

# Making Migration Easier



“The four great threats to migration are habitat destruction, human-created obstacles, overexploitation, and climate change. Looking ahead, if we are successful at preserving many of the world’s imperiled migrations, it will be because we have learned to cooperate across social, political, and administrative boundaries, and because we have recognized the importance of tackling global climate change and other environmental problems long before they become crises. Few lessons could be more important for the long term welfare of migratory animals and people alike.”

*David Wilcove; No Way Home, The Decline of the World’s Great Animal Migrations*

**S**o, what can you do to make things a little less treacherous for migrating species? In addition to learning more about conservation issues, you can support sound conservation policies and expanded resources for conservation. (Please see [nature.org](http://nature.org) and [nature.org/eastern](http://nature.org/eastern) for details on these conservation issues.) You can also make personal choices that help minimize your carbon footprint and discourage over-exploitation through food choices. Some suggestions for living more lightly on the Earth:

1. **Travel light.** Walk or bike instead of driving a car. Cars and trucks run on fossil fuels, which release carbon dioxide into the atmosphere. In the United States, automobiles produce over 20 percent of total carbon emissions. Walk or bike and you’ll save one pound of carbon for every mile you travel. Try OZOcar (hybrid cars with internet wireless connectivity) to New York area airports. Call 1-866-OZO-5966 for reservations.
2. **Teleconference instead of flying.** For office meetings, if you can telephone or videoconference, you will save time, money, and carbon emissions. Airplanes pump carbon emissions high into the atmosphere, producing 12 percent of total U.S. emissions.



3. **See the light.** Use compact fluorescent light bulbs. These energy-efficient bulbs help fight climate change because they reduce the amount of fossil fuels that utilities burn. You will save 100 pounds of carbon for each incandescent bulb that you replace with a compact fluorescent, over the life of the bulb.
4. **Recycle and use recycled products.** Products made from recycled paper, glass, metal and plastic reduce carbon emissions because they use less energy to manufacture than products made from completely new materials. For instance, you'll save two pounds of carbon for every 20 glass bottles that you recycle. Recycling paper also saves trees and lets them continue to reduce climate change naturally as they remain in the forest, where they remove carbon from the atmosphere.
5. **Inflate tires.** Cars get better gas mileage when the tires are fully inflated, so it will burn less gas and emit less carbon. Check your automobile monthly to ensure that the tires are fully inflated. Follow this tip and save 300 pounds of carbon dioxide for every 10,000 miles you drive.
6. **Plant native trees.** Trees absorb carbon dioxide from the air and use it as their energy source, producing oxygen for us to breathe. A tree in the temperate zone — found between the tropics and the polar circles — can remove and store 700 to 7,000 pounds of carbon over its lifetime. A tree that shades a house can reduce the energy required to run the air conditioner and save an additional 200 to 2,000 pounds of carbon over its lifetime. Go to [www.nativeplantcenter.org](http://www.nativeplantcenter.org) for local information and use the chapter's Invasive Plants wallet card when purchasing plants.
7. **Turn down the heat.** Heating and air conditioning draw more than half of the energy that a home uses in the United States. Turn down the heat or air conditioning when you leave the house or go to bed. You can easily install a programmable thermostat that can save money and carbon.
8. **Buy renewable energy.** Electricity generation produces 40 percent of carbon emissions from the United States. A growing number of utilities generate electricity from renewable energy sources with solar panels, windmills and other technologies. If your utility offers renewable energy, buy it. If not, send them a message asking for clean energy.
9. **Think about food choices and try to eat foods produced within a 100-mile radius of your home.** Go to <http://100milediet.org/category/about/> to learn more. In addition, know which species are endangered due to over-harvesting. Go to [Audubon.com](http://Audubon.com) for a copy of their superb fish wallet card.
10. **Learn more about conservation issues** by going to [www.Islandpress.org](http://www.Islandpress.org) for a full listing of their excellent publications.



DALE BOHLKE

---

## The Nature Conservancy Eastern New York Chapter

---

[nature.org/eastern](http://nature.org/eastern)

265 Chestnut Ridge Road  
Mount Kisco, NY 10549

Tel. 914-244-3271 • Fax 914-244-3275