



Upscale your garb

You know those clothes you've been neglecting in your closet? Consider taking them to the next Swap-O-Rama-Rama, where your been-there done-that duds can become somebody else's new favorite thing. Your bag of discards and a \$5 to \$10 donation (which goes toward renting space for the event) will get you in the door. After rummaging through apparel piled high on tables, you'll embroider, bead, knit, crochet, silk-screen, or otherwise revamp your funky finds at any number of do-it-yourself stations. Professional designers at each station help you plan and create whatever your mind can conjure up. "A Swap-O-Rama-Rama invites people to discover that making things is not an activity to be avoided," says founder Wendy Tremayne, "but rather a playful and leisurely endeavor unto itself." At the end of each swap, leftover clothing is donated to local shelters. Visit swaporamarama.org to find out about attending upcoming swaps and about hosting your own.

—GABRIELLE HARRADINE

Sound Advice

If you're planning on toasting the New Year at a local bar, you may want to consider the decibel level. Research in *Alcoholism: Clinical & Experimental Research* revealed that when music in a bar was cranked up to 88 decibels, patrons drank more in less time than when music was played at a relatively subdued 72 dB (think: lawn mower vs. vacuum cleaner). The researchers speculate that loud sound levels may raise our level of arousal, causing us to drink faster and drink more, or else that it discourages conversation, so we end up drinking more because we're talking less.

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The number of pounds of clothing and textiles the average American throws away every year.

[Source: Secondary Materials and Recycled Textiles Association]

GREEN RESOLUTIONS

By choosing a vegetarian diet, you're already well on your way to reducing your carbon footprint. Now, consider picking up the pace and adding a few low-carbon lifestyle changes to your list of New Year's resolutions, such as these from "Cool Citizens: Household Solutions," courtesy of the Rocky Mountain Institute:

- **Replace** one outside incandescent light. Your yearly CO₂ savings: 210 pounds.
- **Lower** your water heater temperature to 120°F. Your yearly CO₂ savings: 214 pounds.
- **Wash** clothes in cold water. Your yearly CO₂ savings: 327 pounds.

Want more earth-friendly strategies? Go to rmi.org.

