

Summer is a great time to catch up on reading. Hating to waste time, I am addicted to books on CDs. It is easy to browse our library web site (www.solanolibrary.com) and place favorite books on hold. I have a portable CD player, but prefer to download books to my computer and then to my MP3 player. It is easier to carry the small MP3 player in my pocket when I train on local trails for my High Sierra backpack adventure in August. And yes, these electronics are powered with rechargeable batteries

Two new green books (not on CD) have piqued my attention: "The Lazy Environmentalist" by Josh Dorfman and "Wake up and Smell the Planet" by Brangien Davis.

The Lazy Environmentalist is "your guide to easy, stylish, green living." The author gives short reviews and links to green products and services. Dorfman hosts a national radio show on Sirius Satellite Radio and can be found at www.lazyenvironmentalist.com.

He covers the gamut of products from personal to household items. I discovered some interesting and useful items and services.

Ego Vehicles (www.egovehicles.com) makes the eGO Cycle2 electric, zero-emission motor scooter. It would be great for city errands as the charge can last up to 25 miles. It is available in Napa at www.bigkidtoys.com (707 256-3300).

Two nontoxic paint removers are now available. An expensive handheld device available at www.silentpaintremover.com removes paint and varnish with infrared heat.

A soy-based paint stripper from www.soyclean.biz works on latex and oil-based paints.

Dorfman lists sources for sustainable furniture made from bamboo, reclaimed hardwoods, urban trees or certified wood. Two interesting sites are www.scrapile.com and www.urbantreesalvage.com.

I wonder if any new moms have tried the flushable diapers from www.qdiapers.com. This two-part system includes a washable outer layer and flushable inner layer made from compostable natural fibers.

If you want to network with other environmentalists, consider attending a monthly Green Drinks event (www.greendrinks.org). This is a world-wide effort to connect people and is as close to us as Sonoma or Berkeley.

"Wake up and Smell the Planet" is from my favorite source for ideas for this column: www.grist.org. This book is a "non-pompous, non-preachy Grist Guide to greening your day." He has done his homework and given you some simple ways to walk lightly on the planet.

Davis wrote, "microwave ovens are more efficient than electric or gas ranges. Not only are they fast but they use electricity more efficiently because the magnetron heats the food, not the air."

We cook dinners, vegetables and do a lot of prep work in our microwave.

On cat litter, they reviewed different options including products made from recycled paper, wood, corn or wheat. Davis would agree with Jennifer Kaiser from the Vallejo Sanitation and Flood Control District that used litter and dog waste need to be bagged and put in the trash. Sewage treatments plants are not designed to handle any pet waste or diseases.

Did you know that Americans spend half their food budget on meals made outside the home? Grist suggests taking your own lunches to work packed in reusable containers.

CONFIDENTIAL PAPER SHREDDING

On the third Saturday of each month, Vallejoans can bring old documents to VALCORE Recycling for free shredding from 11:00 a.m. to 3:00 p.m. at 38 Sheridan Street. The service is open to all residents and businesses and is sponsored by the City of Vallejo and CINTAS paper shredders. INFO: 707 645-8258.

VALCORE Recycling Board Member Jane Bogner's "A Sorted Affair" is published every other week in the Times-Herald. For recycling information call VALCORE Recycling at 645-8258 or visit www.VALCORErecycling.org. ## E N D ##