

Adult Ed. program goes green

Contributed by Adam Swift
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Helping people make smart choices when it comes to the environment is one of the goals of the Low Carbon Diet, a program being offered this fall as part of Whitman-Hanson Regional High School's Main Street Extension adult education program.

"There's so much information out there that it can get overwhelming," said Cheryl Wyndham, the Main Street Extension director.

Since the new high school was completed in 2006 and certified as a green building, Wyndham said, there has been an increased effort to offer more programs that take advantage of the building to educate the public about going green.

"In the past, there have never been programs for individual homeowners about what they can do and how they can save money," Wyndham said.

The Low Carbon Diet is a 60-day program that helps people save money while lowering their carbon footprints. Nancy Marshall of Green Hanson, a local environmental group, is teaching the class.

"Green Hanson's programs are usually just for Hanson," said Wyndham. "By offering this course, they can reach the entire South Shore community."

Main Street Extension programs are open to all residents throughout the South Shore, although the cost for the classes is typically a little lower for Whitman and Hanson residents.

The Low Carbon Diet program is scheduled for every other Wednesday — Oct. 1, 15, 29, and Nov. 12 from 7 to 8:30 p.m. The cost is \$30.00.

The class will cover how to calculate your CO2 footprint, create “cool household systems” that save the earth while saving money, and experience it in a fun approach to conservancy, according to Wyndham.{sidebar id=2}

“We share easy manageable ways to lower your carbon output and lower your energy costs,” said Marianne DiMascio, Chairman of Green Hanson. The course will follow the “Low Carbon Diet” workbook, and when students register by Sept. 10th they will receive a free workbook valued at \$13.

Main Street Extension is also offering another program as part of its Going Green series.{sidebar id=1}

Debbie Cook, Manager of the Greenscapes Program, will be offering a one-night seminar titled “How To Have A Beautiful, Healthy Yard That Saves You Money and Time” on Oct. 21, from 7 to 9 p.m. The cost is \$10. The seminar will cover simple and highly effective ways to achieve a beautiful yard that is healthy and safe for family and pets, without the cost and aggravation of a traditional lawn, according to Wyndham.

As the urgency heightens to save and protect the water sources in the South Shore area, this seminar comes just in the nick of time, Wyndham said. Mrs. Cook is passionate about helping people learn alternative and healthy lawn care techniques that directly protect the safety our water sources.

Anyone interested in the Going Green classes, or any of the other more than 40 courses offered this fall as part of the Main Street Extension, can go to www.whrsd.org/mainstreet.

“We have a beautiful modern facility and a variety of classes right here on the South Shore,” said Wyndham. “People can save gas by staying local this fall and still have fun by learning something new.”