

green *living*

March 2020 • A Special Supplement to

The Reporter & Times~Herald

Talking Travel

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3

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approaches to
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Did you know?

According to a 2015 study from researchers at the University of Georgia, in 2010 alone, between four and 12 million metric tons of plastic trash found its way into the oceans from coastal countries. That was the first estimate of how much plastic enters the ocean in a year since 1975. In that 1975 study, researchers working with the National Academy of Sciences estimated that 0.1 percent of global plastic production found its way into the oceans. But the 2015 study examined the volume of plastic waste produced by every coastal country in the world before estimating how much of that waste could wash into the oceans due to littering, open dumps or landfill leaks. The study's authors determined that roughly 15 to 40 percent of plastic litter or waste enters the ocean each year. Where that waste ultimately ends up, and the impact that it has on marine life and human food supply, remains a mystery. In addition, the study's authors predict the amount of plastic waste entering the oceans will double in the next decade.



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8 Ways kids can go green



Raising eco-friendly children is less complicated than it once was. From very early ages, today's kids are exposed to environmental topics and how they can do their part to maintain and protect the planet's resources. Between activities at daycare and lessons at school to information they receive from educational television programming, some kids are taking their own environmental initiatives — and involving their parents along the way.

Inspiring children to be eco-friendly can be enjoyable and get those creative juices flowing. The following are eight ways children and their families can work together to protect the environment.

1. Precycle. Kids can attempt to reduce waste by recognizing products that could

be wasteful and then avoiding those items. Toys or everyday items with excessive packaging that we use without thinking are just some examples of items that can be precycled.

2. Repurpose. Look at items that normally end up in the trash and find new and fun ways to repurpose them. Children can make crafts out of junk mail, catalogs and old newspapers. Juice boxes or plastic containers can be turned into boats or accessories for dolls and action figures. Use natural materials found in the yard or on a nature walk to make a fairy garden or imaginative world for small toys.

3. Reuse. Toting lunch or snacks around can be more eco-friendly when reusable containers are part of the equation.

Explore the many lunch bags, beverage cups, thermoses, Bento boxes, and other packaging available. Many are made from recycled materials as well.

4. Walk. Encourage getting around without firing up the car. Walking, jogging, biking, or scootering around the neighborhood is more eco-friendly than driving. Many adventures can unfold when seeing the world from a pedestrian's vantage point, but things are easily missed when riding inside cars or trucks.

5. Conserve water. Lessons learned in conservation are important. Water is one resource that is crucial to human life. Kids can explore ways to cut down on water consumption or use water more efficiently. The environmental resource

Green Lifestyle Changes says that a 10-minute shower with a standard shower head can use upward of 80 gallons of water and generate up to four pounds of CO2 emissions. Simply reducing shower time can save energy and water. There are other ways to conserve as well. Make it a family project to collect rain water to use for washing cars or watering plants.

6. Rent rather than buy. From toys to video games to movies, people have more entertainment options than ever before. And nowadays it's easy to access a fresh supply of entertainment without making purchases that require the manufacturing of new items. Streaming rented content rather than buying packaged versions can reduce waste in a number of ways.

7. Turn off/turn down. Turn off lights, appliances, electronics, and much more when they're not in use. Also, encourage children (of an appropriate age) to unplug certain electronics so appliances aren't consuming electricity while in standby mode, which is called vampire power.

8. Change body care products. Introduce kids to earth-friendly soaps, shampoos, toiletries, and cleaning supplies.

Children are the next generation to take on the task of protecting the planet. When they begin an eco-friendly lifestyle early on, they may be more likely to employ the same strategies in adulthood.

Reduce greenhouse gas emissions around the office



Greenhouse gases are gases that trap heat in the atmosphere. Because these gases increase atmospheric heat, they are significant contributors to global warming and climate change.

Successfully combatting climate change is a goal for many environmentalists and environmental organizations. But environmentalists and the organizations they work with or for cannot go it alone, as reversing climate change is a global responsibility shared by all people.

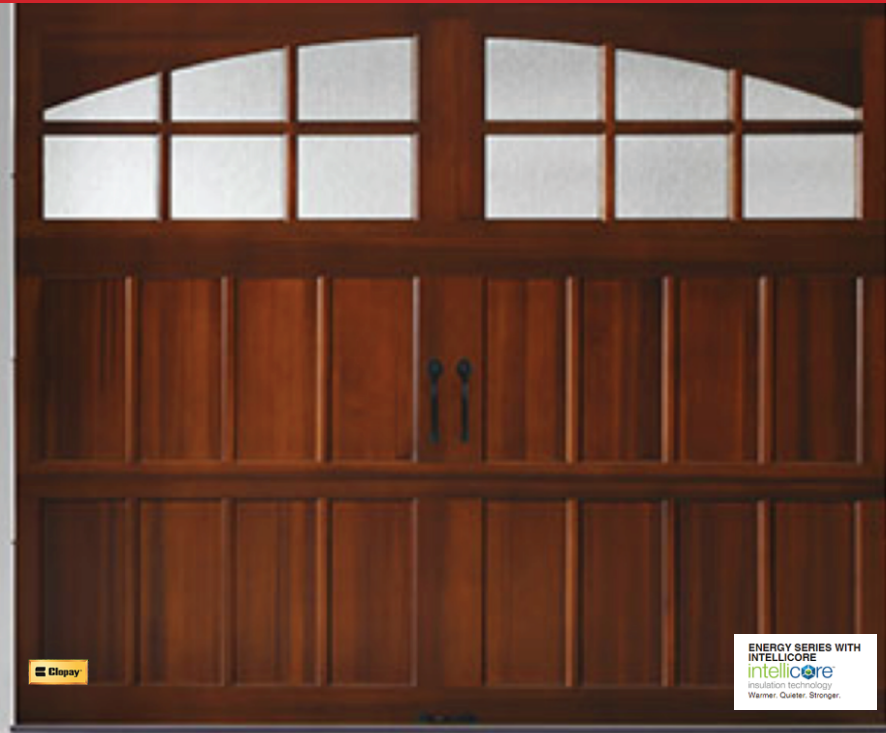
Reducing energy consumption is a great way to decrease greenhouse gas emissions. Office workers and their employers can employ several strategies to fight climate change around the office.

Power down computers when not in use. According to the United States Environmental Protection Agency, the total electricity consumed by idle electronics equals the annual output of 12 power plants. Employers can instruct their employees to power down their computers when leaving for the day or when they know they will be away from their desks for extended periods of time.

Conserve around the office. Many people go to great lengths to conserve at home, but similar efforts at the office can lead to even greater savings. Rather than printing documents, email PDFs so you are not wasting paper and contributing to the emissions necessary to produce that paper. If you must print documents, use your office printer's double-sided printing feature so you use as little paper as possible. Employers can purchase only those office products made of recycled materials. When replacing equipment, donate old items to local schools or charities rather than throwing the items away.

Sponsor or encourage carpooling programs. Employers can sponsor or encourage company carpooling programs that can greatly reduce emissions from automobiles workers use to get to the office. Carpooling reduces fuel consumption and even encourages a greater sense of family within a company. In addition to promoting carpooling, employers can look for offices within walking distance of public transportation so fewer employees feel they need to drive to work.

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Recognize the risks to drinking water

As environmental issues continue to garner more attention across the globe, certain concerns that represent the public's collective unease continue to emerge. Contamination of drinking water has long been a hot-button issue, and one that was once again brought to the forefront in 2015.

In 1993, the town of Hinkley, Calif., became national news when legal clerk Erin Brockovich investigated the apparent cluster of health illnesses in the community. She found there was a link between those illnesses and the local water supply and its

high levels of hexavalent chromium — a carcinogen — which had purportedly been leaching into the water from a natural gas transmission compressor station since 1952. Contaminated water from cooling towers was stored between uses in unlined ponds, which allowed it to seep into surrounding groundwater.

Contaminated drinking water is not exclusive to California. Water contamination can occur anywhere in the world. Recently, the subject has come into the limelight again, this time in Flint, Mich. Residents of Flint had been noticing strange health symptoms, including

hair loss, rashes, abdominal pains, and even stunted growth. Upon further examination, it was discovered that residents of Flint were slowly being poisoned by lead, which may have been initiated when the city's water supply was switched from Detroit's water system over to the Flint River in 2014. The maximum concentration of lead allowed by law is 15 parts per billion (ppb). Tap water measured from Flint was nearly 400 ppb. According to the World Health Organization, the neurological and behavioral effects of exposure to excessive levels of lead are believed to be irreversible.

Based on the news coming out of Flint, many people have expressed concern about what is hiding in their own water supplies. Nearly 286 million Americans get their tap water from a community water system, says the Centers for Disease Control and Prevention, while others rely on well water. The U.S. Environmental Protection Agency says that the United States has one of the safest public drinking water supplies in the world. Worldwide, things have begun to look up as well. In 2015, 91 percent of the world's population had access to improved drinking water, says the WHO. That doesn't mean individuals shouldn't remain cautious. Contaminated water can transmit diseases such as diarrhea, cholera, dysentery, typhoid and polio. It also may be hiding potentially cancer-causing substances — both natural and manmade.

Those who want to be proactive in protecting their communities from contaminated water can follow these tips.

Get drinking water tested. Find a reputable local laboratory that specializes in testing drinking water. Start by calling the water authorities where you live or in surrounding towns, which may have a list of local, independents labs. The EPA may be able to help as well. Contact their safe drinking water hotline at 800-426-4791. You also can buy a testing kit from home improvement retailers to conduct routine tests yourself.

Install a water filter. Water filters may be connected to the main water source in a home or attached to faucets. These devices can help filter out any other impurities that may be affecting the taste or quality of drinking water.

Watch groundwater contamination. Be cautious about what you release into the soil in and around your home, especially if you rely on well water. County health departments may test for nitrates and bacteria, but you may require more in-depth testing from an outside service if you suspect a problem.

Get connected with municipal alerts. Water-main breaks and other instances may require the shutting off and flushing of municipal water systems, which may introduce contaminants. Always follow suggested water-boil and cleaning guidelines issued in your area.

By heeding these tips, residents can protect themselves against contaminated drinking water.

Travel can be fun and eco-friendly, too



Many people go to great lengths to adhere to eco-friendly lifestyles at home. That devotion to the environment may or may not continue when those same people travel, but it is entirely possible for travelers to take their eco-conscious behaviors with them on the road.

Whether traveling for personal or professional reasons, travelers can implement a handful of simple strategies to reduce their carbon footprints while away from home.

Rent a hybrid or eco-friendly vehicle.

If you will be renting a car during your trip, book a hybrid vehicle or a small, fuel-efficient model to cut back on fuel consumption. Many vehicles are now equipped with "eco mode," a feature that typically forces the transmission to upshift sooner than it normally would in an effort to conserve fuel. Cars in eco mode may seem somewhat sluggish, but that sluggishness is actually the eco mode doing its job. It might take some getting used to, but driving in eco mode can help travelers reduce their vehicles' fuel consumption.

Reuse towels at the hotel. Many hotels now ask guests to reuse towels in order to

conserve water. Guests who want to make their hotel stays as eco-friendly as possible should work with hotels and reuse their towels for as long as possible. If visiting a resort, try to use the same pool or beach towel for as long as possible as well.

Patronize restaurants that offer locally grown foods.

Another way to be eco-friendly when traveling is to eat your meals at restaurants that use only locally grown foods and ingredients. Eating local reduces the need to transport foods across long distances, cutting back on fuel costs as a result. In addition, proponents of eating local foods insist that locally grown foods taste fresher than foods brought in from afar.

Use mass transportation. When possible, use mass transportation rather than relying on taxis or car services. Take a bus or train from the airport to your hotel, and ride the subway or just walk when sightseeing. Many travelers insist that riding mass transportation when visiting a city provides a much more realistic experience of life in that city than traveling by cab or driving alone.

Travelers need not leave their eco-friendly sensibilities at home when traveling.

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Get the facts on going solar



Solar energy is gaining traction, particularly among homeowners who are realizing that the sun's rays can be used to power their homes, businesses and cars while benefitting both the planet and their bottom lines.

The Solar Energy Industries Association says that, with more than 135,000 installations in the first half of 2015, nearly 784,000 U.S. homes and businesses have now gone solar and a new solar project was installed every two minutes. There are now more than 22,700 MW of cumulative solar electric capacity operating in the United States, enough to power more than 4.6 million American homes. The government of Canada says wind power and solar photovoltaic energy are the fastest growing sources of electricity in Canada.

Recognizing that solar energy has so many cost benefits and so much potential in protecting natural resources, more and more homeowners are investigating the idea of installing solar energy systems in their homes. The following are some things homeowners should consider as they ponder whether or not to install solar energy in their homes.

Ideally, panels should face the southwest, but the direction of the panels isn't as

important as you might think. Panels can face various directions with acceptable results. Homeowners should not let the layout of their properties deter them from installing solar energy.

The addition of solar panels should not adversely affect the assessment value of a home, nor increase property taxes.

According to SolarEnergy, a resource on residential solar products, there may be different "tiers" of usage that determine utility companies' rates concerning energy. The top tier may be removed from the billing formula when solar power is used in conjunction with an electric energy provider. Speak with a utility company representative to learn more.

Assess just how much energy you will need to determine which solar options will be available to you. In addition, make other changes around the house to reduce energy consumption, such as putting HVAC systems on timers, shutting off lights when leaving rooms, opening the drapes to let in more natural light, and replacing traditional light bulbs with more efficient alternatives.

Solar energy can be a viable option for homeowners looking to curtail costs and do their part to preserve the planet's natural resources.

How to replace energy-hungry appliances



Home improvement projects often involve remodeling. But homeowners can improve their homes without ever picking up a hammer. Upgrading a home's appliances with products that are more eco-friendly can add value to a home and make the home more attractive to buyers who want their homes to look good and pay dividends for the environment.

The United States Department of Energy says the average American family spends about \$2,200 each year for energy costs, and large, inefficient appliances no doubt contribute heavily to those expenditures. Appliances that are several years old, including refrigerators, washing machines, dryers, and even ovens, may no longer meet the stringent energy-saving specifications required of new items. That means such appliances are negatively affecting the environment and their owners' bottom lines.

According to the Energy Star program, a refrigerator that is at least 15 years old may be consuming twice as much energy as a newer Energy Star-rated refrigerator. Even though purchasing new appliances will require a financial commitment, such items may help save money while benefitting the environment at the same time.

Read the label

Familiarize yourself with the "EnergyGuide" label that appears on most appliances.

This label gives consumers an idea as to how much it will cost to run the appliance, as well as how much energy the unit uses on average. Use this label to compare the different models you are considering.

Choose appliances that are part of the Energy Star program, which helps consumers find products that reduce greenhouse gas emissions.

Downsize to a small model

Large appliances tend to consume more energy than small appliances. Scaling down the size of the appliance can reduce energy consumption. Empty nesters may no longer need a refrigerator capable of holding food for a family of four, while those who routinely dine out may find they don't get much use out of their larger refrigerator.

Look for rebate programs

Rebate and recycling programs can help reduce the initial cost of purchasing new appliances. The government may offer tax incentives to those people who purchase a new, energy-efficient models.

Think about future salability

Homeowners who do not intend to stay in their homes much longer may find energy efficient appliances make their homes more attractive to prospective buyers.

Energy efficient appliances can reduce homeowners' carbon footprints while also saving them considerable amounts of money over the life of the products.

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3

eco-friendly approaches to buying & eating food

Protecting the planet and preserving its resources are goals many people aspire to. Energy-efficient electronics have been around for decades, and advancements continue to be made with regard to eco-friendly building materials that can dramatically reduce the carbon footprint of the homes and buildings where we live and work.

Men and women with an eye toward protecting the planet also can employ several eco-friendly eating habits that don't require substantial lifestyle changes but can produce substantial, long-lasting and positive effects on the environment.

1. Use reusable cloth bags to transport groceries. According to the nonprofit Earth Policy Institute, more than one trillion plastic bags are used

across the globe each year. That's a cause for concern among environmentalists who know that a single plastic bag can take as long as 500 years to degrade. In addition, the United Nations Environment Programme estimates that every square mile of ocean contains approximately 46,000 pieces of plastic floating in it. By opting for reusable cloth bags over plastic bags, consumers can dramatically reduce their carbon footprints and benefit the planet in a myriad of ways.

2. Buy locally grown foods. Locally grown foods do not need to be transported across the globe or across the country. That means less fuel is consumed to get your dinner from farm to table, and less emissions are finding their way into the air you breathe.

3. Only buy what you need and finish your meals. The Food and Agriculture Organization of the United Nations reports that 28 percent of the world's agricultural area is used annually to produce food that is lost or wasted. In addition, the FAO reports that the total volume of water used each year to produce food that is lost or wasted is three times the volume of Lake Geneva. To reduce food waste, which can release harmful gases into the environment, only buy what you need, preparing adequate portions so you don't end up throwing much of your meal away.

The right approach to purchasing and eating food can have a dramatic and positive impact on the planet for decades to come.



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How to compost at home



How to determine if items can be composted

Compost is an eco-friendly way to grow a healthy and flourishing garden bed or landscape. Full of nutrients and rich organic materials, compost is often called “black gold” by gardeners for the many benefits it provides. One of the main advantages to compost, apart from the way it boosts plant growth and health, is that it is relatively low cost to produce.

Compost is created by food scraps and other materials that are left to break down naturally. Backyard composting speeds up the natural process of decomposition. In optimal conditions, organic matter can decompose more quickly. According to the University of Illinois Extension, microorganisms like bacteria, fungi and actinomycetes account for most of the decomposition that takes place in a compost pile. However, insects also can do their part to create compost. Such insects are referred to as “physical composters” because they break down materials by chewing, grinding and digesting them into smaller pieces. Bacteria create an oxidation process that heats up the compost pile and aids in its decomposition.

Homeowners can create their own compost piles with just a few items. Some of the staples of composting include foods that normally would be discarded. Vegetable peels, fruit rinds, eggshells, coffee grounds, and the like can be put into a compost pile. Meats and poultry should not be placed in a compost pile because of the threat of harmful pathogens and bacteria.

Other items that are not food-related also can be added to compost piles. It may be challenging to determine which ones are applicable. These products are usually considered safe:

- paper plates with no coating
- products made from bagasse, a fibrous matter that remains after sugarcane or sorghum stalks are crushed
- cardboard boxes
- paper towels
- wax paper
- wax-covered paper cups
- products certified as compostable by BPI
- certified bio-plastics

Anything that is coated in plastic that is not a bio-plastic must go into the trash or be reused in another way.

Composting is a cost-effective, viable way to reduce trash and produce a beneficial product for gardening and landscaping.

Many homeowners spend substantial amounts of time and money tending to their lawns. A lush lawn can be a point of pride for homeowners, and well-maintained landscapes also have a positive effect on property value.

Homeowners who want to take care of their lawns and gardens in an eco-friendly way may want to consider composting. According to the U.S. Environmental Protection Agency, food scraps and lawn waste make up about 20 to 30 percent of what we throw away each year. Composting such waste can enrich the soil in homeowners' yards while also reducing the size of local landfills, where food scraps and lawn waste contribute to the production of methane, a potent and harmful greenhouse gas.

Composting is relatively simple and serves as a cost-effective way to enrich soil and suppress plant diseases and

pest infestations. Homeowners who want to try their hand at composting can consider the following advice from the EPA.

Purchase the right tools. Composting is not expensive, but you will need a few tools to help maintain your compost pile. A pitchfork or square-point shovel will be necessary so you can periodically mix or turn the compost. In addition, a water hose with a spray head can help maintain the pile.

Choose the right spot. A compost pile or bin should be placed in a shady area close to a water source. Shade will help ensure the pile does not dry out too quickly, especially for those homeowners who live in warmer climates. Those who live in colder regions may want to locate their piles in spots that get some sun exposure to trap some solar heat in their piles. Build the pile over lawn or soil instead of over surfaces like asphalt or concrete.

Add materials as you collect them.

The EPA notes that composting requires three basic ingredients: water, brown materials and green materials. Brown materials include dead branches, leaves and twigs, while greens include grass clippings, vegetable waste, fruit scraps, and coffee grounds. Chop larger materials as necessary, adding both brown and green materials as you collect them and watering dry materials as necessary.

Bury fruit and vegetable waste. When adding fruit and vegetable waste, bury it beneath 10 inches of compost material. You can do this by mixing your pile with your pitchfork or shovel.

If necessary, cover the top of your compost pile with a tarp so the pile can retain moisture. Compost may take as long as two years before it's usable, but when materials are dark and rich in color, they're ready to be spread.



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Maximize your farmer's market trip



Community-based farmer's markets can introduce shoppers to an array of foods they may otherwise never experience. Farmer's markets are great places to find fresh, locally grown foods, and many market customers are happy to know they're benefitting both the environment and local businesses with every dime they spend.

Farmer's markets can range from the very large to the relatively small, and first-time visitors may not know where to begin. The following are a handful of ways to maximize your visit to farmer's markets of all sizes.

Take time to explore. Farmer's markets tend to have many of the same fruits and vegetables you can find at the local chain grocery store, but farmer's markets also are known for offering more than what you may find in the produce aisle. Take time to explore the market and you may just find foods you typically only find at your favorite restaurant. Exploring also may introduce you to new foods you may otherwise never have tried.

Consider the timing of your visit. The popularity of farmer's markets has increased dramatically as more and more people embrace the concept of buying locally grown foods. While that's great news for the planet and local farmers, shoppers should keep that in mind when planning their visits. If you love trying new foods, arrive early to the farmer's market before the more unique offerings have been snapped up. Foods that have small yet devoted followings may not be



available in abundance, and you may end up leaving empty-handed if you arrive late. If it's a bargain you want, then visit later in the day when farmers with substantial remaining inventory may be more inclined to lower their prices.

Know your seasons. Some fruits and vegetables are better at certain times of the year than others. Freshness draws many people to farmer's markets, and foods that are in-season are more likely to have that unforgettable freshness than those that are out of season or nearing the end of their season. Knowing the seasons is important for budget-conscious shoppers as well. If you're shopping on a budget, purchasing foods while they're in-season may save you some money, and you can always stock up on your other favorites later on when it's their turn to be in-season.

Speak with the sellers. First-time farmer's market shoppers may feel like they're lost in the woods while everyone else seems to know exactly what they want and where to get it. If you find the farmer's market somewhat intimidating, speak with the sellers. Shopping at the local farmer's market tends to be more intimate than shopping at the chain grocery store, and many sellers would be happy to offer you some tips and make some suggestions based on the meals you like.

Farmer's markets are great places to support local businesses and find fresh foods.



When possible, exercise outdoors to reduce energy consumption and green up your workout routine.

Go green with your fitness routine

Many people aspire to live as healthy a lifestyle as possible, and regular exercise is an essential component of such a lifestyle.

One of the hidden benefits to regular exercise is that it presents numerous opportunities to benefit the planet. Going green with a fitness routine can create a healthier planet, which can only benefit fitness enthusiasts and their families in the long run. Creating a fitness routine that benefits people and the planet is simple and can even make workouts more rewarding.

Walk, run or ride to the gym. Many people get the bulk, if not the entirety, of their exercise at a gym. For those who live outside of major cities, that likely involves driving to and from a gym before and after workouts. Instead of driving, consider walking, running or riding to the gym. Each option provides great cardiovascular exercise that can reduce or replace the time people spend on treadmills or elliptical machines. And cutting back on driving reduces fuel consumption and auto emissions, greatly benefitting the planet.

Exercise in the great outdoors. Fitness enthusiasts can reduce their energy consumption by exercising outdoors whenever possible. Replace running in place on a treadmill with running through a park or on a beach outside. Men and women who work out in their homes can take the free weights outdoors to the backyard on nice

days, allowing Mother Nature instead of the electric company to supply the lighting.

Join gyms that offer eco-friendly exercise equipment. More and more gyms are taking steps to reduce their carbon footprints, and eco-friendly fitness enthusiasts can look for such facilities before purchasing or renewing their gym memberships. Some efforts gym owners make to reduce the carbon footprint of their facilities include using only eco-friendly, biodegradable cleaning products; installing low-flow toilets, faucets and shower heads in facility restrooms and bathing areas; and installing user-powered cardiovascular machinery that consume considerably less energy than traditional machines. Inquire about a facility's carbon footprint before purchasing a membership.

Purchase eco-friendly accessories. Another way to make a fitness routine more environmentally friendly is to purchase workout accessories that do not have large carbon footprints. Instead of single-use plastic water bottles, purchase a reusable water bottle made of recycled materials. In addition, opt for workout gear made of organic or recycled materials. Such items can be found online or at sporting goods stores or retailers that cater to outdoors enthusiasts.

Fitness enthusiasts can take various steps to make their workout routines more eco-friendly, benefitting themselves and the planet along the way.



How to conserve water at home

Taking a vehicle to a professional car wash that employs water reclamation technology rather than washing a car in the driveway is one way to conserve water at home.

Conservation is an essential component of an eco-friendly lifestyle. Conserving the planet's natural resources can have a profound impact on the planet, and conserving at home is a great way for men and women to get the ball rolling on their conservation efforts.

One of the most effective ways to conserve at home is to reduce water consumption. Few people give much thought to how much water they consume at home, as water bills tend to be considerably lower than other utilities like energy and phone. But even if efforts to conserve water at home may not make a dramatic impact on monthly utility bills, the following measures can go a long way toward preserving one of the planet's most precious resources.

Fix leaky faucets. Leaky faucets in a home might not seem like they waste much water each day. However, the U.S. Geological Survey estimates that a single home with three leaky faucets that each produce one drip per minute will waste 104 gallons of water per year from these faucets alone. This waste is easily prevented by simply fixing leaky faucets the moment drips are noticed.

Wash your car at a commercial car wash.

Some vehicle owners may enjoy washing their cars at home in their driveways. But getting a car washed at a professional car wash can conserve substantial amounts of water. That's because many new car wash facilities employ water reclamation systems that reuse water. According to San Diego Car Care, a professional car wash that employs water reclamation technology, each car washed at their facility consumes just nine to 15 gallons of water per wash. That's a considerable savings compared to washing at home, as the State of Maryland's Department of the Environment estimates that 100 gallons of water are consumed during a single 10-minute car



wash at home using a garden hose.

Install shower heads that earned the WaterSense label. The U.S. Environmental Protection Agency says that showering accounts for nearly 17 percent of home water consumption. For the average family, that translates to almost 1.2 trillion gallons of water each year. Shower heads that have earned the EPA's WaterSense label have met various conservation criteria established by the EPA. Such shower heads are 20 percent more efficient than the average product that does not have the label. According to the EPA, the average family can save 2,900 gallons of water per year by installing shower heads that have earned the WaterSense label.

Use a dishwasher. This particular effort to conserve water is one that everyone can embrace. According to the GRACE Communications Foundation, an organization devoted to developing innovating strategies to increase public awareness about the issues facing our environment, using an energy-efficient dishwasher instead of hand-washing dishes can save as much as 15.5 gallons per wash.

Conserving water at home can have a profound impact on the environment. And efforts at conservation are often simpler than many people may think.

CITY OF VALLEJO

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