



Ask Dr. Belisa

STEPS TO SAVE THE EARTH

DEAR DR. BELISA: I want to be more ecologically friendly, but I am lazy. What can I do to make a difference so I can feel good but won't have to spend my weekends soaking labels off beer bottles?

Lynn, midtown

DEAR LYNN: Nothing can make you feel good more quickly, give you perspective on life and remind you that there are things you can control as taking steps, regardless of how small, toward living in a more socially conscious way:

1. Take sneakers you don't wear anymore to Jack Rabbit athletic store (42 W. 14th St.), where they will donate them to A Running Start Foundation.

2. Switch to Working Assets for long-distance service. The cost is comparable to other services, and they donate 1% of your bill to environmental and educational organizations. 1-800-227-0298.

3. At Union Square, drop a buck in the box for Mighty Mutts, a dog-rescue group that's on the southwest corner with volunteers and pooches every weekend.

4. Clean out your closets and put all your junk on Craigslist's "free" listing. Within minutes, someone will call to pick up your stuff, saving you trouble.

5. Buy wine with natural corks. New plastic corks pose an environmental threat to the 3 million acres of natural cork forests that provide habitats to many bird and plant species. Unlike plastic, cork is a natural, renewable resource.

6. Change laundry detergents. A foot or two from the brightly colored monosyllabic one you always buy is a white and green bottle called Seventh Generation. It's made with renewable, nontoxic, phosphate-free and biodegradable ingredients. For a store near you that carries it, log on to http://www.seventhgeneration.com/our_products/find_store.php.

7. Make sure your Con Ed electricity comes from wind and water sources by upgrading your electrical bill for as little as \$10 a month. Log on to <http://www.renewus.org/states/NY.html>.

8. When you order your cup of morning java, consider the bean from Rwanda — the nation's surprisingly superb coffee bean is changing its economy.

9. Log on to www.prayerfoundation.org/mother_teresa_do_it_anyway.htm and print out the poem there, which sounds like it's by the Beatles but actually was written by Mother Theresa. Read it often.

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.