

2009

**Fairfield's**  
**EARTH DAY**  
**CELEBRATION**





# WE'RE PROUD TO SUPPORT FAIRFIELD'S EARTH DAY CELEBRATION 2009



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Dear Fairfield Residents and Neighbors,

Welcome to Fairfield's Earth Day Celebration!

It is an honor to be part of what is becoming a beloved tradition for our town community! This important guide is a wonderful resource for you to learn more about the Town's extensive and innovative efforts in helping the environment through clean energy initiatives, open space preservation, reducing global warming and energy efficient government buildings. This guide will help further educate residents on initiatives that you can undertake in your daily lives. Learn about our various volunteer town committees that are undertaking so many wonderful environmental initiatives.

Town officials and volunteer residents have championed dozens of initiatives to promote environmental health while cutting municipal spending in Fairfield. Some of the key initiatives in the past ten years include:

- Fairfield becoming one of the earliest members of "Cities for Climate Protection Campaign"; our Town was the first municipality in Fairfield County to commit to the "20% by 2010 Clean Energy Campaign." As a result of our participation we have, to date, earned six solar arrays, one of which is already in place at Fairfield Woods Middle School;

- Energy conservation in Fairfield town buildings and schools has resulted in an over \$2,000,000 savings in electricity, natural gas and fuel oil costs since 1999;

- The installation of a fuel cell, 8 microturbines and the photovoltaic equipment at the water Pollution Control Facility generating over 600kw of green power and providing free heat to the compost facility;

- Fairfield's use of natural gas vehicles and our procurement of a natural gas fueling station through the help of state grants;

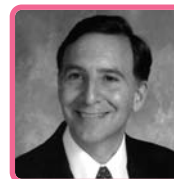
- Achieving a recycling rate of almost 40% of all waste generated in the Town;

- The preservation of over 600 acres of precious open space.

Fairfield has become a leader in clean energy, due in no small part, to the work of the Earth Day Committee members and those of the Clean Energy Task Force. Fairfield is fortunate to have many pro-active and dedicated residents working hard to ensure environmental issues maintain their importance in our town.

We hope you enjoy and learn from this valuable event and together, we will continue to make Fairfield a "Clean and Green" community!

Yours truly,



**Kenneth A. Flatto**  
First Selectman



**Dear Friends and Neighbors,**

When it comes to the environment, there is much to be said. Volumes have been written, with even more yet to be written.

I take my hat off to Tracie Valentino. Tracie designed the cover and assembled this resource guide. It is the cover that speaks volumes but is rendered as a simple design.

Fairfield's Earth Day Celebration attempts to achieve the same goal. We cannot possibly cover all bases but do hope to provide enough exposure to those who participate in our event to provide an overall understanding of the many topics presented by our exhibitors and how they relate to our lives, our health and our environment.

Some thoughts that the individual icons on the cover bring to mind are:

- **Recycling...** we need to increase our participation in this activity in order to foster a more sustainable society.
- **Compact florescent bulbs...** help reduce the electricity used to power our light bulbs by  $\frac{2}{3}$ .
- **Water...** scarcity is a problem in many areas of the world, including the USA. Non point source pollution and mercury contribute to the lowering quality of our water in the Northeast.
- **Trash...** contributes to our overflowing landfills, the exportation of toxic waste to third world countries. It is often used to create energy as a form of bio-mass
- **Electricity...** think of all of the clean, renewable technologies available, or being developed from some of the following resources solar, wind, geothermal, wave and tidal, biomass, etc.
- **Trees...** great carbon storage and creating a shady oasis in the summer. Fairfield CT is designated as Tree City, USA.
- **The Sun...** provides an endless source of energy for us to harness.
- **Wind...** and windmills. Given the advances in technology, a number of locations in the marginally windy areas may be suitable for wind turbines.
- **Our homes...** are major consumers of energy. There is the potential of reducing all or some of its energy use with existing technologies. Think of the savings!



How can you incorporate what you have learned about today into a healthier, more sustainable life style and environment?

Larry Kaley  
Chairman



Mariah Carey

Bon Jovi

Kelly Clarkson



Connecticut's Best Mix of the 80's, 90's and today  
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Matchbox 20

Madonna

Daughtry



- Michael Babitch
- Alex Beyer
- Ed Boman
- Lauren Bove
- Dan Delventhal
- Janak Desai
- Daphne Dixon
- Erin Flynn
- Matt Hamilton
- Larry Kaley
- Duncan Keith
- Ed Kulikowski
- Wendy Martinenas
- Sharon Pistilli
- Kenneth Seltzer
- Tracey Thomas
- Mei Ling Uliasz
- Tracie Valentino
- Roger van Voorhees
- Bob Wall
- Stephanie Weiner
- Randy S Whitman
- Mike Zembruski

We extend our appreciation to Richard White and Pat Lucas of the Public Works Dept for their behind the scenes support.

And a very special thanks to our sponsors for their support of Fairfield's Earth Day Celebration and all of the important environmental issues that it represents.

### Join the team for Fairfield's 2010 Earth Day Celebration!

Call (203) 256-3010 or e-mail: [ffldearthday@aol.com](mailto:ffldearthday@aol.com)

Program layout and design by graphic designer **Tracie Valentino**, of [traciedesigns](http://traciedesigns.com).

Ads compiled by Tracey Thomas, of Tra-Chic.

Information compiled and edited by copywriter extraordinaires, **Lauren Bove** and **Larry Kaley**.

This guidebook was printed with vegetable-based ink on recycled paper by **Graphic Management Partners** in Port Chester, NY.

Please recycle this guidebook when you are through.

The Fairfield Earth Day Committee/Partnership for a Healthy Environment, wishes to express specific and special thanks to **Charlie Clemmons**, our videographer. Charlie's constancy, patience, creativity and passion for the Environment has been an inspiration and significant support to the Partnership and to those who witnessed his hard work. Charlie, we hereby deem you "Partner Emeritus" - friend and adoptee from the "Wiltonwood"; found and loved by Fairfield's near and far. God Bless!

Special thanks also to the studios who so generously gave up expertise and studio time for critical voice-over:

**Edge Studios**, NYC, Washington DC, Fairfield CT (David Goldberg)

**P&P Studios, Inc.**, 110 Lennox Avenue, Stamford, CT (John Fishback)

And to the voices themselves - our own **Dan Delventhal** and **Laura Coyle**; veritable professionals, voices with our purpose at heart, voices that will last.



First Selectmen's letter . . . . . 3

Committee Chairman's letter . . . . . 4

Earth Day committee . . . . . 6

Credits/Thanks . . . . . 7

Sponsors . . . . . 8

Exhibitor list . . . . . 10

Town of Fairfield recycling guidelines . . . . . 22

Event schedule . . . . . 24

Special events . . . . . 25

Factoids . . . . . 26

Eating Green . . . . . 28












Cleaning Green . . . . . 30

Greenspeak Glossary . . . . . 32

The Scoop on Poop . . . . . 34


*When attending the Fairfield Earth Day Celebration please be aware that you are entering a venue where photography and video recording may occur. By entering the venue, you consent to your inclusion in photographs and/or video recordings made during the event and their subsequent use in newsreels, web casts, promotional material, advertising, and inclusion on websites operated by the Fairfield Earth Day Celebration. By entering the venue you further waive all rights you may have to claims for royalties or other compensation in connection with the Fairfield Earth Day Celebration's use of such material, and you release Fairfield Earth Day Celebration from any obligation to seek your approval of any photo, video and/or audio recording used for the purposes described above. You release the Fairfield Earth Day Celebration, its officers, employees and agents, from any liability arising in connection with the taking, recording, digitizing and publication of photographs and video recordings made at the Fairfield Earth Day Celebration*


## key to exhibitors

-  retail/service
-  town departments
-  food
-  arts/entertainment
-  transportation
-  energy
-  organizations
-  schools
-  kids
-  green living
-  advertiser

 **Aspetuck Land Trust**  
 David Brant  
 Westport, CT 06881  
 (203) 331-1906  
 www.aspetucklandtrust.org

 **Back Yard Beekeeper's Association**  
 Joseph Fisher  
 114 Hillcrest Road  
 Fairfield, 06824  
 (203) 255-8510  
 Josephcarpentry@sbcglobal.net

 **Bean Leaf**  
 Chris Gallager  
 New London, CT 06320  
 (860) 701-0000  
 Chrisg@bean-leaf.com  
 www.bean-leaf.com

 **Bee Baum Honey**  
 Win Baum  
 Fairfield, CT 06824  
 (203) 255-9185  
 sabaum@optonline.net

 **Bridgeport Bluefish**  
 Marilyn Guarino  
 Bridgeport, CT 06604  
 (203) 416-1720

 **Center for Green Building**  
 Erin Buckley  
 Bridgeport, CT 06605  
 (203) 382-0774  
 erin@centerforgreenbuilding.com


 **Clean Water Action**  
 Roger Smith  
 Hartford, CT 06105  
 (860) 232-6232  
 rsmith@cleanwater.org

 **Community Energy**  
 Mark Garrett  
 PO Box 9710  
 New Haven, CT 06536  
 (203) 783-1321  
 mark.garrett@newwindenergy.com


 **Connie's Weave and Sew**  
 Constance Richardson  
 170 Wildflower Lane,  
 Fairfield, CT 06824  
 (203) 254-3655


 **Conscious Decisions | Fairfield GreenTeam**  
 Daphne Dixon  
 1290 Post Road  
 Fairfield, CT 06824  
 (203) 536-4695  
 daphne@consciousdecisions.net  
 www.consciousdecisionsmag.com

 **CT Fresh Food Express**  
 David Berkowitz  
 Bridgeport, CT 06605  
 (860) 917-7627  
 dsberk@gmail.com

 **CT Fund for the Environment**  
 Kierran Broatch  
 New Haven, CT 06511  
 (203) 787-0646 x117  
 kbroatch@cfenv.org


 **Connecticut Green Team of Hydro-Dynamics. Inc**  
 Lisa Mank  
 185 Main Street  
 New Britain, CT, 06051  
 lisahydrodynamics@yahoo.com  
 (860) 966-6644

 **CT Resources Recovery Authority Garbage Museum**  
 Robin Bennett  
 Stratford, CT 06615  
 (203) 381-9571  
 rbennett@crra.org

 **CT Sierra Club**  
 John Calandrelli  
 Hartford, CT 06105  
 (860) 236-4405  
 connecticut.chapter@sierraclub.org

 **CT Audubon Society Center at Fairfield and Birdcraft Museum**  
 Carol Kratzman  
 Fairfield, CT 06824  
 (203) 259-6305 x112  
 ckratzman@ctaudubon.org

 **Discovery Museum**  
 Linda Malkin  
 Bridgeport, CT 06604  
 (203) 372-3521 x124  
 malkin@discoverymuseum.org

 **Earthmint**  
 Nat Gifford  
 (203) 220-9250  
 ngifford@earthmint.com

 **Enabling Technologies**  
 Tim Dolan  
 4 Research Drive  
 Shelton, CT 06484  
 (203) 767-1035  
 enabling@charter.net



## exhibitors



### Energy Independence Now

Darek Shapiro  
Stamford, CT 06901  
(203) 321-0222  
darek@addictedtoenergy.com



### Environmental Architecture LLC

Darek Shapiro  
123 Surrey Road  
Stamford, CT 06903  
(203) 329-9775  
darek@envarch.com



### Fairfield Clean Energy Task Force

Larry Kaley  
(203) 256-3010  
ffldearthday@aol.com



### Fairfield Conservation Department

Ed Jones  
Fairfield, CT 06824  
(203) 256-3071  
ejones@town.fairfield.us



### Fairfield Dept. of Solid Waste and Recycling

Michael Zembruski  
Fairfield, CT 06824  
(203) 256-3080  
mzembruski@town.fairfield.ct.us



### Fairfield Dept. of Public Works

Ed Boman  
725 Old Post Road  
Fairfield, CT 06824  
(203) 256-3010  
eboman@town.fairfield.ct.us



### Fairfield Earth Day Committee

Fairfield, CT 06824  
(203) 256-3010  
ffldearthday@aol.com



### Fairfield Fire Dept.

Chief Richard Felner  
140 Reef Road  
Fairfield, CT 06824  
(203) 254-4713  
dfelner@town.fairfield.ct.us



### Fairfield Forestry Committee

Misty Beyer  
Fairfield, CT 06824  
(203) 254-0123  
mistybeyer@optonline.net



**Sustainable farming** (a reliance on renewable resources as well as a symbiotic relationship with nature and the community) creates a reliance on farmers that see nature as an ally not an obstacle which in turn creates more wholesome food.

Organic farmers avoid the use of pesticides, antibiotics, hormones, irradiation and genetic engineering.

Eat antibiotic free meat. If you can't find it, ask your grocer! As consumer demand for meat raised without the use of antibiotics, the supply will rise and resistant bacteria will wane.

# MARITIME MOTORS

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**Save On Maintenance Costs!**



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Chevy Impala



2009  
Chevy Cobalt

[www.MaritimeMotorsOfFairfield.com](http://www.MaritimeMotorsOfFairfield.com)



**Fairfield Green Food Guide**

Analiese Paik  
Fairfield, CT 06825  
(203) 520.3451  
analiese@snet.com



**Fairfield Lions Club**

Terri Dunn  
Fairfield, CT 06824  
(203) 259-8940  
ted51@optonline.net



**Fairfield Police Dept.**

Captain Chris Liddy  
100 Reef Road  
Fairfield, CT 06824  
(203) 254-4816  
clyddy@town.fairfield.ct.us



**Fairfield Registrars of Voters**

Jo-Ann McMaster  
Fairfield, CT 06824  
(203) 256-3119  
jmcmaster@town.fairfield.ct.us



**Fairfield Schools**

See page 15



**Fairfield YMCA**

Terri McLaren  
Fairfield, CT 06824  
(203) 255-2834  
tmclaren@cccymca.org



**General Electric**

Laura B. Salma  
Room Eld-72  
3135 Easton Turnpike  
Fairfield, CT06828  
(203) 373-2819  
laura.salma@ge.com



**Girls in Pearls Retail Service**

Faith Dillon  
(203) 254-2187  
faithdillon9@aol.com



If the U.S. average miles per gallon of all automobiles was brought to 35 mpg, it would reduce global warming pollution and save more than 1.1 million barrels of oil each day or half of what the U.S. currently imports from the Persian Gulf.

On March 27, 2009, President Obama's Fuel Economy Rule put into action the latest fuel economy requirement of 27.3 mpg, up from the previous administrations estimated projected average of 26 mpg.

Over its lifetime, a 40-mpg car will save \$3,000 in fuel costs compared to a 20-mpg car.

Honda was rated the cleanest automaker by the biennial Automaker Rankings report from the Union of Concerned Scientists as of 8/27/08.

Chrysler was rated the dirtiest by the same agency.



**fairfield schools exhibits**



**Burr Elementary School**

Roots & Shoots Club  
Mei-Ling Uliasz  
Trashy Fashions



**Burr Elementary School**

Kim Driscoll  
Plastics and the Environment



**McKinley Elementary School**

Renee Grenier  
Operation Green House /  
Think Green



**McKinley Elementary School**

Maureen Bonenfant  
Recycling Art Project



**McKinley Elementary School**

Maureen Bonenfant  
Go Green



**North Stratfield, Osborn, Stratfield Elementary Schools**

Sheila Ferrara  
Green Ideas



**North Stratfield Elementary School**

Analiese Paik  
Calculating Benefits of  
Going Green



**Roger Sherman Garden Club**

Annelise McCay  
School Garden Club



**Roger Ludlowe Middle School, Fairfield Woods Middle School**

Amie Hall  
School Garden Demo



**Tomlinson Middle School**

Gr 6 LA Class  
Anthology of poems



**Tomlinson Middle School**

Catherine Audet  
Solar car racing, trash game



**Roger Ludlowe Middle School Tech Association w/Sunlight Solar Energy Inc.**

Carolyn Humphreys



**Roger Ludlowe Middle School Tech Student Association with Paul Green School of Rock**

Kara Ryan  
Rock Band



**Roger Ludlowe Middle School Tech Association with RLMS Chamber Choir**

Amy Lafond  
Chamber choir



**H2Africa**

Daniel Shur  
Fairfield Warde High School  
Fund-raising for African  
Water project



**Fairfield Warde High School**

Family Consumer Service Class  
Trashy Fashions





**Good Life Ann-Pampered Chef & Shaklee**

Ann Glazer, P.O. Box 33  
Greens Farms, CT 06838  
(203)254-3635  
GoodLifeAnn@aol.com



**GQ Organic Cleaners**

250 Post Road  
Fairfield, CT 06824  
(203) 259-2990



**Greencycle**

James Repenning  
Farmington, CT 06032  
(860) 674-8855 x305  
jrepenning@greencycle.net



**Green Earth Technologies**

Donna Vella  
Stamford, CT 06902  
(203) 885.1287  
dvella@getg.com



**Green Demolitions**

3380 Fairfield Ave  
(203) 382-0774  
www.greendemolitions.org  
(see *Measure for Measure*)



**Greens Keeper Lawn Care Inc.**

Joe Konkol  
(203) 259-7646  
greenskeeperLC@aol.com  
www.greenskeeperlawncare.com



**The Home Depot**

Mark Michaud  
541 Kings Highway Cutoff  
Fairfield, CT, 06824  
(203)254-3888  
mark\_michaud@homedepot.com



**Honda Of Westport**

Brian Mancinelli  
1372 Post Rd East  
Westport, CT 06880  
(203) 254-1111 x25  
bmancinelli@hondaofwestport.com



A family of four using low-flow showerheads instead of full-flow models can save about 20,000 gallons of water per year.

Energy Star notes that in the average home, 40% of all electricity used to power home electronics is consumed while the products are turned off. Across the US, this equals the annual output of 17 power plants.

Refrigerators use 14% of an average U.S. home's electricity. Replacing a 20-year-old refrigerator with a new, energy-efficient model reduces an average home's CO2 contribution by about 1 ton per year while saving about \$65 annually on the electric bill says The American Council for an Energy Efficient Economy.

Swapping 16 incandescent bulbs for compact fluorescent light bulbs (CFL) saves emissions equivalent to taking a car off the road for a year.

If every household in the United States replaced just one package of virgin fiber napkins with 100% recycled ones, we could save 1 million trees. (NRDC)



The Alamoosook Lakeside Inn is recognized by the Maine Department of Environmental Protection as an Environmental Leader in the Hospitality Sector, and is a proud contributor to **Fairfield's Earth Day Celebration**

For more information visit  
[www.alamoosooklakesideinn.com](http://www.alamoosooklakesideinn.com) or  
call toll free (866) 459-6393 or  
e-mail [info@alamoosooklakesideinn.com](mailto:info@alamoosooklakesideinn.com)

**GREEN COAST AWARDS**



The Green Coast Awards recognize and celebrate local green and responsible Fairfield County businesses, services and organizations. Winners announced at Fairfield County's Green Faire, this September 19-20 at Audubon Greenwich.

Vote now at [www.greencoastawards.com](http://www.greencoastawards.com)  
To find out more about Fairfield County's Green Faire visit:  
[www.thegreenfaire.com](http://www.thegreenfaire.com)



**Intelligent Skin Sense**

Marlene Katz  
Westport, CT 06811  
(203) 341-9779  
mk@intelligentskinsense.com  
www.intelligentskinsense.com



**J and D Kettled Corn LCC**

Jeffrey N. Pressler  
Fairfield, CT 06825  
(203) 366-7222  
jdkettledcorn@aol.com



**The Junkluggers**

Josh Cohen  
Fairfield, CT 06824  
(888) 584-5865  
Service@junkluggers.com



**Kul Shuz**

Angela Baldwin  
Fairfield, CT 06824  
203) 292-6800  
kulshuz@optonline.net



**Lisa Furman Band**

www.lisafurman.com/



**Maritime Motors**

Peter Morley  
985 Post Road  
Fairfield, CT 06824  
(203) 259-5221  
www.maritimefairfield.com



**Measure for Measure**

Erin Buckley  
Bridgeport, CT 06605  
(203) 382-0774  
measureformeasure-home@gmail.com



**Mill River Band**

Michael Dougherty  
Fairfield, CT 06824  
(203) 339-0792  
mikecd1@hotmail.com



**Mow Green**

Dan Delventhal  
(203) 925-3921  
DanDelventhal@optonline.net  
Fairfield, CT 06824



**Natural Neighborhood**

Rosie Haas  
(203) 866-8282  
rosie@naturalneighborhood.com  
Westport, CT 06880



**Pequot Library**

Robyn Swan Filippone  
720 Pequot Avenue  
Southport, CT 06890  
(203) 259-0346 x16  
Filippone@pequotlibrary.com



**PERF GO GREEN**

Daphne Dixon  
1290 Post Road  
Fairfield, CT 06824  
(203) 536-4695  
info@fairfieldgreenteam.org  
www.perfgogreen.com



**Piaggio Group Americas**

Mike Babich  
140 East 45th Street, 3rd Floor  
New York, NY 10017  
(212) 380-4430  
mbabich@piaggiogroupusa.com



**Playtivity**

Craig Norton  
(860) 523-8943  
info@jestplaytivity.com  
www.jestplaytivity.com



**River Lab / Mill River Wetlands Committee Inc.**

Donna Gallo  
River-lab@juno.com



**R.U.F Products**

Cindy Crean  
P.O. Box 1034  
Ridgefield, CT 06877  
(203) 438-2500  
Cindy.Crean@rufproducts.com



**Shaklee Authorized Distributor**



Debbie Miron  
569 Round Hill Road  
Greenwich, CT 06831  
(203) 253-1462  
dsmiron7@optonline.net  
www.shaklee.net/healthynaturalgreen



**Shred Station Express**

Bob Nichols  
1290 Post Road  
Fairfield, CT 06824  
(203) 256-8022  
bnichols@shredstation.com



**Solar Jam Productions**

Rich Randolph  
Milford, CT 06460  
(203) 283-4850  
solarjamproductions@hotmail.com



**Spa Magic**

Mary Muryn  
Weston, CT 06883  
(203) 222-8788  
mary@spamagic.com  
www.spamagic.com



**Stepping Stones Museum for Children**

Latoya Maitland  
Norwalk, CT 06850  
(203) 899-0606  
latoya@steppingstonesmuseum.org



One third of tested bottled water brands were found to contain contaminants, such as arsenic and carcinogenic compounds, at levels exceeding state or industry standard. (NRDC)

According to Water.org, more than one billion people, or 1 out of every 6 people, lack access to a safe supply of drinking water. Diseases associated with the lack of clean water are leading cause of death in the world.

By 2025, the world must increase its water supply by 22 percent in order to meet its needs. Meanwhile, 40 percent of the drinking water supplied to homes is flushed down the toilet. (The Green Book)

The polar ice cap is now melting at the alarming rate of 9% per decade. NASA has reported Arctic ice thickness has almost halved since the 1960s.

Across the U.S., 12 million acres of lakes, estuaries and wetlands and 473,000 miles of streams, rivers and coasts are contaminated by mercury, which comes mainly from coal-fired power plants. (NRDC)



## exhibitors



### Sunlight Solar

Caroline Humphrys  
4 Oxford Road, Suite D8  
Milford, CT 06460  
(203) 878-9123 x224



### Joy Whitman, Author

Author, "Bramble Bee, The Honeybee Who Found Her Buzz"  
(203) 372-4409  
Gumprod@aol.com



### Vespa Ridgefield - Branchville Motors

Alex Gifford  
71 Ethan Allen Hwy  
Ridgefield, CT 06877  
(203) 544-7600



### Yawnmower Tees

Ilene A DeFelice  
Orange, CT 06477  
(203) 889-7170  
yawnmower@gmail.com



### Young Artists Studio

Pricilla Igram  
& Christine Orlando  
(203) 814-6873  
pigram@optonline.net



The EPA states that almost 40% of America's waste is paper and could be recycled, meaning fewer trees cut down.

Recycling saves energy: Creating a new aluminum can from scratch takes 95% more energy than making a can from recycled aluminum.

According to the EPA, if you replace just one out of four of your light bulbs with fluorescents, you can save about 50% on your lighting bill.

If every American replaced just one light bulb with an Energy Star compact fluorescent light bulb (CFL), the energy saved could light more than 2.5 million homes for a year.

Only 10% of the energy used by an incandescent bulb produces light; the rest is given off as heat. (Energy Information Administration)

Since 1980, the earth has experienced 19 of its 20 hottest years on record, with 2005 and 1998 tied for the hottest and 2002 and 2003 coming in second and third. (NRDC)

Half of the forests that originally covered 48% of the Earth's land surface are gone. Only 1/5th of the Earth's original forests remain pristine and undisturbed. (NRDC)

[fairfieldgreenfoodguide.com](http://fairfieldgreenfoodguide.com)



FGFG is a free, online consumer guide to finding fresh, local, sustainably grown food.

Visit our booth to search **The Buying Guide** and register to receive our free e-newsletter bursting with local green food resources, news and events.

## Good Life Ann

[www.GoodLifeAnn.com](http://www.GoodLifeAnn.com)



203.254.3635

Enjoy a Good Life Now — Ask Me How!

[www.PamperedChef.biz/GoodLifeAnn](http://www.PamperedChef.biz/GoodLifeAnn)  
Pampered Chef Consultant (541047)

The Pampered Chef  
discover the chef in you.

Healthy Eating Habits

Kitchen Products  
Entertaining  
Fundraising  
Gift Registry

Shaklee  
Creating Healthier Lives.

Shaklee Distributor  
(BX73439)

## Town of Fairfield *GreenDrinks*

A casual gathering for green-minded people to share ideas about green and sustainable living practices.

Meets the first Tuesday of every month at Beach Cafe

6:00-8:00 pm  
203/536-4695

For more information visit:  
[www.fairfieldgreenteam.org](http://www.fairfieldgreenteam.org)



## town of fairfield recycling guidelines

Look what's being recycled now in the town of Fairfield!

- **JUNK MAIL, MAGAZINES, CORRUGATED CARDBOARD**  
Along with your newspapers and all the advertising inserts that come with it!

The following items CAN be recycled in your recycle bin:

- Newspaper, magazines, and junk mail, corrugated cardboard (as long as it's small enough to fit into your Recycling Bin)
- #1 plastic food and beverage containers
- #2 plastic food and beverage containers
- All glass food and beverage containers
- All metal food and beverage containers (up to number 10 size)
- All aluminum cans
- Aluminum foil and foil containers

[Please note that items should be empty and lids removed]

The following specific items **CAN NOT** be recycled in your recycle bin:

[Please note this list is not all inclusive]

- Plastic bottle tops
- Hangers: Plastic or metal
- #2 plastic buckets
- Laundry baskets, toys, recycle bins
- All plastic grocery bags

*\* If you are contracted with a private hauler, check with your hauler. Any questions should be directed to your Solid Waste & Recycling Department @ 256-3023.*



### Organic Recycling

### Bulk Landscape Materials:

- |                     |                           |
|---------------------|---------------------------|
| <b>Topsoil Plus</b> | fortified with compost    |
| <b>Compost</b>      | nature's fertilizer       |
| <b>Mulch</b>        | the area's best selection |

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### Spring Hours:

- |                 |                    |
|-----------------|--------------------|
| Monday - Friday | 7:00 AM - 4:00 PM  |
| Saturday        | 7:00 AM - 12:00 PM |

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- 9:50** Opening Ceremony Dan Delventhal
- 10:00** Demo: Preparing your own safe & effective home cleaners.
- 10:30** Trashy Fashions (Music accompaniment by Lisa Furman & Friends)
- 11:00** 1st Selectman Ken Flatto Welcome & Greetings by State Reps
- 11:10** Drums & Percussion (With Playtivity)
- 11:50** Trashy Fashions (Music accompaniment by the Mill River Band)
- 12:15** The Mill River Band
- 12:50** Drums & Percussion
- 1:15** Congressman **Jim Himes**, 4th congressional District; State Senator **John McKinney**, Ranking member of the Environment Committee; **Richard White**, Director Ffld. Dept. of Public Works; **Roger Smith**, Director CT Clean Water Action; our Moderator will be **Jim Motavalli**.  
  
What is the inter-connectivity of Federal, State and Municipal governments in regard to environmental and related health issues. How are these connections impacted by the use of stimulus funding?
- 2:15** Mill River Band
- 2:30** Announcement of prize winners

*Program subject to change.*

- Meet** Home Depot's mascot, 9:30, 3:00
- Meet** BB, the Bridgeport Bluefish mascot, 1:30-2:30
- Play Earth Bingo** and win great prizes. Everybody wins.
- Win** a two night stay at Alamoosook Lodge in Maine
- Win** a GE Energy Star Dishwasher
- Paint a face**
- Buy plants**
- Recycle** sneakers, crocks, eye glasses, clean socks (matched pairs or single)
- Electronics Recycling** 9:00-1:00, follow direction signs
- Join** our drumming circle
- Great music** by Lisa Furman and friends and the Mill River Band
- Trashy Fashion**
- YMCA Bubble Factory**
- Meet** First Selectman Ken Flatto, Sen John McKinney and your state Representative.
- Fruit Salsa Preparation Demo** at the Pampered Chef Exhibit
- Sign-up** for CTCleanEnergyOptions... and help Fairfield earn its 7th solar photovoltaic array



## factoids

Over the past 40 years, the total commercial and residential waste produced in the U.S. has nearly tripled. (Energy Information Administration)

The National Recycling Coalition reports that recycling supports 1.1 million jobs in the U.S. (Energy Information Administration)

The average American generates 4.5 pounds of trash every day, which is almost twice the amount of trash the average American produced daily in 1960. (Energy Information Administration)

55% of our trash goes to landfills, 14% is burned, and 31% is recycled. (Energy Information Administration)

Though Americans make up just 4% of the world's population, we produce 25% of the carbon dioxide pollution from fossil-fuel burning -- more than China, India and Japan combined, and by far the largest share of any country. (NRDC)

The U.S. uses nearly \$1 million worth of energy every minute. (Energy Information Administration)

The removable roof rack on a car can reduce fuel economy by as much as 5%, states the EPA.

Automobiles, motorcycles, trucks, and buses in the U.S. drove over 2.8 trillion miles in 2002 -- comparable to driving to the sun and back 13,440 times. (Energy Information Administration)

80% of diapering in the nation is done with disposables. That amounts to 18 billion diapers a year, each covered with polypropylene. That adds up to 82,000 tons of plastic. (pristineplanet.com)

More than 80% of the most commonly-used pesticides today have been classified by National Academy of Sciences researchers as potentially carcinogenic, and are routinely found in mothers' milk. (NRDC)

According to the U.S Poison Control Centers, "A child is accidentally poisoned every 30 seconds and more than 50% of all poisonings occur at home with children under 5 years of age." Stick with safe green alternatives wherever possible.

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## eating green

### Heavenly Tomato Salad

Tomatoes, any kind or a combination of several--whatever you have in your garden or market basket

A good virgin olive oil (About a teaspoon per cup of tomatoes)

A squeeze or 2 of honey

A pinch or 2 of salt, to taste

A twist or 2 of cracked black pepper

Whatever herbs need pruning in the garden: Try dill, basil, mint, cilantro, or even a combination of herbs.

Chop or slice tomatoes. Cherry tomatoes must be cut them in half in order to absorb all the flavors. Sprinkle with salt, pepper and let sit while you gather your herbs (the salt draws out the tomato juices, which in this case, you don't want to discard, but savor). Add olive oil and honey and the chopped or torn herbs.

Variations: Try adding a clove of garlic, splash of balsamic vinegar or even rice wine vinegar. Serve on top of toast for a lovely bruschetta, toss with pasta for a wonderful quick fresh sauce.



**Focus on veggies.** No more than one-fourth to one-third of your plate should feature meat, or cheese-heavy dishes. Instead, highlight less expensive and nutrient-rich combinations, such as beans and rice or leafy greens with lentils and tofu. For extra protein, use nuts or eggs, which cost less than meat and provide vitamins and minerals.

**Use beans.** Organic legumes are the cheapest and most nutritious protein sources available. Dry beans offer an even better value than canned and are easy to cook in quantity.

**Purchase protein wisely.** When you do buy meat, shop carefully for affordable lean cuts that you can stretch in stews, stir-fries, and casseroles. Organic ground turkey, whole fryer chickens, or chicken thighs, as well as grass-fed chuck roast and bottom round, often cost less than \$3 a pound.

**Eat in season.** Off-season produce can cost double its peak-season price. Tailor your cooking to seasonal foods and freeze or can items like corn, tomatoes, and berries. Root vegetables and some leafy greens and fruits tend to come cheap nearly year-round.

**Buy in bulk.** Rather than prepackaged options, hit the ever-economical bulk aisle to save on costs (and reduce packaging). And remember: canned soups, cereals, snacks, and frozen meals, add up quickly on your bill.

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### Laundry Detergent

- 1 cup soap flakes
- 1/2 cup washing soda (1/4 cup for soft water, 1 cup for hard water)\*\*
- 1/2 cup borax (1 cup for hard water)

Store in a glass container. Use 1 to 2 tablespoons per load.

Instead of fabric softener, add 1/2 cup distilled vinegar to rinse. Instead of bleach, use 1/2 cup hydrogen peroxide for 30-minute pre-soak. Washing soda is not for silks, woolens, or vinyl.

**Note:** With the same ingredients, Colleen has made 5 gallons of laundry detergent using the instructions in the following video:  
[http://www.metacafe.com/watch/821928/make\\_your\\_own\\_laundry\\_soap/](http://www.metacafe.com/watch/821928/make_your_own_laundry_soap/)

*\*\*Handle washing soda with gloves; may irritate skin*

### Creamy Soft Scrub

for stoves, bathroom sinks, kitchen counters

- 2 cups baking soda
- 1/2 cup liquid castile soap
- 4 teaspoons vegetable glycerin (preservative)
- 5 or more drops rosemary, lavender, or tea-tree essential oil

Store in a sealed glass jar; shelf life of 2 years. For extra power, spray with vinegar first, let sit, follow with scrub.

### Fantastic Cleaner

- 1 teaspoon borax
- 1/2 teaspoon washing soda
- 2 tablespoons vinegar
- 1/2 teaspoon vegetable-oil-based liquid soap
- 2 cups very hot water

Store in an industrial strength spray bottle or a glass container

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OK, 'fess up. There are times when you're discussing green design that you'd like to keep up with your environmentalist colleagues, but you don't quite recognize all of the terms being used. You're not alone. The design lexicon is now chock full of green words and phrases. To help those of us who may not understand all of them yet, we put together the following glossary:

**Alternative energy:** Energy derived from sources that have little or no impact on the environment and produce no net greenhouse gas emissions in generating electricity. Such sources include wind and solar.

**Carbon footprint:** An estimate of an individual's or organization's impact on the environment. Usually measured in terms of greenhouse gases produced or emitted. To calculate the environmental impact of using papers containing post consumer content, see the Environmental Defense paper calculator at [papercalculator.org](http://papercalculator.org).

**Carbon neutral:** Producing zero net greenhouse gas emissions. This is done either by using renewable energy sources, which produce no net greenhouse gas emissions, by increasing energy efficiency or by carbon offsetting (see below).

**Carbon offsetting:** The practice of engaging in or sponsoring of projects to nullify or "offset" greenhouse gases emitted. This can include such practices as planting trees and is often done via third party through purchase of carbon offsets. Offsetting is sometimes criticized because it does not require companies to actually reduce their greenhouse gas emissions.

**Fossil fuels:** Fuels including methane, petroleum, coal and natural gas, which are derived from fossil matter. Burning fossil fuels creates greenhouse gases, which are a factor in global warming.

**FSC Pure (100%):** Guaranteed as made only with virgin fiber that comes from a forest certified by the Forest Stewardship Council (FSC). The certification process verifies that forests are well managed and ensures the replanting and reforestation of trees that are crucial to preventing climate change, combating air pollution and maintaining forest biodiversity.

**FSC Mixed Sources:** Papers made with FSC-certified mixed sources contain FSC-certified virgin fiber along with FSC-controlled fiber and/or post-consumer content.

**FSC Recycled:** Papers made with post-consumer content that is certified by FSC as being from controlled sources.

**Greenhouse Gases:** Atmospheric gases that create a "greenhouse effect" that makes the planet inhabitable, including water vapor, carbon dioxide, methane, nitrous oxide and ozone. Increases in carbon dioxide, ozone and methane caused in part by the burning of fossil fuels, industry and emissions are considered to be factors in global warming.

**Green-e Certified (Renewable Energy):** Green-e is the nation's leading independent consumer protection program for the sale of renewable energy and greenhouse gas reductions in the retail market. Green-e offers certification and verification of renewable energy and greenhouse gas mitigation products.

**Post-consumer Fiber:** Paper that has reached its intended end-user and then discarded. Typically this includes converters, printers and others who are adding value but are not the intended end-user.

**Sustainable:** Indefinitely viable, capable of maintaining productivity or usefulness in the long term. Sustainable design, graphic or otherwise, seeks to reduce impacts on the environment by relying on the use of renewable resources, among other measures.

These are some of the most commonly used environmental terms, and the green vocabulary is continually expanding. Refer to this article occasionally to brush up on your greenspeak, and soon enough, you'll be able to offset your carbon footprint with the best of 'em.

*Meredith Christiansen is Product Manager, Neenah Paper. The Greenspeak Glossary is part of Neenah Green, a multiheaded initiative to alleviate climate change by using cutting-edge environmental technologies to reduce its carbon footprint and by providing customers with a variety of sustainable choices.*



## the scoop on poop

When you're thinking green, it also helps to think brown.

Here's the straight poop. Pet poop to be specific as the question of how to properly manage our furry friend's waste is serious business.

### What To Do:

- Paper bags or corn based "doggie bags" can be used for pet waste disposal and put into your home trash cans.
- Bury the waste in your yard (away from ground water). It's a back to nature solution that most animals naturally favor.
- Find a poop collection service—they exist just for this purpose. Google it!
- Flushing the poop properly is an option and is economical.
- A pet waste digester is also a great option. It is underground and manages harmful bacteria.

### What Not To Do:

- Don't put the waste into plastic bags and throw in the garbage.
- Don't add it to the compost pile as the pile will not get hot enough to kill germs and bacteria.
- Don't leave it on the lawn. Pathogens will multiply.
- Don't curb the poop. It can wash into city storm sewers into our local water.

As the population of pets is rising, the little changes can make a huge difference.



**Pet chew toys can often contain heavy metals and toxic chemicals. Stick with unbleached and dye free pet toys. ([pristineplanet.com](http://pristineplanet.com))**

**Americans consume over 100 billion plastic bags annually. Try replacing the usual plastic bags with biodegradable bags. Kitchen or Dog Waste bags as good place to start reducing your usage of plastic bags. ([pristineplanet.com](http://pristineplanet.com))**

**Paper products are bleached to make them whiter and brighter. The chlorine used in many bleaching processes contributes to the formation of harmful chemicals that wind up in our air and water and are highly toxic to people and fish. (NRDC)**



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