



## daily GOOD

The word 'energy' incidentally equates with the Greek word for 'challenge.' I think there is much to learn in thinking of our federal energy problem in that light. Further, it is important for us to think of energy in terms of a gift of life. --Thomas Carr

### Save Energy by Breathing

Every minute we breathe, the rise and fall of our lungs produces almost 1 watt of energy. Now, new technology can absorb our energy to generate electricity! Small devices fitted with piezoelectric (PE) crystals, are being installed under sidewalks, roads, sports stadiums and railways to recycle the energy produced by our daily actions! In the world of energy-harvesting, all vibrations are good vibrations. From sports fans cheering in the bleachers to commuters pounding the sidewalk pavement, micro-movements on any surface are being converted into clean energy!

### Be The Change:

If each breath produces 1 watt of energy, then how is it that we have an energy crisis? Imagine for yourself the possibility of living an energy balanced life.