Week 2 Journal

Here is the status report on my Ecological Footprint Reduction Project. So far, the only things that I have had and success with is turning off my thermostat and not using too much hot water. Since the weather hasn’t been too cold lately, I decided to turn the heat completely off. And when it gets a little chilly in the house, we simply grab blankets. When it comes to the hot water, I have been taking baby steps towards achieving my goal. As of right now, I use hot water when taking showers, washing my whites, and washing my hands. When brushing my teeth, washing my face or cooking, I use cold water. The only challenge I have met so far is cutting back on meat. For the last two weekends, we have had grilled burgers, hot dogs and smoked sausages. A lot of processed meat. I think this will be my biggest challenge because I am used to have a meat with most meals. I have been trying to cut back on meat for a while, but it has been a struggle. And with the changing to energy efficient light bulbs, I just haven’t had a chance to shop for light bulbs yet. Also, I have been working on buying fresh fruit and vegetables for a while, and I'm stilling doing okay with that. This activity has taught me how much I use and waste. And it is teaching me how to conserve what I am using so that there will be something left for future generations.

During the second week of class, I learned so much about my topic “factory farming.” When it comes, you think about Old McDonald and a farm full of sweet animals that you feed and take care of. Through my research, I learned that factory farming was no such thing. I would have never known that farming at that capacity could lead to water and air pollution. Or how much water is need. Water is used for everything. The experience that stood out to me was the peer review. I’m often nervous about reviewing or being reviewed by my fellow classmates. The review process wasn’t as hard as I thought, and I tried to be mindful of other’s feelings. But I learned that it is a learning experience for us all, whether we’re learning more about a subject or learning how to critic while remaining tactful. The only thing I found to be difficult this week was keeping up with my goal of eating less meat for my Ecological Footprint Reduction Project. The more I say I’m going to cut back, the more I eat. The activity that I found surprising was again, the information I learned about factory farming. Researching this topic really opened my eyes to what it takes to produce the meat that is needed for our society. In week three, I am looking forward to learning more about my topic “permeable pavement.” I haven’t heard of the term itself, but I am pretty sure I have seen it or crossed paths with it before. I am kind of excited to see what it is all about. A coworker and I, he helped me choose the term by picking a number from 1-30, did a quick Google search of it because neither one of us have heard of it. And it sounded interesting.