

Earth Day events were a big success in Solano County. One of the highlights of the Fairfield event was the Sierra Club booth which hosted author Bob Schildgen. Bob writes the column "Hey Mr. Green" that is published in the Sierra Magazine.

"Hey, Mr Green" is now a book of these columns which tackle your toughest green living questions. Copies are available at our local Solano County libraries or online at www.sierraclub.org.

Just how green is Schildgen? Well, he lives in Berkeley and rode his bicycle to the Amtrak station which he took to the Suisun station where he hopped back on his bike to ride over to the Fairfield civic center for the event. He autographed copies of his book with an environmentally correct refillable fountain pen. And yes, He uses green ink.

Many participants dropped by and grilled Mr. Green on current issues. He went home with a pocketfull of ideas to research for his next column.

His book is filled with facts and figures and sage advice.

On a question about the number of trees that are saved by recycling paper he noted that "a typical tree used for paper pulp yields about 83 pounds of office paper." Our current blue recycling totes should hold about 75 gallons or approximately 200 pounds of office paper. Figuring in a re-manufacturing loss of up to 25 percent, by recycling this office paper, you would save about two trees.

Mr. Green lives by his ten food commandments.

1. Use less meat more creatively. Americans consume 185 pounds of beef, pork and poultry per year. We should live like Thomas Jefferson who ate meat as a condiment to the vegetables.
2. Buy Organic. The higher costs should be offset if you follow the remaining commandments.
- 3 Support local farmers. We are lucky to have farmers' markets in each of our cities and can also participate in Community Supported

Agriculture (www.localharvest.org/csa) for weekly neighborhood delivery of organic produce.

4 Cut back on processed, packaged foods. Food packaging (mostly nonrecyclable) accounts for 20 million tons of waste annually.

5 Seek green variety. Instead of Iceberg lettuce, purchase tastier and healthier varieties plus as chard, collards and kale.

6 Be picky with fish. Some varieties contain dangerous levels of mercury or dioxin. Download the Monterey Bay Aquarium's seafood guide at www.seafoodwatch.org.

7 Shop in Style. Just say no to paper or plastic bags and carry your own reusable bag. Take a mesh bag for loose produce. Leave your car at home and walk to the store.

8. Make your own. Food made from scratch is healthier and cheaper.

9. Grow your own. Michelle Obama has started a garden at the White House. You don't need a large plot; start small and plant lettuce and herbs in a pot.

10. Recycle and compost. Enough said.

"Hey Mr. Green" also explores saving energy at home or on the job, saving money at the pump, and the growing movement of pastors, rabbis, priests and imams who are taking up the charge to help protect our planet.

Paper Shredding event.

A Confidential Paper Shredding will be held on Saturday, May 16 at VALCORE Recycling from 11:00 a.m. to 3:00 p.m. There will be charge of \$5 per twenty pounds (maximum: 100 pounds).

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.

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