

Actor Ed Begley Jr. has been curious about living green since childhood. Then, in 1970, the first Earth Day was held. That is when he started composting, recycling, and bought his first electric car.

In 1989, though unbeknownst to each other, we both purchase "50 Simple Things You can Do to Save the Earth." I used it as reference for writing this column and to improve my green habits.

Begley challenged himself to accomplish at least half of those 50 Simple Things in his lifetime. To his joy, he was able to implement all 50 items. And to this day he has "Stayed Involved" (number 49) and "Spread the Word" (number 50).

In 2008, Begley published his first book "Living like Ed." I checked out a copy from the library. Begley is the green model to emulate. His first choice for mode of transportation is his feet, then bicycle followed by public transit, his electric car, then his hybrid car.

Transportation choices should always be considered when people choose a place to live. There are many places in Vallejo that Begley's first three choices are not viable. I live two blocks from a grocery store and within two miles of major shopping or downtown. The bus stops in front of my house many times a day. Unfortunately, there is no bus route to Mare Island, so I often car pool with others who live in my neighborhood.

One thing that makes this book fun to read is Begley's wife. Rachelle is always skeptical about Begley's green ideas and adds her comments to put his lifestyle in her perspective. For example, when they were dating, Begley took her to a favorite restaurant in Los Angeles via the bus which included a transfer by a strip club. And she married him anyway.

is about vehicle idling. Begley says that we use up to 25 percent of our gasoline when our car is not in motion. Idling adds to the pollution in Solano County and exacerbates our asthma rates which are the highest in the Bay Area. So please, to save money and our health, shut off that car when you are waiting to pickup a friend or child.

Living Like Ed is divided into six topics: Home; Transportation; Recycling; Energy; In the Garden, Kitchen and Clothing; and Hair and Skin Care. Each chapter gives you green options along with Begley's and Rachelle's experiences.

The last section of the book is a workbook for you to track your progress as you change your energy-use habits, and charts for you to track the money that you are saving.

If you get the Planet Green Channel, you can watch the series Living with Ed or catch it on his web site: [www.livingwithed.net](http://www.livingwithed.net).

I am currently reading his new book, "Ed Begley Jr's Guide to Sustainable Living," and will review that for you in the near future.

Confidential Paper Shredding event.

VALCORE has a new time for the shredding event that will be held on Saturday, February 20 at VALCORE Recycling (38 Sheridan Street, Vallejo 707 645-8258). The event is now from 10:00 a.m. to 2:00 p.m. There is a charge of \$5 per twenty pounds (maximum: 100 pounds).

*VALCORE Recycling Board Secretary Jane Bogner's "A Sorted Affair" is published every other week in the Times-Herald. For recycling information call VALCORE Recycling at 645-8258 or visit [www.VALCORErecycling.org](http://www.VALCORErecycling.org).*

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One of the things I learned from his book