

Features

Conserving gas proves that choices can be both financially and environmentally friendly

JACK LAMMERS

Temperatures climb as summer approaches and, unfortunately, so do gas prices. Some analysts predict six dollars per gallon by this summer; others say even more. There is no need to be alarmed, just open up your mind to some alternatives to driving. If you absolutely cannot take your foot off of the gas pedal, there are other ways to save.

In Portland, we are lucky enough to have access to an expansive public transportation system. With buses heading to and from the city throughout the day, this is a great alternative to driving and reduces emissions while increasing the livability factor. Another great method of transportation aside from buses is the MAX Light Rail. Anything from Portland Timbers' games



Photo by Laurel Massaro

The 35 TriMet bus operates in West Linn and the Portland Metro area for the service of commuters. With one of the most expansive public transportation systems in the United States, TriMet provides a viable and financially friendly alternative in the wake of soaring gas prices.

to shopping in downtown Portland can be achieved without the stress of inner city driving or the time and expense of trying to find a place to park.

If you plan on travelling locally, picking up a bicycle could be a good option, benefitting both

the environment and your happiness quotients. Especially with sunnier days coming our way, as Oregonians, we need the vitamin D wherever we can get it.

Now let's say you decide that you have to drive somewhere. If that's the

case, try grouping trips together, planning them out in a way that saves you gas and time in the long run.

Some in-car tricks to increase fuel economy, include lightening the amount of weight you carry in your car. An extra 100 pounds increases fuel consumption by 1 to 2 percent. Fill up your tank when it is still half full. When the fuel tank is low, the engine is more likely to receive a less steady amount of gas and can make the engine less efficient.

Slowing down, using cruise control, and accelerating smoothly all add to fuel economy

by making the engine work less. Conversely, speeding can reduce fuel efficiency by as much as 30 percent. Try using the air conditioner and heater sparingly because it can cause the engine to work harder. However at higher speeds, air conditioning is shown to allow for better gas mileage than rolling down the windows.

We have to make better choices for ourselves and our planet. We are all granted the freedom of choice from the purchases we make to the engines we rev. Conserving gas provides benefits whether through saving money or improving the quality of the environment.

Eco-friendly alternatives grow, grant opportunity for change

JACK LAMMERS

Implementing a green lifestyle may seem to be an overwhelming task, and if you try to do everything, it may be. However, with some simple changes slowly added to our daily lives, we can develop healthy

vote with their dollars.

2) Walk, carpool, ride the bus or even bike to school. Utilizing these alternatives on a consistent basis, or even a few times a week can allow for more socializing, less emissions and uncompromised convenience.

3) Turn off the water while

brushing teeth. Although cleaner energy is becoming more common, no energy should be wasted. When you're not using lights or appliances/electronics, just turn them off. Using natural light is a great alternative.

5) Volunteer. Enjoy natural beauty and strive to preserve it. Find organizations or local parks where you live to participate in environmental clean-up and awareness. One example is SOLV (Stop Oregon Litter and Vandalism). If that doesn't work out, start your own clean-up.

6) Hand-wash dishes or only run a fully loaded dishwasher. Most people don't realize it, but dishwashers use considerable amounts of water to wash dishes. Ideally, it's best not to use the dishwasher at all. If you do, use eco-friendly dishwashing detergent and only run the washer when it is completely full. If it's not full or if you can, choose to wash dishes in the sink instead, of course, with eco-friendly dishwashing liquid. These soaps differ because they are made from organic base oils, are biodegradable and often avoid testing on animals.

Environmental tips

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Photo by Jack Lammers

Seniors Chris Kingsborough and Taylor Rose carpool to lunch instead of driving separately. Carpooling is one alternative which, according to Colorado Pollution Prevention, can prevent about 2,376,000 pounds of carbon dioxide from being released each year per 100 people.

habits to consistently benefit our environment.

1) Ask or shop for green products. For future back-to-school shopping, clothes shopping or anything else, there are usually environmentally friendly alternatives. With the demand for these products on the rise, prices are becoming more and more reasonable, and this allows the consumer to

brushing teeth. Do not let that water run, that wastes water. Just a couple of minutes of running water per day adds up. One helpful tool is a shower timer to keep your water usage to a minimum.

4) Turn off lights and appliances/electronics when not in use. People who aren't environmentally conscious don't usually think about turning off lights and appli-

Beat finals stress by creating a study plan and sticking to it

ALISON FIELDHOUSE

It's finally that time of year where school is almost over. The possibilities for summer fun are endless, but it's hard to focus on them when there's something else calling for immedi-

do study. The trick is to start as soon as you can (as makes sense).

2. Review materials. In many classes, you've made notes or study guides for other tests. Review these to keep the information fresh

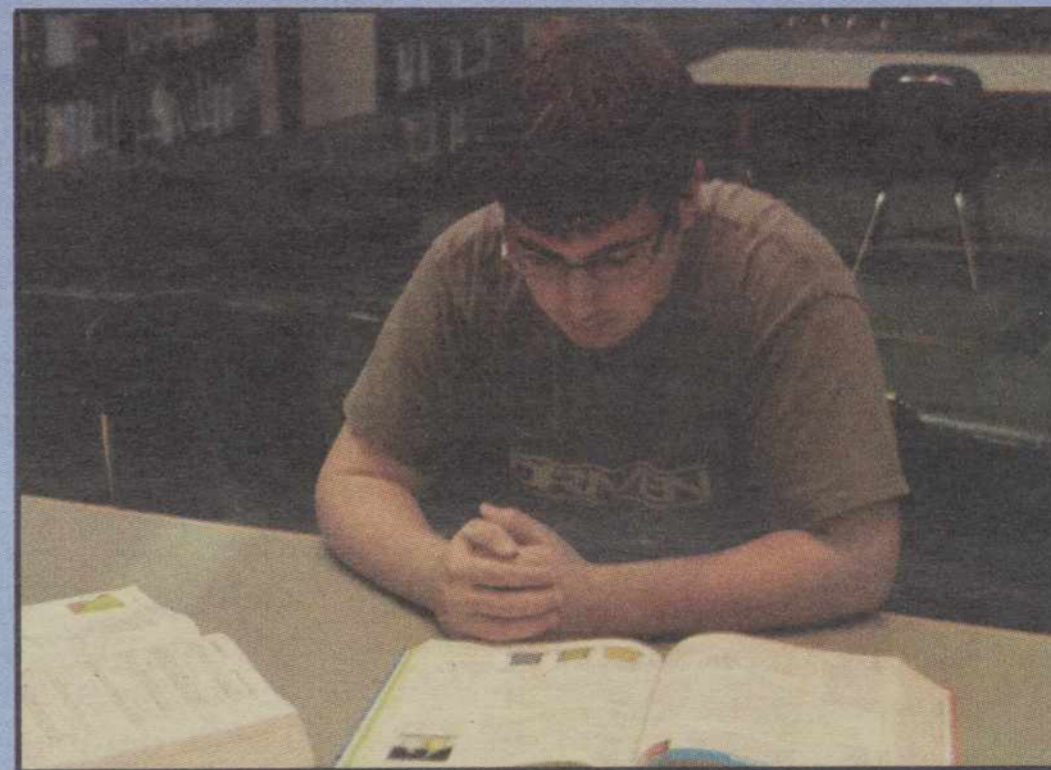


Photo by Alex Houston

Garrett Harmon, sophomore, studies in the library as he begins preparation for finals in chemistry and Advanced Algebra. Finals can seem daunting, but creating a study plan and sticking to it can relieve stress; the trick is to start earlier rather than later.

ate attention: finals. These dreaded tests are what stand between you and the relaxation of summer break. It may feel overwhelming to have so many tests at the end of the school year, but here are a few tips that will help.

1. Create a study plan for each class. These don't need to be the most comprehensive plans you've ever made, but set aside time for each class and write it in your planner or use another scheduling aid that will help to ensure that you actually

in your head. Spread out review over several nights to avoid cramming right before the test.

3. Go over old tests. Seeing what mistakes you made (if any) and figuring out how to correct them is a good way to test if you know the material or not. Also, it shows you facts or details that the teacher thought were important to know.

Tips for finals

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