

Raising the next generation of planet protectors

Mary DeMocker's new book highlights 100 ways families can join the climate revolution without breaking the bank, losing sleep or terrifying kids

BY EMILY GREEN
SENIOR STAFF REPORTER

Time-strapped parents often approach Mary DeMocker at fossil fuel blockades and pipeline protests, wanting to know a few quick actions they can take to help avert climate change.

Over the years, DeMocker, a mother of two and co-founder of 350.org's Eugene chapter, began to make a mental list of suggestions for those parents. That list of ideas eventually culminated into a book, "The Parents' Guide to Climate Revolution: 100 Ways to Build a Fossil-Free Future, Raise Empowered Kids, and Still Get a Good Night's Sleep," to be released by New World Library later this month.

It's not another to-do list of home maintenance and lifestyle changes aimed at shrinking your family's carbon footprint.

Hanging your laundry out to dry and trading your car for a bike are not the most effective ways for busy parents to combat climate change, DeMocker said.

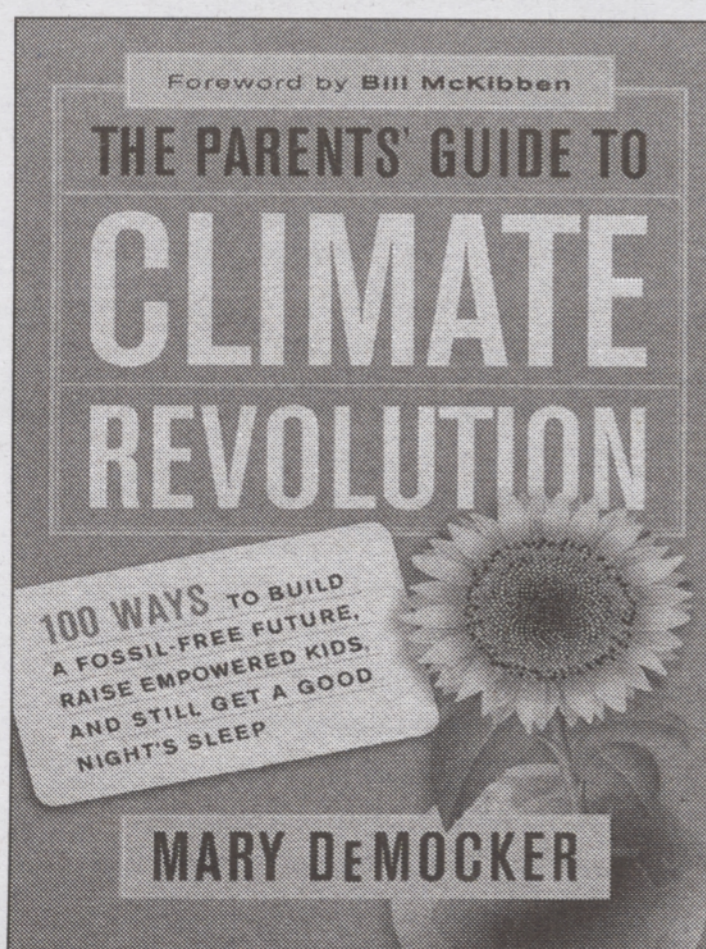
Instead, she offers a menu of activities aimed at attacking the root causes of our fossil-fuel-addicted culture while also providing tips for fostering family connectedness and raising free-thinking and innovative children.

While some chapters focus on promoting climate literacy in our schools or ensuring you're ready for the next extreme-weather event, others offer ways to inspire children with environmental success stories and a clear path

See CLIMATE, page 5



Mary DeMocker



BOOK COVER COURTESY OF NEW WORLD LIBRARY

PHOTO OF MARY DEMOCKER (TOP)
BY JONATHAN B. SMITH

TOP 5 WEBSITES FOR CLIMATE-FIGHTING FAMILIES

In "The Parents' Guide to Climate Revolution," author Mary DeMocker points to a plethora of online resources for parents. These are her favorite websites for getting families educated and engaged in their climate future.

StoryofStuff.org

Visit this site to watch easy-to-understand and entertaining shorts that explain topics such as cap and trade and Citizens United.

Brainson.org

Visit this site to listen to a science

podcast for kids.

350.org

This is the world's largest climate activism organization, with chapters all over the world. Visit this site to learn about the grassroots climate justice movement nationally and in your hometown. A chapter-locator map will link you to local campaigns.

EarthGuardians.org

Earth Guardians is a youth movement led by Xiuhtezcatl (pronounced Shoo-teh-zacht) Martinez. Martinez is a 17-year-old

hip-hop artist/activist who works to mobilize youths to "become the ones we've been waiting for" to defend the planet. Visit the site's Action page for ideas on how to get involved.

OurChildrensTrust.org

Our Children's Trust is a nonprofit based in Eugene. Visit this site to learn about youth-led legal campaigns in 12 countries and to watch short, inspirational documentaries about the kids in the U.S. who are using litigation to make adults lower their greenhouse gas emissions.