

GREEN TODAY, FOR A GREEN TOMORROW

A QUARTERLY EMPLOYEE NEWSLETTER DEDICATED TO ECO-FRIENDLY NEWS & INFORMATION



December, 2009

THINK GREEN!

A MESSAGE FROM TIM BARRY, EXECUTIVE DIRECTOR

What a banner year we've had since kicking off our agency-wide GREEN initiative this past May. We continue to make significant progress towards our greening goals, thanks to you.

Avenue Plaza has undergone an energy overhaul that will substantially lower its utility costs. From new chillers and light fixtures, to the installation of weather stripping and door sweeps, staff continues to look for ways to make our facilities as energy efficient as possible.

LMHA also received a grant, in collaboration with Louisville Metro's Department of Solid Waste Management Services Division, to begin a recycling pilot program with Avenue Plaza residents. Residents' co-mingled mainstream recyclables, including paper, cardboard, aluminum, plastic, glass and steel cans, will be collected and recycled from each floor weekly. Posters and educational materials are in production, with plans to kick off the pilot program in early January.

One of the year's biggest highlights was a visit from environmental activist Robert Kennedy, Jr. Mr. Kennedy joined Secretary Jonathan Miller, KY Finance and Administration Cabinet, and members of the KY Clean Energy Corps., for a press conference at Liberty Green. Liberty Green was selected for the event because of the Energy Star recognition the site has received, and the on-site construction of a community center that will be LEED (Leadership in Energy and Environmental Design) certified. Secretary Miller and Mr. Kennedy applauded LMHA, Louisville leaders, and community members for our efforts to green the city in a way that saves dollars, creates green collar jobs and protects our environment.

Thank you for a great start on our greening efforts. Please continue to "think green" and keep up the great work!

In consideration of LMHA's GREEN initiative, **Green Today for a Green Tomorrow** is published on-line for all computer users (www.lmha1.org "Pressroom" page). Printed copies will be made available to all employees who do not have regular access to a computer.

GREEN MYTHS AND TIPS

MYTHS

There is no point in recycling, it all ends up in the landfill anyway

Don't believe it. While the sale of recycled materials (like the sale of new products), has slowed in recent years because of the general economic downturn, the market for recyclable materials is still alive. New and innovative products are constantly becoming available – from beautiful countertops made of paper, to tiles fashioned from recycled glass, to a growing number of magazines printed on recycled paper.

If you live within the Louisville Metro area, curbside recycling is now co-mingled. Municipalities have found that taking materials to a processing plant to be separated later, is less costly than curbside sorting.

TIPS

Recycling is the first step

Each of us is charged with protecting our environment and conserving natural resources for generations to come. Recycling also helps create jobs in recycling centers, processing companies, the transportation industry and other emerging green industries. But recycling is just the first step. To close the gap in the recycling loop and stimulate the market for recycled materials, buy products with recycled content. Look for carpeting, clothing (fleece is a winter

favorite) and composite decking with plastic content. Spend the few extra dollars required to purchase copy paper, notepads and corrugated boxes made with recycled paper. Remember it takes one 35-foot tall tree to make a stack of paper six feet tall. Recycled paper production uses less energy (approximately four less barrels of oil per ton) and 58% less water than virgin paper production.

Adjust Your Thermostat

In the last "Green Myths and Tips" column, we talked about how adjusting your thermostat back twice daily with eight-degree, eight-hour setbacks can create substantial saving on your winter heating bills. An easy way to automate this practice is with E.ON's On Demand Conservation Program that offers a free programmable thermostat. As Cheryl Bruner described during her presentation at LMHA's Greening Initiative launch in May, the thermostat can reduce your year-round heating and cooling bill by 10% to 20% each year when used properly. You can learn more about E.ON's Demand Conservation options and other conservation programs such as their low-cost residential energy audits by calling 1-800-356-5467 or by visiting www.eon-us.com/dc. E.ON's website has other useful tools like a Home Energy Calculator that will help you determine potential energy savings at your home. Check it out today and start saving.

LOCAL FARMERS' MARKETS: CLOSE TO HOME, GOOD FOR THE ENVIRONMENT

Did you know that the average U.S. meal has traveled over 1,200 miles to get to your plate? Due to growing concerns about climate change, more people are stopping to consider the impact of the food they buy on the environment. A great way to reduce those "food miles" is by buying more locally grown and produced foods.

At most of Louisville's farmers' markets you'll find an enticing assortment of vegetables and fruits, plus herbs, eggs, honey, meats, cheeses and other dairy products. Some feature other "value added" products for sale like breads, pastries, kettle corn, barbecue sauces and other tasty condiments, like specialty mustards or marinades. In addition to the environmental benefits and the variety of foods, there are many other advantages to buying fresh from your local farmers' market. It's so much easier to cook a delicious meal when you start with fresh, local products. But one of the best reasons to shop at a farmers' market is for the fun!

While most of the farmers' markets are officially closing for the winter about this time of year, some farmers informally continue to bring eggs, honey, winter veggies and meat to the market all winter long. Winter hours at the Phoenix Hill Farmers' Market (located only two miles

from LMHA's Central Offices at 829 East Market Street) are open every other Saturday from 10:00 a.m. to noon.

A Winter Favorite: Butternut Squash with Sage

3 tablespoons olive oil

1 large shallot (about 2 ounces) or other mild flavored onion, peeled and cut into fine slivers

10 fresh sage leaves

1 1/2 pounds peeled butternut squash (or any winter squash or pumpkin), cut into 3/4-to 1-inch cubes (4 cups)

1/2 teaspoon salt

2 teaspoons sugar

Put oil in a wide frying pan and set it over medium-high heat. When hot, put in the shallot slivers and whole sage leaves. Stir and fry until the shallot slivers are golden. Put in the squash and stir until the pieces turn a little brown at the edges and the shallot slivers turn a rich reddish-brown. Add the salt and sugar. Give a few quick stirs to caramelize the sugar and then add 1/2 cup of water. Bring to a boil. Cover, turn the heat down to low, and simmer gently for 15 to 20 minutes, or until the squash is just tender. (Serves 4)

NEWS AND NOTES

COMMUNITY CENTER UNDER CONSTRUCTION

LMHA received ARRA (America Recovery and Reinvestment Act) funds from HUD during 2009 that were specifically earmarked towards energy efficiency projects. One of



these projects is the new community center currently under construction at Liberty Green. Slated for completion in Spring 2010, the center will be LMHA's first LEED certified building. Geo-thermal heating and cooling; light color roofing materials to reflect excessive sun; and, pervious pavement in parking areas to limit the amount of storm water run-off and help replenish the underground water table are just a few of the LEED features in this building.

ROBERT KENNEDY, JR. VISITS LIBERTY GREEN



Robert Kennedy, Jr. addressed environmental issues at the press conference sponsored by Governor Beshear and the KY Finance and Administration Cabinet. The event

was held to highlight the KY Energy Corps.; efforts to provide training for a green collar workforce; and, resources available to homeowners to perform energy efficiency measures.

AVENUE PLAZA PUTS GREEN LIGHT ON ENERGY EFFICIENCY

Pictured are workers installing new light fixtures at Avenue Plaza that will provide significant utility cost savings. Over 500 light fixtures are being replaced. The old fixtures are being donated to YouthBuild to keep them from being placed in the landfill.



FREE FARMERS' MARKET GUIDES

For a free copy of the Louisville Farmers' Market Guide that lists locations throughout the city contact Vikki Stone at vtstone@lmha1.org or the Mayor's Healthy Hometown website at www.louisvilleky.gov/Health/MHHM/2009FarmersMarkets.htm.

Green Today, For a Green Tomorrow is a quarterly employee newsletter published by the Public Information Office (PIO) for LMHA. For more information contact Vikki Stone, PIO officer, (502) 569-3421 vtstone@lmha1.org. Executive Director: Tim Barry; Deputy Executive Director – Operations: Will Seay; Deputy Executive Director – Finance: Wavid Wray; Website: www.LMHA1.org

GREEN THOUGHT FOR THE DAY

"When one tugs at a single thing in nature, he finds it attached to the rest of the world"

- John Muir

PUT A GREEN SPIN ON THE HOLIDAYS

Concerned about the commercial emphasis of the holiday season or looking for some ways to save on your gift giving budget? Consider "upcycling". Coined by "Cradle to Cradle" authors William McDonough and Michael Braungart, upcycling turns used materials into new products, often of artistic value.

Making holiday gift bows from recycled magazines is an easy introduction into upcycling and one that just might get you hooked into this great environmentally conscious activity (see box below for other recycled gift wrapping ideas.)

Recycled Gift Wrap Alternatives

- Use napkins or scarves from yard sales, or your own closets and drawers, to wrap small gifts.
- Make your own reusable gift bags out of scrap fabric or remnants.
- Piece together old maps, magazine pages, comic papers or calendar pages.
- Ask your children or grandchildren if you can use their artwork to wrap gifts or commission them for a special piece for the gift recipient.
- To decorate your uniquely wrapped packages, collect natural greenery, sprigs of berries, herbs or dried flowers, or have the kids fold origami figures or make snowflake cutouts.

For additional details on gift-wrapping ideas that trim paper waste and your budget see www.eartheasy.com/gift_wrapping.htm.

SEEK AND FIND

While they're not collected in municipal curbside recycling programs yet, the items hidden in the Seek and Find below are being "upcycled" by manufacturers, artisans, and other enterprising individuals into a variety of useful products. See how many you can find!

S U O M S B P N S R E K A E P S I V A F Q
 E J R S D M C U C J E W E L R Y Q U P G R
 S V E Z T Q Q K S K A T E B O A R D S G Y
 O C T I L A H C Q K X Q R M K M B E I O S
 H O N U V B M F H S O B U J B A L Z N O P
 E Y A R S E V R I O E S E C Y U B N Y A
 R T L O J L W D O O P P G K F U E J E W L
 I K P S O T C N K O O B P N C S J S R R L
 F C N G T S T C I L D A A Q R K E M T A E
 G T E N C E A G F C C M M G L D A Z U P T
 K R D L M S L P A K B U J B S K N G B P S
 U E R Q E R I L S H J I Q D O P S I E E A
 V E A S F L S G A G I F T B O X E S S R R
 K S G H F S Q Z H W V E N D T A B L E S G
 R T Q S K C A S E C I R T S H I R T S Q B
 Q U T B R D E Y N O Q S E X O B E C I U J
 V M I L C C G A T S T L I U Q Y A E O A Z
 T P R C X I U U P K R O D U N E L G F U Q
 V S E W R M Q E K B E K T K T B T U Z K G
 F P S S Q G H A N D B A G S F H U E F X H
 O N Y Q W W N C R H S R S B A S T R I K S

flipflops
doormats
inner tubes
wallets
tires
rice sacks
handbags

firehoses
belts
juice boxes
back packs
blue jeans
skirts
GD's

jewelry
tshirts
quilts
wrappers
pallets
gift boxes
chip bags

speakers
garden planter
tree stumps
end tables
skateboards
bookcases