

Lyceum 143, April 16, 2026 – Earth Day - Neighborhood/Parish Lyceum – a forum to Think, Discuss, Share, and Learn from one another. Your input is welcome. **This Lyceum is in anticipation of Earth Day on April 22(Wednesday) and is being sent out earlier. On Thursday, April 23, Lyceum 144 will be sent out as normal.**

“In 1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy.... We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”

Earth Day – 2026 – I regularly write to my 8th district representatives: Ron Johnson, Tammy Baldwin, and Tony Wied when I come across articles about the White House’s actions to repeal established policies and regulations of the EPA. – Roger J. Vanden Busch

“This is a constant threat -Washington (United States) (AFP) – A coalition of environmental and health groups filed suit Wednesday against the Trump administration’s repeal of a key scientific finding that underpinned federal climate regulations. The action taken in a Washington appeals court argues that Republican President Donald Trump’s move — which eliminated greenhouse gas standards on automobiles and placed a host of additional rules in jeopardy — was illegal.”

“Instead of production, primarily, we must think of sustainability. Instead of dominating nature, we must acknowledge that nature is our source and best teacher. Instead of understanding the world in parts, we must think about the whole.” -Wes Jackson.

10 Ways to Go Green and Save Green.

Join the [Million Car Carbon Campaign](#) by purchasing your [Earth-Aid kit](#) today.

*How can we live lightly on the Earth and save money at the same time? Staff members at the World Watch Institute, a global environmental organization, share ideas on how to **GO GREEN** and **SAVE GREEN** at home and at work.*

[Climate change](#) is in the news. It seems like everyone's "going green." We're glad you want to take action, too. Luckily, many of the steps we can take to stop climate change can make our lives better. Our grandchildren-and their children-will thank us for living more sustainably. Let's start now.

We've partnered with the [Million Car Carbon Campaign](#) to help you find ways to save energy and reduce your carbon footprint. This campaign is uniting conscious consumers around the world to prevent the emissions-equivalent of 1 million cars from entering the atmosphere each year.

Keep reading for 10 simple things you can do today to help reduce your environmental impact, save money, and live a happier, healthier life.

1. **Save energy to save money.**

- Set your [thermostat](#) a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.
- Install [compact fluorescent light bulbs](#) (CFLs) when your older incandescent bulbs burn out.
- Unplug appliances when you're not using them. Or, use a ["smart" power strip](#) that senses when appliances are off and cuts "phantom" or "vampire" energy use.
- Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.
- Use a drying rack or clothesline to save the energy otherwise used during machine drying. If you must use a dryer, consider adding [dryer balls](#) to cut drying time.

2. **Save water to save money.**

- Take shorter showers to reduce water use. This will lower your water and heating bills too.
- Install a [low-flow showerhead](#). They don't cost much, and the water and energy savings can quickly pay back your investment.
- Make sure you have a [faucet aerator](#) on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.

- [Plant drought-tolerant native plants](#) in your garden. Many plants need minimal watering. Find out which occur naturally in your area.

3. **Less gas = more money (and better health!).**

- [Walk or bike](#) to work. This [saves on gas](#) and parking costs while improving your cardiovascular health and reducing your risk of obesity.
- Consider telecommuting if you live far from your work. Or move closer. Even if this means paying more rent, it could save you money in the long term.
- [Lobby your local government](#) to increase spending on sidewalks and bike lanes. With little cost, these improvements can pay huge dividends in bettering your health and reducing traffic.

4. **Eat smart.**

- If you eat meat, add one meatless meal a week. Meat costs a lot at the store-and it's even more expensive when you consider the related environmental and health costs.
- Buy [locally raised](#), humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers [keeps money in the local economy](#).
- Watch videos about why [local food](#) and [sustainable seafood](#) are so great.
- Whatever your diet, [eat low on the food chain](#) [pdf]. This is especially [true for seafood](#).

5. **Skip the bottled water.**

- Use a water filter to purify tap water instead of buying [bottled water](#). Not only is bottled water expensive, but it [generates large amounts of container waste](#).
- Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.
- Check out this short article for the [latest on bottled water trends](#).

6. Think before you buy.

- Go online to find new or gently used secondhand products. Whether you've just moved or are looking to redecorate, consider a service like [craigslist](#) or [FreeSharing](#) to track down furniture, appliances, and other items cheaply or for free.
- Check out garage sales, thrift stores, and consignment shops for clothing and other everyday items.
- When making purchases, make sure you know what's "[Good Stuff](#)" and what isn't.
- Watch a video about [what happens when you buy things](#). Your purchases have a real impact, for better or worse.

7. Borrow instead of buying.

- [Borrow from libraries](#) instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.
- Share power tools and other appliances. Get to know your neighbors while cutting down on the number of things cluttering your closet or garage.

8. Buy smart.

- Buy in bulk. Purchasing food from bulk bins can save money and packaging.
- Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.
- Invest in [high-quality, long-lasting products](#). You might pay more now, but you'll be happy when you don't have to replace items as frequently (and this means less waste!).

9. Keep electronics out of the trash.

- Keep your cell phones, [computers](#), and other electronics as long as possible.

- Donate or recycle them responsibly when the time comes. [E-waste contains mercury](#) and other toxics and is a growing environmental problem.
- [Recycle your cell phone.](#)
- Ask your local government to [set up an electronics recycling](#) and hazardous waste collection event.

10. Make your own cleaning supplies.

- The big secret: [you can make very effective, non-toxic cleaning products](#) whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap.
- Making your own cleaning products saves money, time, and packaging-not to mention your indoor air quality.

11. Bonus Item!

- Stay informed about going green. [Sign up](#) for our weekly newsletter or [subscribe to World Watch](#), our award-winning magazine.

Thanks to members of SustainUS, the U.S. youth network for sustainable development, for contributing their ideas on how to go green and save green at home and at work.

According to a folktale, one day a child, Terra saw an older man digging a hole in the earth. Terra asked the man, “Must you do such heavy work at your age? Have you children to help you?” The man continued to dig. “This work I must do myself.” Terra asked, “How old are you?” The man answered, “I am 80 years old.” “And what are you planting?” “I am planting a bread fruit tree,” was the answer, “and the fruit of this tree can be made into bread.” “And when will your tree bear fruit?” asked Terra. “In 25 years.” “But you surely will not live that long,” said Terra. “Yes,” said the man, “I will not live that long, but I must plant this tree. When I came into this world there were trees here for me. It is my duty to make sure that when I leave there will be trees here also.” **What will be your legacy?**

Let us strive to consciously live in harmony with the earth. Deep ecology strives to harmonize humans with the will of the land as articulated by Arne Naess. He believes we need to ask deeper questions and challenge our ready-made assumptions about economic and political public policies. He writes in **Ecology, Community and Lifestyle**; we are not outside the rest of nature and therefore cannot do with it as we please without changing ourselves. He proposes an eight-point platform of deep ecology:

1. The well-being and flourishing of human and nonhuman life on Earth have value in themselves.
2. Richness and diversity of life forms contribute to the realization of these values and are also values in themselves.
3. Humans have no right to reduce this wealth and diversity except to satisfy vital needs.
4. The flourishing of human life and cultures is compatible with human population growth or decline.
5. Present human interference with the nonhuman world is excessive, and the situation is rapidly worsening.
6. Policies must be changed to benefit everyone for the sake of the greater good.
7. The ideological change is that of appreciating life equality (dwelling in situations of inherent worth) rather than adhering to an increasingly higher standard of living.
8. Those who subscribe to the foregoing points have an ethical obligation directly or indirectly to participate in the attempt to implement the necessary changes.

“I must become the change I want to see in the world.” Gandhi

The Hopis believe it is their sacred duty to care for the earth. Caring for the living earth is a natural extension of caring for oneself and one's family or community. We are a living part of nature, thus, to be responsible for ourselves is to be responsible for the entire earth. There are limits to human expansion and growth, consequently some political questions are going to be decided in a higher court or even the United Nations. With this present political administration, hopefully the emerging color of politics will be greener in terms of environment and not greed. We must be aware of and sensitive to the limits of any human endeavor, the actual voice of the natural world, the rights of trees and rivers to exist and to perform their rightful functions, the right of the wolf to howl, and the liberation of the earth from any exclusive and narrow-minded, self-serving human vision. Let us strive for unity through diversity. -rvb.

Prayer for the Healing of the Earth

“We join with the earth and each other - to bring new life to the land, to restore the waters, and to refresh the air.

We join with the earth and each other – to renew the forests, to care for the plants, and to protect the creatures.

We join with the earth and with each other – to celebrate the seas, to rejoice in the sunlight, and to sing the song of the stars.

We join the earth and with each other – to recreate the human community, to promote justice and peace, and to remember our children.

We join with as many diverse expressions of one loving mystery for the healing of the earth and the renewal of all life.”

-U.N. Environmental Sabbath Program.