The Planet will explore in more detail, but generally put your cans, bottles, tins, paper and cardboard in the recycling bin/bag/big skip thingie at home or a facility near you.

2 Reuse your plastic bags. It takes around 20 to 1,000 (I presume that's a guess) years for plastic bags to degrade, depending on sunlight and air exposure. Most will take a long time as they're buried under tons of other rubbish at landfills. But new degradable plastic bags have been introduced by some supermarkets - some are bio-degradable plastics, which contain a small percentage of non oil-based material, such as corn starch; and others are photodegradable plastics, which will break down when exposed to sunlight. However the biggest concern is that if people think they will degrade, we may find more thrown away. So reusing plastic bags is the best idea. Keep a stash in the boot of your car or even in your handbag or coat pockets so you don't have to get a new one when you go to the supermarket. Ideas of what to do with them can be found here.

4 Sort out your heating. Turn down your thermostat by one degree centigrade could save around £50 a year. And setting your heating to turn off one hour before you leave the house and come on half an hour before you get home could save you another £50 a year and use less energy. And if you close and/or line your curtains to keep in warmth and you'll find yourself that bit cosier.

5 Do a home energy saving check with the Energy Saving Trust. They reckon they can save you up to £300 a year and in that way you'll help the environment too. Worth a go.

6 Freecycle. This is one of the many ways to save the planet which will be about reusing stuff. www.freecycle.org is an online group that you can join in your local area around the world and give stuff away or get stuff that someone doesn't want. From cars to plastic bags, from chairs to windows, from... well you get the idea. Almost anything can be given away. Makes you wonder why you buy anything new.

7 Get rid of your tumble dryer. I can see the advantages of it - having dry clothes quickly - but it uses up a huge amount of energy. Get yourself a clothes horse or drying rack for raining days and when it's sunny, let the sunshine dry them outside.

3 Turn off your lights. It's an urban myth that you should leave a light on as it takes more energy to switch it on again than if you'd left it on in the first place. Even with fluorescent lights it's best to switch them off. It is true they draw more power when they are warming up, however this only takes a few seconds at most so is equivalent to a couple of minutes electricity use when they are on. So if you're popping out of the room for more than two minutes, switch them off. And the radio or TV too.



8

Live in an Eco-Pod house. Not only does it cut down on CO2 emissions but also building materials. It has solar panels on the roof to heat the water, a wind turbine to generate power and a wood burning stove just in case there's no wind. There's a water harvesting and recycling system and odourless dry toilet, and the pod sits on a deep concrete base which incorporates the underfloor heating system. All very lovely. Except that it's made from polyurethane and concrete, which are not very eco-friendly, but I'm sure that'll change over time. Also if you don't like the pod shape, there's also a more traditional looking abode.

9

Buy an **ecube** for your fridge. Put 'ecube' into Google and there are lots and lots of them, but this one is a small wax cube which mimics food. You (if you're a qualified engineer that is) connect it up to a commercial fridge and the fridge cooling system will respond to how cold the wax is rather than how cold the air is. This means that instead of the fridge's cooling cycle coming on 12 times an hour, it'll only do it around 4 times - saving your business money, saving energy, and keeping food just as cold as it was before. Simple and all for £25/\$50.

10

Get a **milkman**. And his milk of course. Life Goggles talks about it here. It reuses glass bottles and is delivered in an electric float - marvellous.

11

People who fill up a kettle and boil it to make just one cup of tea drive me mad. Or worse, boil it, then leave it for a bit and have to reboil it. Argh. **Don't boil more** water in the kettle than you need to. If you always boil the amount of water needed for one cup rather than boiling a full kettle, you could save £30 a year.

12

Get an **ethical job** here. Not just for the UK, but also in Canada and America too.

13

Become a **vegetarian**. Not as easy as it sounds so if you can't do it permanently, do it for one day a week. It's said to produce one pound of beef involves 2,500 gallons of water - 40 times the amount of veg. There's also the cost of raising animals which far exceeds that of vegetables. When you do eat meat, choose something local - it's had less miles to travel in that CO2 producing lorry.

14

Buy an **electricity monitor**. You can get one from the Ethical Superstore and then **measure how much electricity your using**. It's actually fun to see what happens when you switch the TV off or indeed put it on and the sight of the numbers rocketing up is enough to shock you sitting in silence - you learn to love reading.

15

Get a **water butt**. It's so simple I don't know why more people don't have them to water their plants. I suppose it helps to have a garden and live somewhere where it rains, but if that's you, you've no excuse. You can get them in all different sizes to fit your space and many come with kits to connect to your drainpipe to easily collect rainwater. Otherwise you could pick up a plastic barrel at a scrap/salvage yard and just dip your watering can in.

16

Recycle your **old glasses**. Life Goggles says how here.

17

Reuse envelopes. If you get junk mail, carefully open the envelope and you can always use it again, crossing out your name. It'll also save you money. Some companies, some as EDF Energy already provide envelopes which can be reused and sent back to them.

18

Install **solar energy** in your home. It can heat your home as well as provide electricity. It's not cheap though but you can (in the UK at least) get grants to save energy. Try the Energy Saving Trust for starters but it's worth ringing your current energy provider and asking them. Or Solar Savers could help too.



19 Get a lift to work. Each year there is National Lift Share Day (in the UK at least), but you can share a ride to work or for pleasure any day, for whatever reason. It's estimated that the average liftsharer saves £1,000 and one tonne of CO2 every year. It's boring driving on your own anyway.



20 Use energy saving lightbulbs. They might cost a bit more but they last a lot longer and are better for the environment. Plus the newer ones don't take all night to light up. So your shins are safe from that coffee table.



21 Why not give up the car? Okay, that's not always practical for everyone, so why not just be sensible about using it. Can you walk to the shops? It may take an extra 15 minutes to get there but at least you get to keep that perfect parking spot outside your house.



22 Don't throw away cigarette butts. They're everywhere, especially outside offices. In the UK you can get fined for throwing them on the floor as it's technically littering. It's a myth they bio-degrade and when they finally do decompose they release harmful chemicals into the ground. Suggestions of how to dispose of them include: stubbing it out and putting it in a plastic bag in your pocket or putting them in a 35mm film canister.



23 Promote your business in a green way. Business gifts have been popular for years, looking round on my desk I have a mug, coaster, pen and stress relieving little car thing all from different companies. But these can be environmentally too. Companies like Recycled Business Gifts and Eco Incentives have pencils made from plastic cups, pens made from CD cases, mouse mats made from tyres, wine goblets made from recycled glass and even water powered calculators!



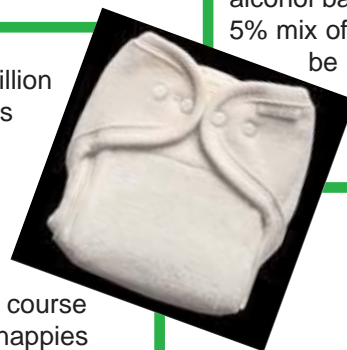
25 Use biofuels. Biodiesel comes from crops such as oilseed rape and newer diesel cars can use up to 100% biodiesel (some biodiesels have as little as 5% biofuel mixed in with ordinary diesel) - best check with your manufacturer first before filling up I suspect. It's obviously better for the environment in both where the raw product comes from and the emissions given out. In the UK go here and in the US try here. There's also bioethanol which is an alcohol based fuel and a 5% mix of bioethanol can be used in most cars that use unleaded.



24 When deciding to put up a new fence or some decking in the garden, there are alternatives to getting that virgin wood from the Amazon rainforest. If you definitely want wood, you can buy **used railway sleepers** here which is a great way to reuse quality wood. However you can use recycled plastic instead of wood. A company called Marmax Products offer a range of garden furniture, including fencing and decking, made from recycled plastic. For benches, they use 2,000 plastic bottles.



26 Buy re-usable nappies. Almost half a million tonnes of nappies are put into UK landfills each year - that's about three billion nappies or eight million a day! The Women's Environmental Network (WEN) has a handy comparison which says you can save up to £500 a year by using home laundered nappies. This takes into account water, electricity and even a washing machines lifespan! And of course it's better for the environment too. WEN say by washing nappies your global warming impact is reduced by 24%.



27

Limit your dry cleaning. As Jerry Seinfeld said: "Let's get one thing straight about dry cleaning right now. It doesn't exist. There's no such thing as dry cleaning. There's no way of cleaning with dry. Dry itself is nothing. You can't use it. You can't do anything with it. It's not there. Dry is nothing. Are you listening to me? And we walk into these places with the big signs out front, "Dry Cleaning", and somehow never question how they were able to put this absurd concept over on us. If I gave you a filthy shirt and said, "I want this immaculate. And no liquids!" what are you going to do? Shake it? Tap it? Blow on it? Give me a break. You almost can't get something dirty with dry, let alone cleaning it". In fact liquid chemical solvents are used which are harmful to the environment, although the dry cleaning industry has done a lot to improve this in the last 15 years. So if you can avoid it, then do. Also £15 for cleaning a suit is a bit steep...

28

Have a green funeral. Arka Original Funerals is one of many firms sprouting up to offer more environmentally friendly funerals, while Ecopod makes coffins and urns from 100% recycled paper. Lovely. The Daily Mail obviously doesn't like this sort of thing, but their story here does at least suggest you be careful with your choice.

29

Print double sided. Sounds obvious really, but my printer at work doesn't do it. Why not though? It saves on paper and ink so must be good for business. American office workers use, on average, 175lbs of paper every year. That can be halved by just printing double-sided. So while I'm using the other side as replacements for post-its, I'm trying to get my employer to get a new printer, however I've stopped short of purposefully breaking the old one.

30

Don't use the standby button. Soon, new electrical items won't have them, but as most people keep electrical items for a while that doesn't help. Just use the big button on the front or switch it off at the plug. Some items use the same amount of electricity whether it's on or on standby. Leaving your TV and all accessories attached to it on standby all the time could cost you £46 a year. Look here.

31

Buy food that's in season. Out of season fruit and vegetables are often imported by air from abroad, which consumes vast amounts of energy. Even if it's grown in this country, if it's out of season it's probably been grown in energy hungry greenhouses. A great website to find out what's in season is this one.

32

Turn down and use the half load setting on washing machines and tumble dryers. Washing laundry at 40°C to 60°C in your washing machine could save you £12 a year. But you can go even lower, around 90% of the energy washing machines use goes toward heating the water, so you can use an even cooler wash - today's washing powders are just as effective on 30°C programmes.

**33**

Buy recycled shoes. While reusing shoes is the best idea, there's a limit to how many times you can put up with wet feet thanks to the holes in your ten year old trainers. You can donate them to rag merchants or get them recycled (some charities will deal with them), but you can also buy shoes made from recycled material. Adbusters in the US do some and Worn Again in the UK make shoes out of firemen's uniforms, t-shirts and seat belts.

34

Fill the cavities in your walls. Heat escapes through gaps which makes you turn the heating up and keep it on for longer - wasting a lot of energy. The Big Green Insulation Scheme offers grants to help insulate your home.

35

Change your driving style. Changing gear earlier can reduce fuel consumption by up to 15%. When you're approaching traffic lights, slow down gradually rather than suddenly braking as slamming on the brakes increases fuel consumption by up to 30%, and pulling away too fast boosts it by up to 60%.

36

Carbon offset. Yes I know it isn't ideal and is often an excuse for people to carry on the way they are but claim to be carbon neutral, but there can be good reasons for it. Say you have to take a flight in an emergency, or you need to use a car because you live somewhere without local transport, well as well as big companies doing it, you can also. It's worth looking around as so called carbon exchanges have been heavily criticised. Somewhere like Zerofootprint have a Carbon Shop and claim to work directly with sellers, usually tree growers, and make sure they are legally bound to leave the trees growing until they die. Examples of other companies are Terrapass and Native Energy.

37

Make your own cleaning products. Cleaning liquids can be harmful to the environment. Companies like Ecover offer a spray but you can make them yourself. Just buy a plastic spray bottle (or reuse one you have finished with) and buy the ingredients to make your own. Websites such as Summer Naturals offer the products and tips to make your own. White vinegar and tea tree oil seem to be the most popular!

38

Install thermostatic radiator valves. For about £75 you can install accurate and more controllable **radiator valves** at home. It should save around 80kg of carbon an year - and give your boiler a bit of a rest.

39

On the subject of boilers, well hot water, make sure your hot water tank is wrapped up with **lagging**. This insulating jacket can cost less than £10 but save around 150kg of carbon a year.



40

Invest environmentally. For as little as £250, you can join a co-operative that invests in wind energy projects promoting emission-free technology. Or you could adopt a local renewable energy project. Find out more at www.energy4all.co.uk, www.yes2wind.com or www.bwea.com/ukwed.



41

Buy organic milk. Producing one litre of non-organic milk uses more than three times the amount of energy it takes to make one a litre of organic milk.

42

Drink tap water. New York City have just announced a big drive for it and Salt Lake City are likely to follow. In the UK we're better at drinking tap water but still pay around 1,500 times the amount to buy it in a bottle. Save glass and plastic and drink it out of the tap. Read more on Life Goggles here.

43

Cut down on eating meat. Number 13 in this list was to become a vegetarian and following that theme of the amount of energy it uses to raise cattle, it also damages the environment as more land is needed to graze animals. It's estimated that 40 per cent of the Amazon rainforest has been cleared to graze cattle for export.

44

Don't buy cut flowers. Every year, the UK spends around £1.35 billion on cut flowers, 80% of which are imports. Such flowers are usually flown in, which gives them a massive carbon footprint because of aviation emissions. Instead, buy potted UK-grown plants or flowers that are UK-grown and in season. Try www.tree2mydoor.com or www.charityflowers.co.uk

45

Re-use old computers rather than throwing them away. See the Life Goggles article here.

46 Cut off the top off your almost **empty toothpaste tube**. Sounds extreme but it'll make it go further, saves waste, and every little helps.

49 Reflect on it. Reflective **radiator panels** can fit perfectly behind radiators. They are cheap to buy, easy to install and reflect back heat that would otherwise drift through the wall. They can be bought from DIY stores (avoid those made from PVC) or you can make your own by wrapping tinfoil around cardboard.

51 Turn down your thermostat. Turning it down by one degree centigrade could save a typical home almost £50 a year.

55 Get a **Savasocket**. It provides a remote switch off for all devices connected via one mains extension panel.

57 If a wind-up phone charger sounds too much effort, try a **wind powered** one! Seems a good idea but would be better if you could use it for radios, fridges etc as well.

58 Discourage slugs and snails an **environmentally friendly way**. Pesticides to kill slugs and snails are called molluscicides and not only do they kill them, they'll also harm their predators like hedgehogs and birds. Even dogs can be poisoned by them and if they touch your prize lettuce then it'll be unsafe for you to eat. Remove areas in your garden which are favoured as a slug and snail habitat - moist, shady areas. Liming beds will also prevent acidity and planting spiky and aromatic plants tend to discourage them and laying broken eggshells may help as they tend to avoid jagged edges. If those tips don't help, a barrier of vegetation such as wilted comfrey leaves around vulnerable plants can act as a decoy.

47 **Buy in bulk**. It's cheaper and limits the waste generated through packaging items individually. Don't need much? Combine orders with a friend or neighbour. Try wholesalers www.suma.co.uk or www.infinityfoods.co.uk

48 Register on www.mpsonline.org.uk and get rid of all that **unwanted junk mail**. In Britain around four billion direct mail items are sent every year - most end up in the bin. You can recycle most of it, but if you don't want it anyway then refuse to have it!

50 Understand your **carbon footprint**. A lot of these ideas will be helping reduce your carbon footprint anyway, but what is it? As explained here your "carbon footprint" is a fancy name for measuring how much carbon dioxide your actions produce (as oppose to 'you' produce. Breathing out is a necessity). Whether or not you believe carbon dioxide is the cause of global warming or not, it is harmful to the environment and reducing your carbon footprint is a great idea. You can work out your carbon footprint here.

52 Start **carbon rationing**. You can find out more here.

53 Have a **green wedding**. Life Goggles talks about it here. You can source most of the things - from the food to the electricity used, to the dress and the napkins in an environmentally friendly way.



54 **Avoid PBDE's**. Poly-brominated diphenylethers are in a lot of furniture - added to foam as a fire retardant - and electronics. PBDE's are harmful to the environment and there are more natural alternatives - check with manufacturer.

56 Charge your phone with a **wind-up charger**. It's not a practical, everyday option, but when you can't access electricity it's a great idea.

59 Start wearing **hemp**

clothing. Hemp can grow well without herbicides, fungicides or pesticides. You can find many hemp places online like Sativa or at markets.

60 Don't hang about. Wire hangers are

everywhere and aren't very environmentally friendly. Start hanging everything up with pride and use some **EcoHangers** from the Hanger Network.

61 Spare your **towels.**

Staying in a hotel? Ask for your towels to be washed every other day instead of every day to help save water - the planet's most precious, and rapidly disappearing, resource.

64 Most people by now have

heard of freecycle.org, but in the UK there's also the **Furniture Reuse Network** which is much more ethical than throwing away your unwanted sofa.

63 **Download** your music. Personally I

prefer having a physical CD, mainly due to the ease of ripping it to my computer and putting it on an mp3 player which can be a hassle with the copy protection the digital download sites put on music. However that CD needs to be made, packaged and delivered both to the shop and to me. It takes far less energy to download an album so it's more environmentally friendly. Record companies and mp3 sites should promote this more and all they need to do after that is get rid of the damn DRM (digital rights management).

62 Use **low-VOC** paints.

Volatile organic compounds are in paints, stains and other coverings in our home. Next time you decide to redecorate, use non-petrochemical, low-VOC paints.

65 Switch off in traffic. **Turn off the**

engine if you think you'll be stationary for more than two minutes. Idling for this long burns more fuel than it takes to restart the car.

66 Buy a **bamboo towel.**

Three times more absorbent than cotton and a more renewable resource. Try Love Eco.

68 Put newspaper under your

carpet and in gaps in skirting boards. It'll help **stop heat escaping** as well using a sealant or wooden beading around the edges.

67 Turn your old **bath tub** into a

sofa. Well you might not be able to do it yourself, but The Green Haus will do it for you. It gives a unique look to your home and saves adding to the landfill mountain.

69 Start **'swishing'.**

Allegedly that's the term for swapping clothes with your friends. Easy way to get a new wardrobe, especially if you just want something one-off for a party. Saves a lot of energy and CO2 production - around 60kg for every bag of clothes.

70 Time yourself in the shower. The **shower coach** is

just like an egg timer but designed you to keep your water use to a minimum and speed up those lengthy showers. Try www.nigelsecostore.com.



72 Make a **green investment.** There are many companies you could buy shares or invest in that have environmental goals. Your financial advisor should be able to help, or try Light Green Advisors here. And take a look at the list of companies Co-op America have on their Green Pages. Even if you have shares in a non-green focused company, you can still use your vote to push environmental issues.

71 Bring your **own mug** or glass to work.

Reusing your mug is much nicer and less wasteful than using polystyrene or plastic cups - and cheaper too.

73

DIY is tricky enough without struggling to do it in an environmentally friendly way. Try www.ecomerchant.co.uk for peace of mind. You still have to put the shelves up yourself though.

74

Light a match in the bathroom to get rid of bad smells. It's better for the environment than using (and making) a spray.

75

Use a **drain sieve**. Keeping food and other bits out of your drains will mean they won't become blocked and lead you to pour chemicals down it to unblock it. Also never pour grease or fat down there as it will solidify and block your drains and the main sewage system.

76

Go **Give up ironing** for a while and see if it changes anything. Well you might need to iron your shirt for work but sheets, pillowcases and clothing like jeans don't really need ironing. Try it, you might like it and you'll not only save energy but time too. Who enjoys ironing anyway?

77

Get a **solar powered mouse** for your computer. Well maybe not yet, but Delft University of Technology are testing one and finding out "willingness of the user to adapt his behaviour to favourable light conditions by regularly charging the unit with daylight from the window, and the computer usage pattern. With solar energy, under ideal circumstances charging can occur a factor of five times quicker than in the current situation. Over time it is estimated that several hundred million batteries could be saved annually on a global scale."

78

Beat draughts. They can be fixed easily with draught-proofing, secondary glazing or double glazing - the UK's most popular energy saving measure (although you'll save more money by installing cavity wall insulation, which is cheaper). Specify 'Low-e' glazing, which has a special heat-reflective coating that reduces heat loss through the window by nearly half. Find out more at www.nef.org.uk/energyadvice.

80

Adopt a glacier. Bit like adopting a panda, but err colder. The US National Snow and Ice Center gives you information on cryosphere (glaciers, snow, sea ice etc) for you to monitor.

79

Be gentle with your boiling. A pan gently boiling and a raging cauldron will actually be the same temperature, so turn down the heat a bit and save some energy. You can actually turn the heat off after boiling with vegetables and pasta. Just keep the lid on the pan and check after a few minutes to see if it's done as you like.

81

If you have air conditioning at home (or you can suggest this at the office), you should **clean or replace** your air conditioning filter as often as possible - even every few days. It'll save energy and money as it won't have to work as hard.

82

Don't use laundry powder. Using an **Eco-Ball** (or three) in your washing machine instead of detergent will get most clothes fresh and clean without the need for any detergent. They work by producing ionized oxygen to lift dirt. They even soften fabric in hard water so no need for fabric softener either. Each can be used about 1,000 times - working out at 3p a wash. Check out Nigel's Eco Store.



83

Water your outdoor plants and lawn in the evening or early morning when it's cooler and less water will evaporate before it's soaked up. Sprinklers can use as much water in an hour as a family of four in the day so only use them when absolutely necessary.

84 Buy second hand. Vintage clothes, refurbished TVs, toys from friends or charity shops etc. We need to get into the habit of reusing things rather than buying new. Old is the new errr new.

85 Use soy-based inks in your printer. They're less toxic than regular printer cartridges and toner itself is a petroleum based product. Major manufacturers are starting to sell soy-based versions now.

87 Use the library. Sounds obvious I know, but if you borrow books rather than buying them then less are printed and less trees cut down. Also when you've finished with the latest magazine you've bought, you can often donate them to your local library, they'll be very grateful.

88 And while we're at it, libraries often have dvds, audio books and children's books. Or even if you rent your dvd from a store, it's better for the environment than buying.

89 Ditch the cling film. Use reusable bags wrapped tightly, or reuse materials like cereal is kept in as it will do the same job of keeping your sandwiches fresh.

86 Keep bees. Or at least

encourage them into your garden with wild and cottage garden flowers like geraniums, foxgloves and lavender. Bees are vital for flowers and if you keep them in a hive you'll get lovely honey too. Check out www.bumblebeeconservation.co.uk



90 Recycle your old fleeces. Fleece jackets and sweatshirts can not only be made from recycled material, but can be recycled too. Patagonia not only take their own fleeces but Polatec branded fleeces from other firms.

91 Narrow your margins in Word or whichever word processing software you use. It makes a big difference as your printer can print a lot closer to the edge than you think it does and will consequently print less paper, and use less energy. Oh, and print at 70% black. And both sides, well done.

92 Wear a jumper outside. Patio heaters are commonplace now, but they're not good for the environment (see Life Goggles here) and if it's too cold to sit outside even in a jumper, go inside and warm up. That told you.

93 Use recycled toilet paper. Not only does it save trees but also is colourless so harmful dyes don't make it into the sewage works and the sea.

94 Donate and buy scrap. Not just in the sense of a car that's been flattened into a box, but everyday scrap for making shelves or a fence. Or even an art project, like here.

95 Write to your local politician about environmental issues and put pressure on the people who can make big changes. In the UK, that'll be your MP, try www.writetothem.com or look here.

96 Shut it! Keep fridge and freezer doors closed. For every minute a fridge is open, it can take three energy-intensive minutes for it to cool down again. Similarly, it can take up to half an hour for a freezer to regain its temperature once a door has been opened for just 60 seconds.

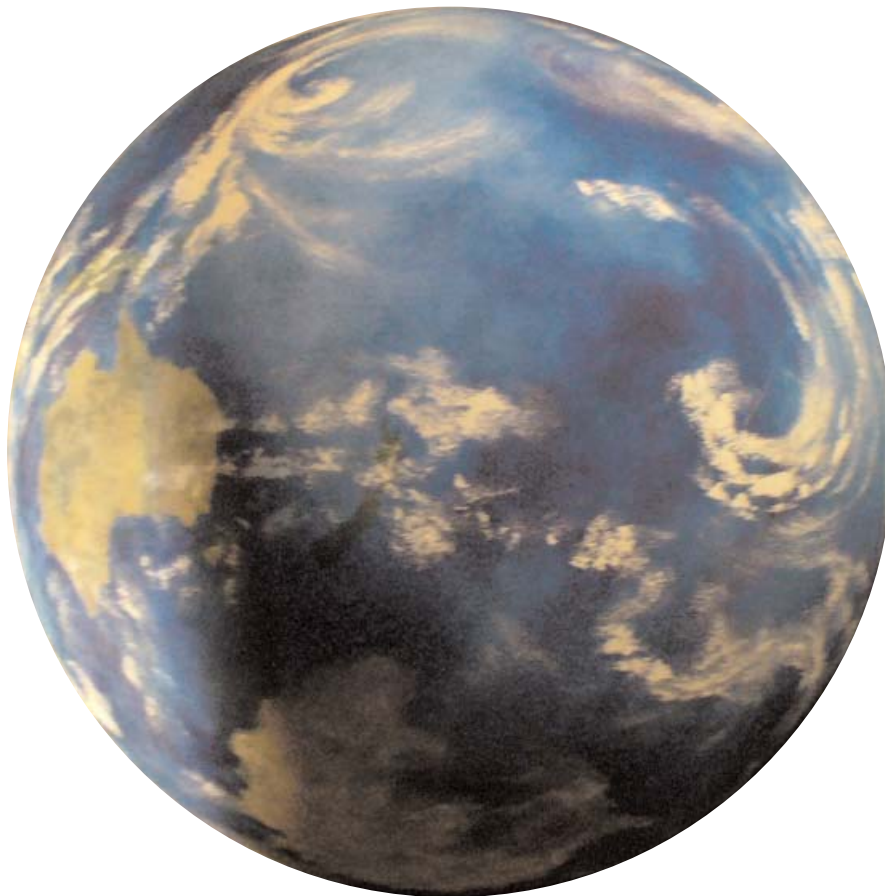
97 Drive the speed limit. Not a safety warning (although using a seatbelt is always recommended) but as a way to use less petrol. Driving a steady, sensible speed is better for the environment (and your sanity) than racing around like a maniac.

98 Don't print this list out. While it's A4 in size and able to be printed, keep it on your computer, it's an eBook, not meant to be printed out. So please don't. All the links won't work either if you do!

99 Join these people - www.wearewhatwedo.org. They're the makers of 'This is Not a Plastic Bag' and writers of this book but they also have a thing called a Personal Action Tracker on their site. This is a "list of simple, everyday actions you can do to help change the world (and have fun while you're doing it). It could be doing something for the community like shopping locally, something for the environment like avoiding plastic bags, or something for you, like learning to paint, sing or speak Spanish...". Basically it's a list a bit like this one where you can keep track of things you've done to help save the planet.

And
finally...

100 Go to www.lifegoggles.com for more ideas and add your suggestions to this list. There's also great articles, videos and competitions as well as environment talk. Plus look out for the updated 100 Ways To Save The Planet in 2008 which (thanks to you) will hopefully be imaginatively titled 200 Ways To Save The Planet. Well done making it to the end and I hope these ideas will help you make a difference.



All ways and ideas on this list are the opinion of the author. If you disagree, want to make a suggestion or just say hello, you can at adam@lifegoggles.com. I promise to say hello back.

Adam Williams September 2007.