

September 23

[Group suggests small changes to help planet](#)

WATERVILLE -- Baby steps, said Linda Woods, can result in big strides.

Woods said if everyone turns off the faucet when brushing their teeth and dries clothes on a line rather than in a machine, we can individually and collectively reduce our carbon footprint on the planet. Woods is coordinator of Sustain Mid-Maine Coalition, which promotes conserving resources and sustaining a healthy environment while supporting regional economic prosperity.

Woods will suggest 24 baby steps Saturday at Make A Difference Day at Barrels Community Market as part of 350.org -- a global effort to bring attention to global warming.

Events in about 170 countries Saturday will encourage people to move beyond fossil fuels and reduce the level of carbon dioxide in the atmosphere from 392 parts per million to 350 parts per million.

The event at Barrels will be from 10 a.m. to 1 p.m.

Participants will be invited to taste local foods, learn about composting, check out a home recycling center, watch the environmental short movie "The Story of Stuff" by Annie Leonard and the PowerPoint presentation "Think Outside the Windmill," as well as explore kitchen gardening and a worm farm.

Since the day is about moving to make a difference for the climate, Woods said people who walk, bike, carpool, skateboard or ride a horse to the festivities at 74 Main St. will get a prize.

At noon, a photograph will be taken of local participants with a sign in which footprints form the number 350. The picture, said Woods, will be sent to 350.org to be included with pictures taken at other events around the world organized in response to environmentalist Bill McKibben's call for a global day of action for the planet.

Woods said the photos will be shown at Times Square in New York City.

"The most important thing is to educate people about reduction," said Woods, who will have handouts Saturday that include the Kennebec Explorer bus schedule and lists of area transfer stations.

Barrels, established in June 2009, is a nonprofit market that sells locally produced goods and provides a community event space to showcase programs.

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