

Turn Down the Heat

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

~Margaret Mead

Presentation

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News Article

Sweaters and Feathers

Lets face it, we all crank up the thermostat in the winter, but do you know what that is doing to the environment and yourself? Most heating units for a house use Petroleum for fuel. This particular type of fuel produces many harmful materials such as carbon dioxide, carbon monoxide, and nitrogen oxides. These gases not only harm the environment by causing acid rain and contributing to ground-level ozone, they also harm people by causing respiratory illness, heart diseases, lung damage/cancer, asthma, and many more illnesses – mostly in the younger generations.

Instead of turning up your heat this winter here are a few tips and tricks to staying warm.

1. Bundle up and layer up with sweaters, fuzzy socks, long-jons, etc.
2. Buy or make a rug, if your feet are warm your body will be warm and you will not be as tempted to turn up the heat.
3. Drink coffee (or another warm drink). Not only is a hot drink nice on a cold day, it can also keep you warm.
4. Open your blinds to let the sun in during the day and close them when it is dark.
5. Feather beds are always a good way to stay warm in the winter.
6. Exercise or clean your room, if you keep moving you won't get as cold.
7. Do not let your hair stay wet, get it dry as soon as possible when you're out of the shower.

There are many other ways to stay warm during this harsh season instead of turning up the heat. Try something new and be creative.