

“Going Green-for Me?”

Dear Adam and Eve:

I am getting all these different messages, both in media and from friends, about the importance of going green, but what’s in it for me personally?

From the Me Generation

Dear Me G!

There are many self-rewarding benefits of a sustainable lifestyle. You can:

1. **Save money**—Consuming less of anything (utilities, water, clothes) means you pay less (Duh!); lower energy bills, buy quality that lasts a long time, put some fruit/veggie plants among your flowers and eat from your own garden.
2. **Encourage profits**—Support green and ethical businesses so that they can stay in business and continue acting in enviro/socio responsible ways; buy from them, open an account with them, etc.
3. **Boost health**—If you walk and cycle instead of drive, and if you reduce the amount of chemicals in your food, home and lawns, you will have better cardio health, immune system, stronger muscles and cleaner lungs.
4. **Leave a legacy**—This is your opportunity to leave the world to your children and it will benefit humanity and wildlife for centuries to come.

RETHINK! REDUCE! REUSE! RECYCLE!

Please email questions/comments to DearAdamandEve@timemphis.org or write “Dear Adam and Eve”, c/o Temple Israel, 1376 E. Massey Rd., Memphis, TN 38120.

