

The Green Notebook

Douse the Lights on Saturday Night

By not letting your light shine on the evening of March 26, you will be sending a beacon of hope to the world. Join the Earth Hour and its partner World Wildlife Federation this Saturday and turn off your lights at 8:30 p.m. for an hour (or more) as a collective display of commitment to protect our planet.

Every year Earth Hour asks individuals, businesses and communities worldwide to show their commitment to the environment. According to their website (www.earthhour.org), Earth Hour began as a single-city initiative – in Sydney, Australia – in 2007 and has since grown into a global movement with hundreds of millions of people from more than 4,500 cities and towns in 128 countries across every continent switching off their lights for Earth Hour 2010, creating history as the world's greatest ever environmental action.

Some of the world's most famous man-made marvels and natural wonders, including China's Forbidden City, Eiffel Tower, Table Mountain, Great Pyramids of Egypt, Buckingham Palace, Brazil's Christ the Redeemer statue, Niagara and Victoria Falls, Empire State Building, Sydney Opera House and many more global icons stood in darkness as a powerful symbol of landmark environmental action.

How can you help spread the word? Talk about it to your friends and family and make plans to join this global "lights out" event. For those "techie" types out there, you can use the resources available at the Earth Hour website to post things on Facebook, Twitter and other social media. You can even subscribe to the Earth Hour channel on YouTube or add the official Earth Hour video to your blog or website.

For the rest of us non-tech types, you can download banners, posters, stickers and more to help spread the word and raise awareness about the event. Either way, make it a point to turn off the lights and stand in solidarity with creating awareness about living sustainably on our planet—together we can make a difference. To learn more, please visit the website or call 202-293-4800.

Tuesday Trippier lives in Delaware, is a writer and mother of three, soon to be four, with a special interest in green living.