

# Coastal Virginia's **GREENMAGAZINE**

2015

In Partnership with

**askHRgreen.org**

## **TRASH VS. TREASURE**

A BEHIND-THE-  
SCENES LOOK AT  
THE VALUE OF  
PROPER  
RECYCLING

## **UNDERSTANDING THE OYSTER— OUR MOST ECO-FRIENDLY ENTREE**

## **THE GREENING OF COASTAL VIRGINIA**

HOMEOWNERS  
ACROSS THE REGION ARE  
MAKING IMPROVEMENTS  
THAT HAVE A POSITIVE  
IMPACT ON OUR  
ENVIRONMENT

## **GIVE UP BOTTLED WATER— TAP IS WHERE IT'S AT**

A Supplement to  
**Coastal  
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Magazine

**PLUS:** Keeping a clear drain, carrying your H2O in style, cleaning our waterways and more





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# Upgrade Your Kitchen With Accent Kitchens & American Made Greenguard Certified Cabinets



**A**s you plan an upgraded gourmet kitchen, you can do a lot for the environment and your family's health too. Accent Kitchens offers green-certified cabinets that limit your family's exposure to Volatile Organic Compounds (VOC's).

In response to customer requests for the ultimate environmentally friendly cabinet, Accent Kitchens researched green cabinets and chose Executive Cabinetry, based in South Carolina. Executive Cabinetry provides cabinets with tough, water-based stains, paints and sealers with no added formaldehyde, Accent Kitchens owner Steve Dubanevich says. The cabinets have earned the coveted Greenguard air quality certification.

"We researched to find the highest quality, highest level of green that Accent Kitchens can possibly provide. There are other companies who offer their 'version of a green cabinet'. But Executive Cabinetry was the only one who could show me the written proof in the form of an independent third party Greenguard Certification. Greenguard Certification insures that our products have met some of the world's most rigorous and comprehensive testing, thereby guaranteeing low emissions of VOC's into your home," he says.

The company builds the custom cabinets to the size you need and paints them the color you want without ridiculous upcharges.

Greenguard Certification, which is validated by the independent safety science company UL, means it ensures that a product has met some of the world's most rigorous and comprehensive standards for low emissions of VOC's into indoor air.

According to the Environmental Protection Agency at [www.epa.gov](http://www.epa.gov); in their article "An Introduction to Indoor Air Quality (IAQ), Volatile Organic Compounds (VOC) are emitted as gasses from varnishes, paints, prefinished wood products, and various building materials and furniture. These VOC's can

cause headaches, eye, nose, and throat irritation, dizziness, fatigue, and even liver and kidney damage.

During the past decade, we have seen where imported products, beginning with defective drywall, tainted pet food and now in laminate flooring, as we saw on 60 Minutes, have caused significant health problems in families and pets.

Does anyone in your family suffer from allergies or asthma? Then I'm certain you're going to want to invest a little more to protect your family's health. That's why I'm offering the product with our professional installation. A quality custom kitchen should last 25 to 30 years. Upgrading to these environmentally friendly cabinets adds about \$100 per year to the total cost of your remodel," Dubanevich says.



Accent Kitchens realizes not every customer can choose these Greenguard-certified cabinets, so they continue to offer other high quality cabinet choices at various price points for every budget. "General trends in cabinets include dark wood, painted cabinets and expansion into gray tones in both paint and stain as the dominant choices," he says. Gray is the new neutral.

Located in Virginia Beach, Accent Kitchens offers another key advantage – turnkey management of your entire kitchen and bath remodeling project. "Working through the design process, making product selections, and coordinating all trades people can be quite overwhelming," Dubanevich says. "People want one company to do it all and that is the service we have provided for 34 years."

You can reach Accent Kitchens at (757) 320-2527 or [www.AccentKitchens.info/hr](http://www.AccentKitchens.info/hr).



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*On the cover:  
(Left to right)  
Pleasure House Oyster's  
Captain Chris Ludford  
and Lee Gregory.*

# Welcome

## Partnering For A Better Future

It is with great pleasure that we present the first edition of *Green Magazine*, an exciting new partnership between *Coastal Virginia Magazine* and the environmental outreach program, askHRgreen.org. We hope that this special collaboration will empower residents and businesses alike with interesting facts and features about what we can all do to make our coastal lifestyle a little easier on the environment.

What started back in 2010 as a way for the region to come together to efficiently provide residents with access to environmental information has quickly turned into a green movement. Since then, askHRgreen.org has taken off as a one-stop-shop for local events, experts, information, grants, tips, tools and all things green. The program is administered through the Hampton Roads Planning District Commission (HRPDC), and funding for askHRgreen.org is made possible by the following member localities and agencies: the cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach and Williamsburg; the counties of Gloucester, Isle of Wight, James City, Southampton, Surry and York; and the town of Smithfield and HRSD.

*Coastal Virginia Magazine* is thrilled to join in this regional movement and to do its part to promote environmental stewardship so future generations may continue to enjoy the beauty of our coastal home, sweet home. Inside this inaugural *Green Magazine* you'll find stories covering all sorts of ways to live a more Earth-friendly lifestyle, including a behind-the-scenes look at a recycling audit that demonstrates the importance of trash vs. treasure, an exploration of the quality of our local waterways and what's being done to help clean them up, a feature piece on homeowners across the region greening their houses in big and small ways, and the importance and appeal of tap water. And don't forget that living green also includes eating green, and a food feature on our area's beloved oyster sheds some light on why consuming local food straight from our watershed benefits more than just our tastebuds.

We hope this inaugural issue will educate and inspire you to go green right along with us.

Sincerely,

**Julia B. Hillegass**

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Public Information and Community Affairs Administrator  
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**Melissa M. Stewart**

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« Dan Baxter, recycling coordinator for Newport News.



# TRASH VS. TREASURE



**Putting Garbage In The Proper Place Affects The Environment And The Economy—And Recycling Audits Can Help** By Ben Swenson

**T**he crew at Bay Disposal & Recycling in Hampton has seen it all: clothes, oil, animal parts, electric motors—and diapers. Oh, the diapers. For kids and for adults. Always full, of course. And always, shall we say, ripe. Coastal Virginia makes waste like this by the truckload, but when all these non-recyclables end up at a local Material Recovery Facility, or MRF, they impede progress toward a greener future.

There's a remedy for the problem of too much garbage entering the recycling stream, and the solution begins by wading through a mound of waste to see what goodies—or not-so-goodies, as the case may be—wait inside. The so-called “recycling audits” are a joint effort by Bay Disposal & Recycling and one local client, the City of Newport News, to figure out what's going into those familiar, 96-gallon rolling containers that shouldn't be. The answer steers efforts to change people's

behavior and make recycling more efficient. Audits ultimately affect several bottom lines, increasing revenues shared by Bay Disposal and its clients and improving the process for reusing upwards of 40 percent of the things we discard.

It all begins with dissecting a pile of waste fresh off a route. That sample is dumped on a bare patch of concrete amid the frenetic rumbling of Bay Disposal & Recycling's MRF in Hampton. The two-story machinery that extends from one wall to the other at this 75,000-square-foot facility processes some 3,000 tons of recyclables per month. Tractor trailers dispense their payload at one side of the massive building. At the other end sit neat bales of paper, cardboard, metal and plastic. Conveyors follow a snaking path, with different materials falling off into sorted piles as they pass. Forklifts and front loaders navigate the sharp angles to keep up with the growing mounds.

That's what will eventually become of the

heap in the middle of a ring of recycling cans once Dan Baxter figures out exactly what's there. Baxter is business recycling coordinator for the City of Newport News, and he's part of a six-person crew that is wading through the refuse. Baxter has a keen interest in making recycling in Newport News more efficient. Those stacked bales of recyclables will be sold to processors and the profits will be shared by Bay Disposal & Recycling with its clients. “This is a way to generate a mutual benefit,” says Baxter. “But that benefit is much greater when we are operating efficiently.”

The gang diligently delves into the mound and places individual pieces in recycling containers according to type: plastics, metals, glass, paper, cardboard and the detestable object of interest here, trash. This “residue,” as it's known in the business, should have gone out with non-recyclable household garbage to begin with. To the sorters' dismay, the trash can fill up quickly. It's full of sticks, clothes and knick-knacks, such as a



VHS videocassette entitled Creative Window Dressing, the cover emblazoned with home decor appropriate for its early 1990s vintage.

Ann Meadows, Bay Disposal & Recycling's recycling coordinator, adds a little humor to the dirty task. "I have a cheeseburger if anyone's hungry," she says, tossing a half-eaten glob covered in wax paper into the trash bin. "I saw pizza and corn earlier. Hey, we have a full meal here."

Of course, trash is precisely what they'd like not to see at a MRF, because of all the needless time, money and effort that Bay Disposal & Recycling must put into sending that material to a landfill, where it should have gone in the first place.

Once, when Baxter and colleagues were conducting a similar audit with educators and civic officials present, the sample was filled with yard waste and the requisite dirty diapers, not to mention milk jugs that had been thrown away half-full, allowing the contents to putrefy to the point where the task of sorting became sickening.

Another major issue is plastic bags, those ubiquitous, thin grocery toters. Even though they can be recycled, most MRFs are not designed to process them. The proper place to put plastic bags is collection containers usually located at the supermarkets themselves. Despite that Bay Disposal & Recycling has made clear that they can't accept them, plastic bags nevertheless show up at the MRF in droves.

That's worrisome, because all that machinery is worth millions of dollars, and unintended bits and liquid that find a way to the inner workings can do expensive damage. "Plastic bags are the bane of this facility," explains Baxter. He gestures toward all the hardware in the MRF. "When plastic bags get caught in here, it takes 30 people an hour to pick them out."

All those man hours add up. That's why Baxter scoffs when someone refers to a pile of clean, sorted recyclables as trash. "That's not trash," he says, pointing at a 15-foot-high mountain of cardboard. "That's money. More than \$120 a ton, in fact."

Buyers are always lined up for the products recycling produces. Bales of mixed paper will likely find their way to a China-bound shipping container, where they will be pulped and turned into toilet paper. The market for other recyclables has been buoyed recently by major firms such as Coca-Cola and Ford integrating recycled materials into their products.

The financial side of the business of recycling is important enough, but there's a larger motive here, too, one that doesn't solely deal with dollars and cents. The better

people can get at recycling, the less waste goes to a landfill forever. That mission is what sometimes brings members of the community to these audits.

Newport News resident Patricia VonOhlen is a retired public school teacher who now advocates on behalf of environmental causes. She is among those sifting through the garbage. She's here on her own time out of a desire to improve methods for waste

disposal. "We're a buy and throw away culture," VonOhlen says. "If we can find a way to upgrade the system of recycling, we'd make much more efficient use of our natural resources and need less landfill space."

After sorting hundreds of pounds of trash, each of the containers is weighed to determine proportions. Today's amount of trash that was mixed in with the recyclables, roughly 31 percent of the total, has ample room for improvement, as most loads average about 11 or 12 percent non-recyclable residue.

One challenge is Coastal Virginia's military-heavy population, which is transient by nature.

Often military families have moved from a region where the recycling paradigm is far different than that locally. In some parts of the country, people throw all their waste into one container, and the recyclable materials are manually removed later.

That's why targeted audits like these are so useful. The auditors know the neighborhood where this waste originated, and Baxter and Meadows, who conduct joint educational campaigns, can use these data to sight in their efforts.

Distributing informational cards and other broad public awareness initiatives help, but one especially useful arena Baxter and Meadows target are public schools. Two years ago, Bay Disposal & Recycling and Newport News launched a program called Recycle Right in public schools because, as Baxter explains, children "are a tremendous influence on their parents." Offer the kids a little prize for getting it right, and they have no trouble learning the difference between what's recyclable and what's not.

When it comes time to pick the correct container for baby brother's diaper, then, the kids will ensure mom and dad make the right choice, and the city, the business and the earth will be all the better for it.

For more information on the economic benefits of proper recycling, visit [www.serdc.org](http://www.serdc.org) or check out "The State of Recycling in Hampton Roads," a report issued in late 2014 from the askHRgreen.org Recycling & Beautification Committee.

“  
**If we can find a way to upgrade the system of recycling, we'd make much more efficient use of our natural resources and need less landfill space.**”

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# Who's Keeping Norfolk Cleaner and Greener?

By Quwanja Jefferson

Norfolk, Virginia is a city widely known for its social vibrancy and awe-inspiring tourism attractions, but did you know it is also a front-runner in leading its citizens toward environmental stewardship? One organization responsible for this success is Keep Norfolk Beautiful (KNB). Presenting a myriad of fun-filled environmental programs, projects, activities and volunteer opportunities for all ages, this green group serves within Norfolk's Public Works Department, and is an affiliate of the nationally acclaimed Keep America Beautiful organization.

## Spring into **green** action

KNB provides opportunities for volunteers to get involved throughout the year, but from February – June they spring into action; engaging citizens via family-friendly community events, environmental presentations, festivals, community gardens and more. Programs like Adopt-A-Spot, Green Reader, Keep Norfolk Beautiful Day, the Environmental Awards for Recycling in Norfolk's Neighborhoods (EARNN), Great American Cleanup and Recycle Norfolk Day each help KNB equip its residents with tools to engage in environmental stewardship. Through diverse volunteer opportunities, KNB utilizes volunteer individuals, along with civic, faith-based, corporate and military groups, while encouraging eco-awareness and action in Norfolk's neighborhoods.

## Better together

The proverb, "it takes a village," is true, and KNB's numerous partnerships is a testament to this. This group works diligently to achieve the city's goal of creating a culture of environmental sustainability, as noted in one of their recent collaborations. Local Eagle Scout candidate David Spear partnered with KNB for the creation of the uber-cool LOVE human sundial artwork – as part of the statewide Virginia is for Lovers initiative. Reading like the environmental who's who of Hampton Roads, KNB's list of conservation-focused partners includes, but is not limited to, the Norfolk Environmental Commission, local civic leagues, Norfolk Master Gardeners, Friends of Norfolk's Environment and the Hermitage Museum.



So, how can you help keep Norfolk clean and green? The answer is simple! Volunteer with KNB and join in making Norfolk a cleaner and greener place to live, work and play!

Find out more about Keep Norfolk Beautiful's green works at **[www.norfolk.gov/knb](http://www.norfolk.gov/knb)**

# RECYCLING RULES

an educational series on recycling in Norfolk presented by

**RecyclingPerks.com**



## RULE 1

### Know Your Vocab

Norfolk's recycling program has been around for several years. Most City residences are eligible for single-stream curbside collection which means you have a roll cart that is serviced at your home (**curbside**) once every other week and you can place all acceptable recyclables inside the one roll cart (**single-stream**).



## RULE 2

### Recycle Right

The terms "accepted curbside" or "acceptable recycling" refer to the list of items that can be collected, processed, and then recycled into new goods. Accepted items will vary by town, state, and region of the country. In Norfolk, place all **mixed paper, cardboard, aluminium and steel cans, plastic bottles, and glass bottles** into your cart.



## RULE 3

### Claim Your Perks

Residents can freely activate their Perks account online at [recyclingperks.com](http://recyclingperks.com) in about 60 seconds. The recycling cart at their home will automatically be assigned and every time it's collected points accrue in the resident's Perks account. Earned points can be traded in for discounts from over 300 local businesses. Recycling and redeeming earned points will save residents about **\$25 per month in discounts**.



## RULE 4

### Get The App

There's a **new app available** for download on both iOS and Android devices that houses all of your recycling information for the City of Norfolk. You can use the app to see where to dispose of household items, look up your collection day, sync reminders to your calendar, find out about holiday collection changes, and access your Perks account. **It's all in one place.** Search "Recycling Perks" in the App Store or in the Play Store.



# RECYCLING MADE SUPER EASY!



NO MATTER WHERE YOU LIVE IN HAMPTON ROADS, THE FOLLOWING ITEMS ARE ACCEPTED IN YOUR CURBSIDE RECYCLING CONTAINER:

## PAPER & PAPER PRODUCTS

no pizza boxes, milk cartons & juice boxes



paper  
newspaper  
mail supplements  
phone books  
magazines  
flattened cardboard boxes  
cardboard rolls

## PLASTIC \* empty, please

no polystyrene (Styrofoam)



water bottles  
soda bottles  
milk jugs  
household products  
cleaning product bottles

Usually marked 1 or 2

## GLASS \* empty, please



glass jars  
glass bottles

Any colors accepted

## ALUMINUM & TIN \* clean, please



steel & tin cans  
aluminum cans & foil  
aluminum pie plates  
& containers

## SOME LOCAL CURBSIDE RECYCLING PROGRAMS ACCEPT THESE ADDITIONAL ITEMS:

### WIDE-MOUTH CONTAINERS

Accepted by: Isle of Wight County, James City County, Newport News, Poquoson, Portsmouth, York County and Williamsburg



butter tubs  
yogurt cups  
clamshell containers

Usually marked 3-7

### RIGID PLASTICS

Accepted by: Isle of Wight County, James City County, Poquoson, Portsmouth, York County and Williamsburg



buckets & pails  
plastic toys  
flower pots

Usually marked 5-7

## EVEN MORE ITEMS MAY BE ACCEPTED AT LOCAL FACILITIES IN YOUR CITY OR COUNTY

### ACCEPTED MATERIALS VARY BY LOCATION, BUT MAY INCLUDE:

yard waste, tires, oil, electronics, metals, oyster shells, and/or hazardous household waste.

Localities include: Chesapeake, Hampton, Isle of Wight County, James City County, Newport News, Norfolk, Poquoson, Southampton County, Virginia Beach, Williamsburg and York County.

### FOR PLASTIC BAGS OF ALL KINDS

Look for a recycling bin at your local grocery store.

## THIS IS JUST A REGIONAL LIST,

for specific recycling information  
for your city or county, just...

**askHRgreen.org**



# The Greening Of Coastal Virginia

*Homeowners Across The Region Are Making Large And Small Changes To Live A Lifestyle That Has An Environmental Impact Now And Forever*

By Betsy DiJulio

**“Everybody can live a greener lifestyle,”** enthuses Karen Cifranick, an environmental training consultant, retired environmental science teacher, and participant, along with Sherie Coleman, in the City of Norfolk’s Bay Star Homes program.

And those featured here do so in impactful ways with virtually all of their practices easily accessible to all of us.

## A Shiny Green Star

For their part, Cifranick, environmental coordinator of her Bayview Civic League, and Coleman, who is studying marine biology at Virginia Wesleyan College—both Master Naturalists—chose to commit to Norfolk’s Bay Star Homes program, a decision that Cifranick asserts is “easy and good to do.” And it’s free. Bay Star Homes began in Norfolk in 2014 but will soon go region-wide due to a partnership with askHRgreen.org.

Homeowners are acknowledged with a Bay Star Homes yard flag simply for pledging to take seven environmentally-friendly actions from the list of 28 in four categories: Grow Green, Water Connection, Conserve Resources, and Get Involved! To “Grow Green,” homeowners might pledge to reduce a portion of their

lawns and convert to planted beds, choose native species, or compost. Under “Water Connection,” homeowners might keep the gutter area clear in front of their home, reduce or eliminate use of their garbage disposal (see “Down the Drain” sidebar), or redirect downspouts away from paved surfaces to a planting bed. To “Conserve Resources,” homeowners might turn off lights and appliances when not in use, install low-flow toilets and faucets, or convert to reusable shopping bags. And those who choose to “Get Involved!” might find themselves simply scooping pet waste, not feeding migrating geese and ducks, or participating in a community restoration or clean-up event.

As a special perk, the first 300 Bay Star Homeowners to pledge receive free soil test kits and analysis, courtesy of the Chesapeake Bay Restoration Fund. Why?

Because excess fertilization is harming our waterways and aquatic life.

Among the “simple lifestyle changes” to which Cifranick and Coleman committed—though “there wasn’t a whole lot on the list that we hadn’t done”—were marking storm drains with medallions and planting trees given away by the City of Norfolk in the neighborhood, including at the elementary school. Cifranick and Coleman also set up an “e-cycling” (electronics recycling) drive for their Civic League, which they plan to repeat.

As it turns out, Norfolk’s Division of Waste Management and Division of Towing both accept electronics, including TVs, DVD players, computers, calculators, and more. (Visit [www.askHRgreen.org/Electronics-Recycling](http://www.askHRgreen.org/Electronics-Recycling) to find the collection site for your locale.) According to Cifranick, the collection center culls the components





Karen checks the temperature in their compost, before adding to it.

and salvages metals in order to keep toxic metals out of the landfills.

Essentially, as Cifranick explains, the Bay Star Homes program is designed to "improve (homes and) communities by improving waterways."

The Elizabeth River Project's River Star Homes program ([www.ElizabethRiver.org/#!River-Star-Homes/czow](http://www.ElizabethRiver.org/#!River-Star-Homes/czow)) offers a similar free initiative for those in the Elizabeth River watershed. Participants earn a yard flag for pledging to adopt seven simple practices: scooping the dog poop, reducing the use of lawn fertilizers, only allowing rain water down storm drains, keeping grease out of the kitchen sink and drain (see "Down the Drain" sidebar), helping geese migrate by not feeding

them, pumping out boat waste at proper facilities, and not flushing medications down the toilet. Those wanting to up their green game can become a "Champion" River Star Home by committing to eight practices, projects and activities from a list of 27, earning that warm green feeling and some fun perks in the process.

One of the participants, Kara Louk, knows water. Currently a marketing education student at Old Dominion University (ODU), she has been a swim teacher and coach for 30 years. She and husband Greg—garbage disposal-free, conservation-minded, "buy local" residents of Norfolk's Colonial Place neighborhood just a block and a half from the Lafayette River—took the River Star Homes plunge, adding to the mix a rain barrel. "I think everyone in the neighborhood should have one!" Kara enthuses.

For what she considers a very reasonable fee of \$185, the Elizabeth River Project provided a consultant to help the Louks choose the number and type of barrel—their single barrel is black-painted metal—and its location, as well as installing it, which included building a platform to raise it up. Hoses attach to it allowing Kara to water the increasing number of organically-tended and compost-enriched planting beds in the couple's yard.



McVearrys outside their home as one of their chickens inspects the grounds.

### A Verdant Green Acre

Meanwhile, on about an acre of land in the Shea Farms section of Portsmouth, Andy and Elisa McVearry have created a little parcel of paradise in the midst of a high-density residential neighborhood. Purchased in June 2013, the McVearry's chose this property for its convenient location, the already-cleared land, and the existing house, garage, and shed/workshop, all for the "right" price.

Andy, a longtime restaurant industry veteran who works in the evenings as the wine director at Vintage Tavern in Suffolk, and Elisa, who works for Farm

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**VB** City of Virginia Beach





## Down the Drain

### Think Before You Pour It In Your Sink

Fats, oils and grease, otherwise known as “FOG,” can create a sticky—not to mention expensive and harmful—situation in our sewer systems. FOG, whether in liquid or solid form, builds up in sewer lines and constricts or prevents water flow in some serious ways, including causing back-ups into homes, businesses, streets, parks, water bodies, and shorelines.

Clogged pipes also mean greater costs to municipalities due to the necessity of more frequent cleaning and replacement. And when the “FOG” rolls in, so does its concomitant health and environmental hazards and clean-up costs. Grease suspended in warm water may not appear to be harmful. But, when the water cools, look out. Congealed fats can wreak untold havoc on the sewage treatment process, shutting down pumps and wastewater treatment units in extreme situations, contributing to pollution and, again, costs.

You don't have to dump cooking oil down the kitchen sink to contribute harmful FOG to our community's arteries. Grease is found in obvious substances like shortening, butter, margarine and oil, but also in meat fats, food scraps, batters, frostings, baked goods, sauces and dairy products, as well as the plates, pots, pans, and utensils with which they have come into contact. Be advised that, contrary to popular belief, kitchen disposals do not prevent such fats from doing their damage; they only shred the offending substances into smaller parts.

So what can we do? First and foremost, never allow these substances scraped from cooking, eating or serving surfaces to go down the drain; instead transfer them into a can or the trash for disposal. Residentially-generated fryer oil (usually with a 5 gallon minimum) is collected through the local Household Hazardous Waste or Household Chemical Collection program (visit [www.askhrgreen.org/fryer-oil-recycling-locations/](http://www.askhrgreen.org/fryer-oil-recycling-locations/) to locate the site nearest you). And use a mesh basket in your drain to trap food particles. Commercial establishments must go a big step further by maintaining internal grease traps or larger external grease interceptors.

Just remember, those foods that clog and damage our arteries do much the same to our community's sewer system.

See [www.askhrgreen.org/fats-oils-grease-disposal/](http://www.askhrgreen.org/fats-oils-grease-disposal/) for more information.

—Betsy DiJulio

Table, a Community Assisted Agriculture (CSA) program, live with their baby on this “super green” site. Here, vegetables, grape and hops vines (Elisa's father is opening a brewery in Chesapeake), three heritage breed laying hens, and bee hives all flourish.

Andy built the 12 x 15' chicken coop and started all of the 3 x 30' no-till beds—tilling and worms are not such a good combination—from scratch. He uses no chemical fertilizer (he favors chicken waste), no herbicides, and no pesticides to grow food and produce honey for his family, friends, relatives, and even the chef at Vintage Tavern.

Though the couple has not yet started market sales, doing so is part of the plan. Andy, an avid researcher—“I read a lot of books”—is somewhat of a follower of John Seymour, of *The New Self-Sufficient Gardener* fame, and of farmer and author, Jean-Martin Fortier, an internationally recognized organic micro-farmer whose 1.5 acres of permanently cultivated beds on his 10-acre micro-farm gross more than \$100,000 per acre as a result of selling through a farmers' market and CSA project.

Keys to the McVearry's successful bio-dynamic approach to diversified gardening/farming—which, explains Andy, is all about nurturing good bacteria and worms—includes strict crop rotation; cover crops to help nurture microorganisms; watering with rainwater collected from gutters that feed four 55-gallon drums and homemade compost. Some of the compost is produced from food scraps, leaves collected in the neighborhood, and grass clippings produced by the only piece of machinery on this “farmette”: a riding lawnmower. Other compost is produced with a little help from their friends, literally, chicken scratch, and Red Wiggler worms (vermicompost). The latter, along with peat moss and vermiculite, makes an excellent seed-starting medium.

In the next year, the McVearrys look forward to welcoming more chickens—and possibly some turkeys—home to roost, as they continue to coax a bounty from their backyard.

## Home, Green Home

About 12 years ago, Stuart “Stu” Rose, Ph.D., and wife Trina Duncan were planting seeds of a different type.

On the “main drag” in Poquoson, Rose's concept for stylish net zero living was taking root as the Garden Atriums, which has been dubbed one of the country's foremost sustainable housing communities. Though the term “net zero” sounds like a calorie-free beverage, it actually refers to energy consumption.



Andy fills a watering can from one of the stocked rain barrels.



Stu Rose's Garden Atriums Home





Solar power keeps this home "off the grid" throughout the year.

The problem with terms like "sustainable" or "eco-friendly," explains Rose—who has both bachelors and masters degrees in architecture with an emphasis in urban design and a Ph.D. in organizational development—is that they aren't measurable. But net zero is. At its simplest, it means that a property generates all of the energy it consumes. "Some months you use more than you generate," explains Rose, "Some months it's the reverse. After one year, it becomes net zero."

How is this possible? On each elegant atrium home, photo voltaic roof panels, or "solar cells,"—with power grid and battery backup—generate electricity to meet virtually all needs year round. But there's more.

Located on just over five tranquil acres, each of the six (soon to be seven) 4- to 5-bedroom homes, designed in conjunction with architect Rodney Wright and built by contractor David Baird, features a glass skylight soaring over a 28' to 35' garden atrium space onto which virtually all rooms open, separated, where desired, by glass walls. There, sunlight floods into each home where the passive solar system soaks it up, stores it, and distributes it throughout the house for a "direct solar gain."

"Superinsulation"—2' in the roof and 1' in the walls—prevents that energy from escaping. In the summer, retractable shades cover the skylights and skylight vents serve an exhaust function. A passive solar rooftop water heater supplies hot water to the home. For much of the year, these homes generate more power than they use, earning credits for putting power back into the grid during the daytime. The cost for heating, cooling and electricity? \$0, \$0, \$0.

But these homes just keep getting greener as rainwater is harvested into



The kitchen and dining room open up to the atrium and other spaces.



Atrium light spills into the living room.



The greenery greets you as you enter the front door.



Homeowner and builder, "Stu," plugs in his car for an overnight charge.



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Latest wedding trends, local vendors and tying the knot tips

cisterns and distributed through an irrigation system. And air quality—a particular concern for well-insulated homes—is improved through a variety of strategies: the growing of Boston ferns, which pull toxins from the air, and of large leaf plants, which soak up more carbon dioxide because of their increased surface area, and the selection of materials that emit no harmful “offgases”: undyed wool carpet, solid wood cabinets, and no-VOC (volatile organic compound) paint.

Despite the Garden Atriums’ success, Rose feels they will have failed if the project doesn’t spawn other developments based on this model, asserting that “we need millions of them to offset the ones that aren’t.” For their part, Rose and Duncan are planning their next residential community which will take on what Rose calls “the biggest issue in sustainability”: food. “We can’t get to net zero on food (here),” he declares, “but we will in our next project.”

For now, residents enjoy three acres of shared green space that includes an organic garden, an aquaculture pond, a fruit orchard, a park and a gazebo.

### A Beautiful Green “Phoenix”

Following a devastating 2007 fire to the rear of Skip Stiles and Margie Mulholland’s Norfolk residence, a beautiful green home rose from the ashes.

With their family unharmed, Stiles, executive director of Wetlands Watch, and Mulholland, a professor at ODU, hired Class A contractor Nick Shawyer—soon to earn his master’s degree in architecture from Hampton University—to help them remodel their 100-year-old home or, as Shawyer states, to “put their money where their mouth is.”

The 3,700-square-foot structure incor-

porates a spectrum of green features, enough to earn only the second EarthCraft certification for an existing home in Virginia. One of several green building programs—a very “builder-friendly” one, according to Shawyer—EarthCraft’s mission is to “advance sustainable, affordable and energy efficient construction through education and technical support.” Reflecting back on all that green, Shawyer summarizes, “It’s amazing what you can do with air sealing.”

Noting that “it’s easier to be green with new construction,” nonetheless he and the homeowners were committed to their project. So, they set out to create what Shawyer terms “a tight envelope” to prevent outdoor air from entering and conditioned air from leaking out, among other things. Asserts Shawyer, “The best thing (for any homeowner) to do is seal the roof to create a tight cap that won’t let air out,” and insulate under the rafters.

But he also sealed the basement walls. “It’s about keeping air from coming in low and going out high,” he explains. “That house is sealed from peak to foundation,” including insulation of the entire “outside envelope.” As a result, for example, the air conditioner doesn’t run in a 140-degree attic, but in an insulated space. And all duct work runs through conditioned space. Just over seven years later, Stiles observes, “The basement and attic are the same temperature.”

Some design decisions included window placement and window overhangs to provide shade; an atrium stairwell with two remote-controlled skylights that can be opened to ventilate the house in mild weather, creating a “chimney effect” that allows warm air to rise and escape while flooding the home with natural light; baths placed back-to-back and shortened runs that hot water has to travel; kitchen coun-



Countertops made of recycled glass.  
Cabinets of fast-growing bamboo.

PHOTO COURTESY OF SKIP STILES



## Green Up Your Act *Do Try This at Home*

It is easy and most often free or very low cost to green up your act. Start by borrowing a page from the playbooks of our featured “greenophytes”:

Visit [www.askhrgreen.org](http://www.askhrgreen.org) for an alphabetical listing, information, and links to almost everything you could ever want to know about living a greener lifestyle, literally from A to Z—okay, A to W—in six categories: Your 3 Rs (Reduce, Reuse, Recycle), Your Home, Your Yard, Your Business, Your Community, and Your Classroom.

Join one of the many residential programs (Bay Star Homes, River Star Homes, Pearl Homes, etc.) offered by local watershed restoration groups. To find a group and a program near you, visit [www.askhrgreen.org/watershed-restoration-groups](http://www.askhrgreen.org/watershed-restoration-groups).

Even if you are not an avid gardener, greening up your landscape needn't mean—shouldn't mean—planting more lawn. Adopt some of the simplest practices from converting lawn to planting beds of native species and vegetables, to compost-

ing, to harvesting water in easily installed rain barrels. If city ordinances allow, perhaps backyard honeybees and laying hens are an option.

Building or remodeling a home? Consider a green building program and certification, e.g. EarthCraft. Regardless, work with green building professionals as you consider not only design, but some of the less sexy aspects of a green home: sealing and insulation; energy, water, and other resource generation, consumption, and conservation; and disposal of construction debris.

Read, read, read. There is a wealth of information out there. Three additional resources include:

*Sustainability*, Stuart W. Rose ([www.amazon.com](http://www.amazon.com))

E-booklets: *Renovating Your Home for Sustainability*, Rodney Wright; and *Slashing Home Energy Costs*, John Spears ([www.gardenatriums.com/renovate-ebook.htm](http://www.gardenatriums.com/renovate-ebook.htm))

— Betsy DiJulio



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PHOTO COURTESY OF SKIP STILES



A geothermal maze of pipes is easily accessible in the basement.

tertops made from recycled beer bottles embedded in resin; rapidly renewable bamboo flooring and “Plyboo” brand (bamboo plywood) kitchen cabinets that emit little or no formaldehyde, a known carcinogen; and the use of other low-volatile organic compound (VOC) materials.

Some of the details, in addition to sealing and insulation, include green framing which reduces the number of studs at corners, intersections, and headers, replacing them with insulation to lower the “thermal bridging” from, as Sawyer

explains, “studs which act as bridges from interior to exterior.” Other details include a geo-thermal heat pump system and a manifold plumbing system. Additionally, during construction, crews separated construction debris with 8.5 tons of it headed to Waterway Recycling in Chesapeake, as compared to 7.75 tons that were trashed.

The geo-thermal heat pump system lowered the family's energy needs by a lot. Essentially it works by piping water in and out of five 200-foot deep backyard wells. Stable earth temperatures warm the water in the pipes in winter, transferring heat to the home. Conversely, in the summer, the home's heat is absorbed by the water and piped into wells where it dissipates.

By definition, manifold (“many fold”) means “many parts or facets” or, in this case, many “faucets”—pun intended—because with a manifold plumbing system, a main supply line feeds numerous branchings, with each serving one faucet. In green terms, this means that the individual lines can be smaller in diameter, use less water, and lose less heat as compared to larger-diameter piping. This system eliminates the need to, as Stiles explains, “heat the entire pipe before you get hot water.”

Some seven years hence, Stiles reports that the house performs beautifully and that the family has experienced no problems.

“It doesn't cost a lot,” Sawyer asserts.



# Oyster Understanding The

*These local bivalves don't just taste great, they are also a most eco-friendly entree*

By Patrick Evans-Hylton



(Left to right)  
Pleasure House Oyster's  
Captain Chris Ludford  
and Lee Gregory check their beds.

## Doing Double Duty

Less than a hundred years ago, oysters were the canary in the coal mine for environmental concerns in Coastal Virginia, and the situation is a unique note in the history of our favorite shellfish.

At the turn of the 20th century, clean water was a concern.

It wasn't uncommon for untreated raw sewage—some 25 million gallons daily—to be directed right into the rivers and other waterways in Norfolk and the surrounding area.

That was water that folks drank. That children played in. And that oysters—one of the region's largest industries financially and historically—grew in.

By the mid-1920s, decline of the health of the environment and population were of major concern.

Some 10,000 acres of oyster beds were condemned, a slam to the local economy; many of the beds disappeared all together. Health officials sounded alarms about outbreaks of typhoid and cholera.

That garnered a call to action for cleaner water and a cleaner environment overall. As a result, in 1940 the Hampton Roads Sanitation District (HRSD) was formed, a group tasked with the prevention of waterway pollution.

By the end of the decade, three HRSD sewage treatment plants processed more than 35 million gallons of wastewater each day. Oyster beds once condemned were opened back up, and the population began to come back.

Today HRSD is one of the nation's premiere wastewater treatment agencies, with 13 plants capable of treating up to 249 million gallons daily.

More information: [www.HRSD.com](http://www.HRSD.com)

—PEH



**F**our hundred and eight years ago this month, the first English settlers to the Coastal Virginia region dined on oysters just days after dropping anchor at present-day Cape Henry in Virginia Beach.

On April 27, 1607, Captain Christopher Newport and his crew ate oysters roasted over an open flame, their shells popping with the application of heat, and their briny juices bubbling away around the delicate flesh.

It was on the Lynnhaven Bay, still noted for oysters today.

But across Coastal Virginia, just under the surface of countless creeks and inlets, there are many more oysters. Virginia is the largest producer of fresh-wild catch and farm-raised oysters in the country. In fact, there are seven distinct growing regions in the state. Some oysters, on the Atlantic side of the Eastern Shore, are kissed with extra salinity, giving them a bold saltiness upon first transferring from their shell into the mouth.

Other areas, further from the ocean, are less salty—even rich and buttery—and melt into a delicate finish when eaten.

They are all *Crassostrea virginica*, and they are one of our culinary calling cards—a food that represents our region, and does so quite nicely, thank you, all around the world. Oysters also benefit more than just our taste buds. They clean our water, remove nitrogen, accelerate denitrification, enhance water clarity, promote eelgrass survival, and provide excellent habitat for myriad juvenile fish and crustaceans.

So support our local watermen and waterways by eating oysters. Eat them raw. Eat them roasted. Eat them fried, stewed or baked. But as you do, savor them and their history.





## Bivalve Buddies

HERE IS A SUCCINCT LIST OF SOME SHELLFISH SIDEKICKS TO KNOW

### Groups supporting oysters

**Virginia Aquaculture Oyster Growers** has a website that provides some great information about the benefits of oysters to the environment, the impact of oysters on the Virginia economy, and where to find the oyster that fits your tastebuds from among the seven distinct growing regions in Coastal Virginia.

More information, [www.VirginiaOysters.org](http://www.VirginiaOysters.org)

The **Virginia Aquarium's Sensible Seafood Program** gives information on the sustainability of seafood in our waters and beyond, including what comestibles are great picks, and which ones should be avoided.

It also lists partner businesses and restaurants which do the right thing in regard to assuring a long-lasting, tasty seafood legacy for future generations. The aquarium itself has an oyster exhibit and hosts an annual festival with pretty much all the seafood you can eat, with proceeds benefitting the museum.

More information: [www.SensibleSeafood.com](http://www.SensibleSeafood.com)

The folks at the **Virginia Marine Products Board** offer tips on selecting, storing and serving oysters and other shellfish and finfish from the state's waterways.

It also has information on seafood festivals and special events, as well as a comprehensive list of retail seafood markets in the commonwealth.

More information: [www.VirginiaSeafood.com](http://www.VirginiaSeafood.com)

**Lynnhaven River Now** is a group working towards the environmental cleanup of the Lynnhaven River, restoring lost habitats like oyster reefs, and educating and engaging the public on their efforts.

They are a clearing house for individuals, restaurants and others concerned with picking up used oyster shells for recycling in their programs.

More information: [www.LynnhavenRiverNow.org](http://www.LynnhavenRiverNow.org)



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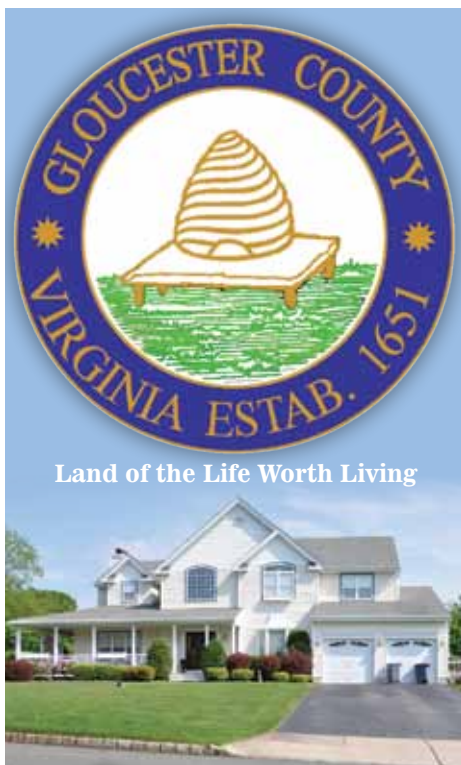
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being Green  
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Gloucester County is committed to a greener, Bay-Friendly community even if it means getting our hands dirty.

An inspection or pumping of your septic tank will reduce the amount of pollutants that enter our waterways.

### Healthier Water, Healthier You!

Gloucester County residents are reminded that Virginia's Chesapeake Bay Preservation Act requires septic systems to be pumped every five years. Refer to the following website for experienced providers serving the Middle Peninsula and Hampton Roads region.  
[www.gloucesterva.info/EPforms](http://www.gloucesterva.info/EPforms)

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### Places to buy oysters

Here are some of our favorite places to buy oysters, and other fresh catch, in Coastal Virginia:

#### Welton's Seafood Market

110 E. 17th St., Norfolk, 757-622-2702  
[www.WeltonsSeafood.com](http://www.WeltonsSeafood.com)

~AND~

940 Laskin Rd., Virginia Beach  
757-428-6740, [www.facebook.com/WeltonsSeafoodMarketVB](http://www.facebook.com/WeltonsSeafoodMarketVB)

#### Whole Foods Market

1800 Laskin Rd., Virginia Beach  
757-422-0444, [www.WholeFoodsMarket.com/stores/VirginiaBeach](http://www.WholeFoodsMarket.com/stores/VirginiaBeach)

#### Farm Fresh Supermarkets

Forty-one locations across Coastal Virginia  
[www.FarmFreshSupermarkets.com](http://www.FarmFreshSupermarkets.com)

### More Oyster Offerings

**Taste Tidewater Tours** has two up-close-and-personal culinary tours that are oyster-centric—one pairing the shellfish with local, craft beers and the other with Virginia wine.  
More information: [www.TasteTidewater.com](http://www.TasteTidewater.com)

—PEH

### Still hungry?

Want to know even more about oysters? Don't miss the Ultimate Oyster Guide coming up in the August/September issue of *Coastal Virginia Magazine*.

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Newport News Virginia





# Getting Clean

*Progress Has Been Made, Yet There's So Much More To Do To Improve Our Local Waterways*

**By Kristen De Deyn Kirk**

**B**ack in 2009, the news for Virginia wasn't good. The advocacy group Environment America named the state's waterways the second dirtiest in the country. (Indiana took top "honors" in the group's study that reviewed the amount of pollutants discharged into waterways.)

Recent environmental news is disappointing as well. In December 2014, the Virginia Department of Environmental Quality released its Draft 2014 Water Quality Assessment Integrated Report. The final report, covering the quality of waterways in the state from 2007 through 2012, will be filed with the U.S. Environmental Protection Agency to comply with the United States Clean Water Act, which was passed in 1972 to limit pollutants in waterways.

A five-word summary of the report: Our waterways are still dirty.

The draft notes:

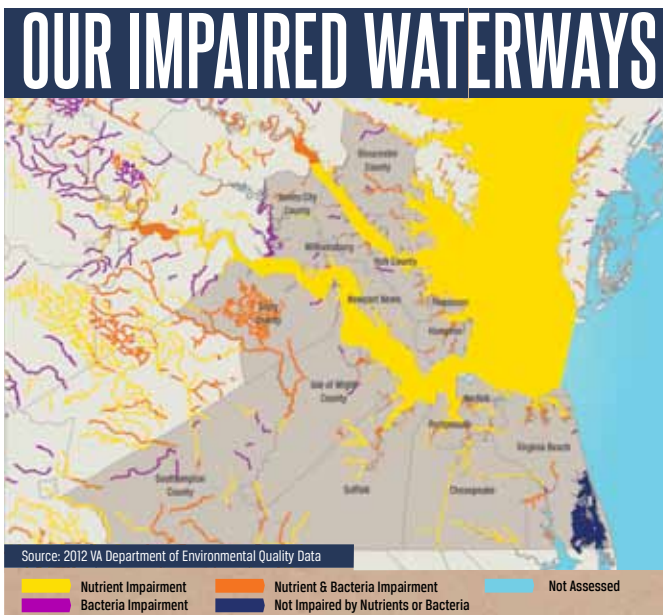
Recreational use of waterways is impaired in 48 percent of the rivers and streams tested. Elevated levels of *E. coli* (*Escherichia coli*) is most often to blame. Agricultural practices, urban runoff, leaking sanitary and storm sewers, and pet waste are major sources of *E. coli*.

Aquatic life is impaired in 29 percent of assessed rivers/streams, 43 percent of assessed lake acres and 86 percent of assessed estuarine waters. Hypoxia (low dissolved oxygen concentration) is the top cause of impairment.

Some of our local waterways named as "impaired" in the report:

**Bennett Creek  
Chesapeake Bay  
Chickahominy River  
Deep Creek  
Elizabeth River  
Hoffler Creek  
Indian River  
James River  
Lafayette River  
Lake Drummond  
Lake Trashmore  
Lake Wright  
Nansemond River  
Northwest River  
Poquoson River  
Western Branch Reservoir  
Willoughby Bay**

Read the draft report and learn about these waterways' challenges at [www.deq.virginia.gov](http://www.deq.virginia.gov) under Programs – Water – Water Quality Information.



## Joining others to help

Seeing such a long list of local waterways in need of improvement is overwhelming or motivating, depending on how you look at it.

Cleanup plans already exist for some of the locations on the list, and many people from different groups are working toward healthier waterways.

"Everybody is doing something," says Fleta Jackson, public relations specialist for City of Norfolk, Public Works. "The [federal] Clean Water Act got this whole ball rolling. Those efforts trickle down to local governments, NGOs (non-government organizations) and homeowners."

Several local NGOs exist, says Jackson, yet most aren't as well known as the Chesapeake Bay Foundation, the Elizabeth River Project or Lynnhaven River Now, groups she praises for years of work.

First to pop into Jackson's mind when asked about smaller organizations is Lafayette Wetlands Partnership. She describes the group as a small, grassroots effort with only volunteers and no overhead. They partner with the City of Norfolk and Old Dominion University on restoring shorelines and raising healthy oysters and mussels.

The Lafayette Wetlands Partnership targeted the wetlands on Holly and Columbus avenues in Norfolk in 2013. They were overgrown with phragmite, (non-native, invasive grasses), runoff from nearby development and the lack of stabilizing shoreline vegetation was a concern, and native wetland grasses were being lost.

The group restored 250 linear feet of vegetated wetland, eliminated more than 3,000 square feet of phragmites and planted a buffer of shrubs and flower plants.

On the Peninsula and farther west, the James River Association works to protect the health of the river and its tributaries. They've led efforts since 1976.

Last November, volunteers installed 240 native plantings on Chapel Island in Richmond and removed invasive plant species.



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## Don't Take Water for Granted

Water is life. The water we use now is all we'll ever have, so we must use it wisely. You can conserve in small ways that make a big difference to preserve and protect our water resources.

## Support and Invest in Infrastructure

It is critical that we support the investment necessary to replace our aging infrastructure. Our quality of life and health cannot be sustained without continued and improved access to clean drinking water and sanitation services.

## Stay Informed

Learn more about what happens to the water you drink and use. Start by reading and understanding your water and wastewater bill and your city or county's annual water quality report.

For more information on local water, just **askHRgreen.org**

The association also launched its Our River at Risk campaign that month to publicize threats to the river from the transportation and storage of toxic chemicals. The association has counted 1,100 toxic storage sites along the river's shore, along with up to five billion gallons of coal ash and millions of gallons of crude oil traveling near the river each week. To counteract the threat of these pollutants, the association wants 1,100 new advocates to join in their efforts. They were zeroing in on their goal in late December as this issue went to press, with 725 advocates signing on.

The Lafayette Education Outreach group is a newer organization. Based in Norfolk, they're improving the quality of air, land and water by teaching individuals and businesses simple ways to reduce pollution and increase recycling. They're sponsoring ecoFest on the Lafayette, a spinoff of Elizabeth River Project's annual RiverFest event, on May 2 in Colonial Place along the 600 and 700 blocks of Mayflower Road. The event, with music, art and food, celebrates improvements made to local waterways and also encourages participants to take actions to clean and beautify their neighborhoods, including local waterways, that add to their quality of life.

**What can you do?** Residents can join one of the many residential programs offered by local watershed restoration groups (Bay Star Homes, River Star Homes, Pearl Homes, etc.). To find a group and a program near you, visit [www.askhrgreen.org/watershed-restoration-groups](http://www.askhrgreen.org/watershed-restoration-groups). For most programs, residents pledge to take specific actions at home to improve their environment and, by extension, their community.

Bay Star Homes, a soon-to-be regional program, asks residents to take seven actions selected from four categories "grow green;" "water connections;" "resource conservation;" and "get involved." Examples of activities include: reduce fertilizer and pesticide use; reduce the size of the home's lawn and use more flower beds; redirect downspouts into a planted bed away from a paved surface; use a grease can in the kitchen (instead of pouring grease down a drain); drive fewer miles, bike, combine trips, and use public transportation; and scoop the poop.

"The Elizabeth River Project works with us [City of Norfolk] on the River Star project, and we have 2,000 homes that have earned the status," shares Jackson. "Newport News and Hampton have similar programs. Chesapeake is looking to start one."

She encourages everyone to take action, whether or not their city can officially recognize their efforts.

"There's not a magic wand," Jackson says. "It takes diligence and daily effort."

"Daily efforts" that Jackson suggests:

Plant trees	Install low flow faucets and toilets	Recycle
Keep your neighborhood litter-free	Reduce or eliminate use of the garbage disposal	Rake leaves to keep them out of the storm drain
Scoop your pet's poop	Raise the blades on your lawn mower	
Use reusable shopping bags		







# Tapping Into A Good Source

The Many Reasons You Should Give Up Bottled Water By Kristen De Deyn Kirk

**W**hen Lee Ann Hartmann started her job as a public information specialist for Newport News Waterworks and Newport News Department of Engineering 21 years ago, her now nemesis of sorts was gaining power: the bottled water that's bought, consumed and tossed.

"We've seen such a rise of Aquafina and Dasani and the others since then," says Hartmann. "It used to be that you grabbed a Tupperware cup and filled it with water; no one thought about paying for [bottled] water."

Now the better part of an entire grocery store aisle is devoted to various brands of bottled water, and it appears to be cheap and convenient. It's just easier to use bottled water, right?

Hartmann wants people who think that to *re-think*. Among those she tries to reach with the message to drink tap water are young mothers.

"We find that they are holding onto the habit of buying water the strongest," she says. "Our research shows that they think that bottled water is safer."

Hartmann counters that belief regularly—in person and through newsletters, classes and presentations.

"I share that both bottled water and tap water are regulated by the government. The FDA (the United States Food and Drug Administration) oversees the safety of bottled water and the Virginia Department of Health, tap water," she says. "One isn't safer than the other."

Her other points on why tap water is a good choice daily are well reasoned. She tells people:

Water testing in most communities is required regularly. "It differs by the water provider," Hartmann explains, "but generally speaking, most cities are required to do tests every single day." In the area Newport News Waterworks covers—Newport News, Hampton, Poquoson, Yorktown and James City County—water samples are collected daily. The staff uses 200 locations and conducts about 2,000 water quality tests each month. The department then submits a monthly summary report to the Virginia Department of Health Services, Office of Water. An annual report, available to the public, is published in July and summarizes the previous year's results. Most cities include a link to their water testing information on their water bills, and many libraries carry copies.

Tap water is also easy on the budget. askHRgreen.org, a public awareness program of the 17 cities and counties of Hampton Roads run through the Hampton Roads Planning District Commission, promotes this fact: You can pay a dollar or more for a bottle of designer water or, for that same dollar, you could refill a 20-ounce sports bottle from any Coastal Virginia faucet more than 1,500 times.

The water is delivered right to your home and won't hurt your back. "We do the heavy lifting for you," Hartmann half jokes. "You don't have to pick up that big plastic case at the grocery store and lug it onto your cart, onto the conveyor belt, back into the cart, into your car and then into your house."

Hartmann encourages everyone to buy a reusable water bottle they love and to fill it at night and place it in the refrigerator.

"It's ready for you in the morning," she says. "Fill it up during the day eight times, and you'll feel healthier and save money."

## STYLISH SIPS

Fun Ways To Take Your Tap Water To Go

By Kristen De Deyn Kirk

Most of us know how easy it is to grab store-bought bottled water when we're heading out for a walk or to run errands. Yet "easy" has an impact on your wallet and the environment, even if you do recycle those bottles. Bottled water production and transport wastes fossil fuels, and 75 percent of them end up in our landfills, streams and oceans.

You can save money and Mother Earth by investing in an inexpensive and long-lasting reusable water bottle for about 10 bucks. However, if you want to get all fancy schmancy, here are some of our favorites to get you drinking in the right direction.

### Fresh with fruit

This Define Bottle allows you to add your favorite fruit to your water, giving it color and flavor. Or you can try something different with an herb such as mint for a refreshing drink or a touch of honey if sweetness is your preference. \$15-\$30 for various sizes. [www.DefineBottle.com](http://www.DefineBottle.com)



### High-tech hydration

If instant information motivates you, the HydraCoach bottle could be right for you. This water bottle will keep you on track with getting your daily water intake. It calculates your hydration needs and updates you on your intake throughout the day. \$29.99. [www.Sportline.com](http://www.Sportline.com)



### Family four-pack

Budget is always a concern when you're raising children—and so is helping the kiddos stay healthy. These BPA-free water bottles fit both bills with a total cost of \$19.99 for four. [www.IcyDeals.com](http://www.IcyDeals.com)



### Trim, like you

Try this sleek KOR ONE water bottle, and you'll make new friends around town and at the gym: Everyone will be stopping to ask you where you got it. Its sleek design comes in seven colors and features a wide-enough-for-ice-cubes mouth. \$25. [www.Korwater.com](http://www.Korwater.com)



### Handy dandy

If you like a smaller water bottle or find a belt loaded up with water works best, the Fuel Belt and its related bottles could be the match for you. Their bottles are designed to fit comfortably in your hand, and they conveniently attach to a belt so you can load up on liquid if you're planning a long run. \$12.95 for two water bottles. [www.FuelBelt.com](http://www.FuelBelt.com)



### Brighten your day

This bottle from Lifefactory combines classy, colorful and careful: classy in that it's made from glass; colorful from its wrap available in seven shades; and careful from the protective, cushy wrap as well. No need to worry about dropping it! Choose a flip cap or a straw top. \$26.99. [www.Lifefactory.com](http://www.Lifefactory.com)





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our community is important to us and first impressions count. The Adopt-A-Stop program is designed to help neighborhoods put their best foot forward.

## Q WHO CAN ADOPT?

A **YOU!** Our goal is to attract public involvement from residential and community organizations, businesses, groups, clubs and individuals.

## Q WHAT DO I DO?

A Adopt a bus stop in your neighborhood, keep it litter free, and let everyone know that you are giving back to your community by receiving recognition signage at the stop.

## Q WHAT DOES IT COST?

A It's **FREE**. Your group will be provided supplies, training, contact information and recognition signage.

**You make all the difference!**



For more information and to Adopt-A-Stop visit [www.gohrt.com/Adopt-a-stop](http://www.gohrt.com/Adopt-a-stop) or call 757.222.6100



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[healthyneighborhoods@norfolk.gov](mailto:healthyneighborhoods@norfolk.gov)

For more information visit [www.norfolk.gov/trash](http://www.norfolk.gov/trash).

HI THERE  
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 AND I'M LOOKING FOR A WINNER.  
 CORRECTLY GUESS THE NUMBER OF RECYCLABLES PACKED  
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 YOU WIN THE CAR. SERIOUSLY.  
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