

Homework 5: This I Believe
Due 2/10/09

I believe in an individual's power to effect change. I believe in the power of ONE. When one person strives to live his or her life in a sustainable manner it benefits the whole. If this person is an engineer, than as an engineer he or she will design sustainably. Every aspect of his or her life encompasses sustainable notions.

In class we are asked "what we can do as engineers, scientists, educators, students, etc?" I am all of these but none of them. I am a person. I, as an individual, have had a part in creating the problems. I will be part of the solution. It feels like we compartmentalize solutions to our world's problems. As an engineer we say, "I will design this building, community, etc sustainability. I will teach sustainable design to others." But we don't live our lives sustainability. How can we do one without the other? We all don't have to go out and by adobe houses, solar panels, or life of the grid. We can start with the little things.

In our second reading Wilson, suggests that the industrialized world will need to eat a more vegetarian diet in order to deal with future food shortages. I have started adopting a more plant based diet. I thought it would be hard. I love meat. I started by challenging myself to one day a week without meat. I found it to be much easier than I thought. I have continued to have a least one vegetarian day a week. I have noticed that my meals have evolved into more vegetarian based. I have not given up my steaks entirely.

I have made the decision to strive to be sustainable, small as it is. As an engineer I will strive to design and uphold sustainable ideals. I think that once more individuals are convinced of the benefits of sustainable living then we will see more sustainable living in everyone.