

GreenLex.org

By Rick Gersony

The purpose of GreenLex.org is to help make Lexington-Fayette Urban County a “model green city” through education, discussion and action. GreenLex.org works with local government, citizens, businesses and organizations such as The Healthways Trail System Task Force and LexCoolCity.org to promote ways to reduce Lexington’s greenhouse gas emissions.

Main Project: Working with The Bluegrass Energy and Green Living Directory, GreenLex initiated a “Local Green Group” list that can be linked to from www.greenlex.org as well as any other green group website that chooses to link to the list. The list is a sub category of the Green Living Directory.

Other Projects

- Solar2010 to add Solar Power to the HorsePark.
- New interactive bike trail map of Lexington.
- Music Concert Series at the Kentucky Theater to promote local green groups. The first is called “EarthJam 10_4” (Oct. 4 at the

Kentucky Theatre), and the 2nd will be EarthJAM08.

Website, greenlex.org. Contact Rick Gersony at rick@medmovie.com

How to Get Involved

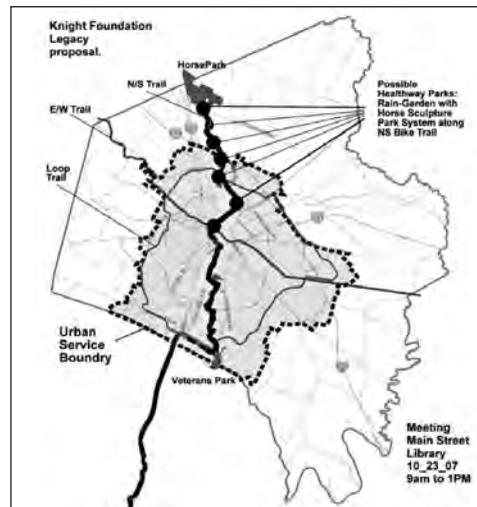
Action 1: Register at GreenLex.org for email info on local green events and EARTH-JAM08! Attend this year’s EarthJam on Oct. 4.

Action 2: Important Date to Ink: Knight Foundation Legacy Project 2nd Meeting,

Tuesday Oct. 23rd, 9am –1pm

This is our chance to promote “Green” Legacy projects! Mayor Newberry and our current Council voted to make the Environment the top priority out of six priorities considered. “Green” and sustainable should be a criteria for any legacy project and we need to participate in the process.

Thanks to past planners, past and present Council members and Mayors we do have a “Model Green City.” Of course we have much work ahead but we have a start. The Skeleton of this model green city is depicted in the map below that shows the



GreenLex proposal (one of many great proposals) for the Knight Foundation Legacy Project. The elements of this skeleton start with the all important Urban Service Boundary that makes us a model of city planning and the Healthway Trail System that connects us humans to our green assets with a lower CO2 footprint and a safe, healthy way to enjoy biking without fear of cars. The Knight Foundation project is providing a forum to discuss a project that embraces and connects all people in our community and gives visitors access to our beautiful environment. What we need is to connect the city to the horse farms and this is what the Healthway Trail system does. Parks, online maps promote the vision and

add rain gardens and trees.

GreenLex.org Preliminary Knight Foundation Legacy Proposal:

Healthway Parks: Rain-Garden with Horse Sculpture Park System along NS Bike Trail.

This green park system would follow with the Healthways North-South Bike Trail from the Kentucky Horse Park to downtown. This system would create 5 mini sustainable parks designed to use rainwater and ecologically selected plant life. Each park would have a “Horse-Related” Bronze Sculpture, 10 trees and up to 3 benches. Phase 1 for the 2010 Deadline would populate the trail from downtown to the Horse Park. Lexington would design the 1st “mini-park” south of the Horse Park. A green park design competition would invite Sister Cities from around the world (i.e. cities in China, France, etc) to each design a mini-park that would complete designs for the other 4 mini-parks. All citizens would be invited to vote on the design contest winners. In the future, it could grow with the entire East-West and Loop Bike Trail systems. Online maps would use the system to promote “Safe Bike Tours” and would stimulate local businesses as tour popularity grows. Healthway Parks would be important tourist attractions along the bike tour. ■

EarthJAM 10_4 Thursday, October 04, at The Kentucky Theater \$5 Tickets, 8pm to 10pm.

What’s a Cool City?

Sustainability prospects in Lexington

By Nina McCormack

Gandhi encouraged us to “Be the change you wish to see in the world!” Formed of interested citizens and LFUCG at the urging of the Sierra Club, LexCoolCity.org invites us all to help create an ecologically sustainable Bluegrass. By following best practices to reduce carbon footprints or sharing projects with others through the web, LexCoolCity.org aims to shrink greenhouse gas emissions below 1990 levels. LFUCG has taken action by signing onto the Mayor’s Climate Change Agreement in 2005 and through the Council’s resolution to benchmark current carbon outputs then form and implement a local action plan. Lexington was the 141st U.S. city to sign the Climate Change Agreement. Though Congress hasn’t ratified the Kyoto Treaty, so far over 600 US cities are going for the Kyoto targets locally. Lexington will benefit from the experience of cities worldwide through joining the international association of Local Governments for Sustainability. In addition to software for assessing our carbon footprint, member cities access training, and best practices from all those places further along in carbon reduction activities plus technical assistance in creating and implementing local plans.

While the city focuses on assessing overall carbon emissions and plans for broad reductions, LexCoolCity.org has been assembling best practice links from across the web, to serve as references for those of us ready to work on energy projects now. Central Kentuckians are increasingly motivated to reduce carbon emissions as we see the efforts of neighbors, colleagues and local organizations already into improving energy conservation and efficiency. The examples of these

local early adopters inspire us in part because the initiatives make sense here (not just in climates where it’s sunny all year round).

The LexCoolCity.org website is designed to highlight these local examples with photos and descriptions of things we can do to save energy:

—in our homes, on the road, in workplaces, as consumers, as members of organizations, and with the government.

LexCoolCity.org currently has national, and some local examples in these categories. As LexCoolCity.org gets more examples of green practices from area residents and businesses, the website will shift to highlight mostly local examples. So we are asking for your help. Any area people are invited to web-share projects undertaken that reduce (or offset) your carbon footprint.

Submit project information by uploading photos and/or description at www.lexcoolcity.org Or email us: webcontent@lexcoolcity.org that you have an example to share and LexCoolCity.org can work out details with you.

Those getting started or branching into a new aspect of energy conservation will find dozens of useful suggestions and links to expert websites with additional information. LexCoolCity.org already includes specialized information for schools and church congregations. Information targeted to other business sectors will be added as the site develops and examples are submitted from other types of Lexington businesses and organizations.

There are a number of ways to become involved in LexCoolCity.org, and in to lowering Lexington’s carbon footprint:

- Check out the suggestions at LexCoolCity.org – and start a project in your home, workplace or organization. (If possible, docu-

ment your project along the way for sharing through LexCoolCity.org.)

- Volunteer to collect or input computer data to help calculate Lexington’s baseline carbon footprint and monitor emission reduction progress.

- Share your past or current energy efficiency or carbon reduction project through lexcoolcity.org. Your project will inspire and instruct others—and will have additional impact as others are motivated to try efforts similar to your example.

- Share your talents in helping to write up or photograph projects that others have done. LexCoolCities has a list of people with projects to share—but who are in need of writing or photographic assistance.

- Let us know if you would like to network with others in your same profession or business sector to learn about best practices or share specialized approaches your business/organization has developed.

- Let us know of additional carbon reduction approaches or web sites that you would recommend to LexCoolCity.org as references.

- Thank businesses and community people who you see making positive contributions with green practices (handy recycling bins, biodegradable to-go boxes in restaurants, parking racks for bicycles, etc.).

- Talk out loud with neighbors, friends, teachers, businesses you patronize and colleagues about the emission reduction possibilities you envision and are working towards for our community. Your encouragement may be the spark that inspires a friend into action!

LexCoolCity.org invites you to help create the environmental legacy worth living now. ■

GREEN EXPO 2007

Help Paint the Bluegrass Green

By Ben Perry

Do you want to be energized about a healthy, sustainable future for Kentucky? Are you ready to be blown away by the amount of "green" enterprise and activity in your community? Are you willing to roll up your sleeves and help move the Bluegrass toward a cleaner, greener future? Then get involved in the Bluegrass Energy & Green Living Expo. The 2007 Expo is bursting at the seams with green businesses, exhibits, workshops, food, art and entertainment.

The 2007 Expo will be held at Heritage Hall on Saturday, October 6th from 10 am to 6 pm, and Sunday, October 7th from 12pm to 6pm. The Expo brings together the Business, Education, Government and Non-Profit sectors to educate Kentuckians about Healthy Sustainable Living, Energy Conservation and Renewable Energy Solutions, and connect consumers with related products and services. The 2007 Expo will be the Largest Collection of Healthy, Sustainable, Energy Saving and Renewable Energy Products and Exhibits ever assembled in Kentucky.

The Heart of the Bluegrass Energy & Green Living Expo seeks to make connections: Connecting the people of Kentucky with information and resources that will help us create more healthy, sustainable and prosperous communities; Connecting businesses and organizations with similar goals to work together for the benefit of our communities; Connecting state and community leaders with information and resources that can help them make decisions that benefit Kentucky's people, communities and environment...and helping the citizens of Kentucky make the Connection between the personal choices they make and the quality of life we all experience now and in the future.

You'll find businesses and information to help you with projects...from making your home more energy efficient, to purchasing healthier products for your home and family, to making food choices that benefit your body, the envi-

ronment & your community. You will find greener cars, energy, gardens, health care, investments, recreation, travel, art, and about any other want or need you may have.

The civic-minded will also find a wealth of information and resources for improving the health, sustainability and prosperity of their communities. Attractions include a trade show, workshops, a green car show, the Kid's Expo, renewable energy exhibits, an urban garden tour, and the Tour of Solar Buildings, plus Kentucky art, music and food.

For the first time, the Expo will adjoin the Bluegrass Home Show. As far as we know, Lexington is the first city in the US to hold a "green" show next to a traditional home show. If the feedback from this combo is positive, we plan to marry the two concepts for one large event in 2008, as Austin, TX and Oakland, CA have done. Our mantra from day one has been "mainstream, mainstream, mainstream." The goal is to reach the point where we no longer need the "green" label, because everyone "knows" that any home, garden or consumer products show will have the latest in healthy, sustainable, clean-energy products and services...because that's what the consumer demands. ■

To volunteer call Kandris Wunderlich at 257.3780 or email her at kandris.wunderlich@uky.edu.

The Bluegrass Energy & Green Living Expo is a project of Appalachia – Science in the Public Interest (ASPI) and the Kentucky Solar Partnership (KSP). ASPI works for healthy land and sustainable communities in Kentucky and Central Appalachia. KSP is a project of ASPI, and promotes solar energy education and application throughout Kentucky. To find out more about ASPI & KSP, visit www.a-spi.org and www.kysolar.org.



Bluegrass Energy & Green Living Expo is Saturday, Oct. 6 from 10am to 6pm and Sunday, Oct. 7 from noon to 6pm.

Meet UK's Greenthumb

By Scott Beckmeyer

Greenthumb is a student run environmental organization at the University of Kentucky dedicated to educating its members and the public about local and regional environmental issues. Greenthumb was founded in October of 1996, responding to a need for a more personal approach to environmental activism at the University of Kentucky.

While education is still a primary component to what

Greenthumb does, the original mission has expanded to include community service, activism, and environmental related events.

Some issues Greenthumb works toward are: petitioning and lobbying the University to adopt sustainable and alternative energy practices, ensuring responsible use of University owned property such as Robinson Forest, promoting alternative forms of transportation, and bringing local food and industry to the University.

Currently, Greenthumb has taken up the fight to save Robinson forest from a proposed 800 acre clearcut research project and ensure that its use is for long term education and not profit from coal or logging.

A Robinson Forest Public Meeting was held Tuesday, September 25 on UK's campus. For more information on this issue visit www.kyheartwood.org For information on UK Greenthumb, visit

<http://groups.google.com/group/ukgreenthumb> ■



Savor the Earth

EarthSave International, Lexington Chapter

By Leslie Dodd (EarthSave)

EarthSave educates, inspires and empowers people to shift toward a diet centered on fruits, vegetables, grains and legumes—food choices that are healthy for people and for the planet. Our influence and effectiveness is dependent upon our members, donors, and benefactors.

EarthSave Lexington sponsors their annual Turkey-Free Thanksgiving event as a potluck feast. Most people cannot imagine a Thanksgiving celebration without a turkey at its center. But thousands of Americans will be sitting down to a traditional Thanksgiving feast this year—without the turkey.

This year, Rick Gersony of GreenLex.org and coordinator of the EarthJAM 10_4 will speak at the Turkey Free Thanksgiving event in Lexington. Rick will speak to the gathering about GreenLex.org, LexCoolCity.org projects and the way interested individuals can work with local green groups by using the GreenLex.org website.

Today, more than ever, people are recognizing the connection between diet, disease and the environment.

Time Magazine reported in their April 9, 2001 issue that “The international meat industry generates roughly 18% of the world’s greenhouse-gas emissions—even more than transportation—according to a report last year from the

U.N.’s Food and Agriculture Organization. Much of that comes from the nitrous oxide in manure and the methane that is, as the *New York Times* delicately put it, “the natural result of bovine digestion.” Methane has a warming effect that is 23 times as great as that of carbon, while nitrous oxide is 296 times as great. If you switch to vegetarianism, you can shrink your carbon footprint by up to 1.5 tons of carbon dioxide a year, according to research by the University of Chicago. Trading a standard car for a hybrid cuts only about one ton—and isn’t as tasty.”

The Organic Consumers Association website reports similar information from a University of Chicago study done in 2006, “They noted that feeding animals for meat, dairy, and egg production requires growing some ten times as much crops as we’d need if we just ate pasta primavera, faux chicken nuggets, and other plant foods. On top of that, we have to transport the animals to slaughterhouses, slaughter them, refrigerate their carcasses, and distribute their flesh all across the country. Producing a calorie of meat protein means burning more than ten times as much fossil fuels—and spewing more than ten times as much heat-trapping carbon dioxide—as does a calorie

of plant protein. The researchers found that, when it’s all added up, the average American does more to reduce global warming emissions by going vegetarian than by switching to a Prius.” (http://www.organicconsumers.org/articles/article_3853.cfm)

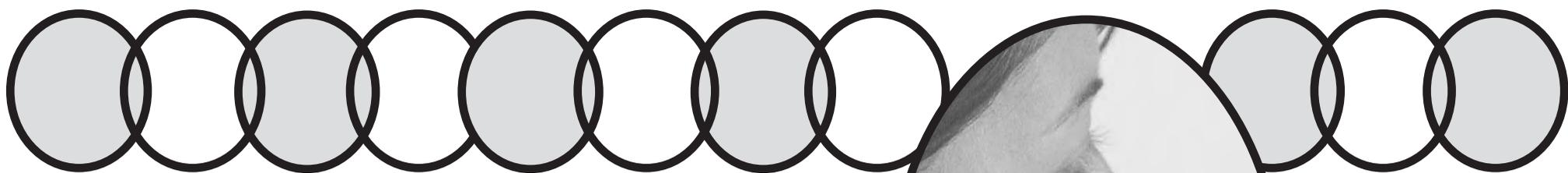
In Al Gore’s documentary *An Inconvenient Truth*, he suggests things you can do to stop global warming such as using fluorescent light bulbs and driving less. Local EarthSave members like to suggest something Gore did not: shift toward a whole-foods, plant-based diet in order to reduce your carbon footprint.

EarthSave Lexington’s Turkey-Free Thanksgiving is a potluck event. The community is invited to bring a seasonal, vegan (no dairy or meat) dish. Over the years many Lexington restaurant chefs have donated delicious foods such as Veggie Succotash & Rice, West African Peanut Stew and Indian Curry and this year will be no exception.

EarthSave’s Turkey-Free Thanksgiving will be held on Saturday, November 10th at the Unitarian Universalist Church, 3564 Clays Mill Road. Tickets are \$5 per person with a vegan potluck dish or \$10 if no dish. Seating begins at 5:30pm with dinner at 6:00pm. GreenLex presentation is from 7:00 pm to 8:00 pm.

It is recommended that tickets be purchased from the Good Food’s Market (front desk) at 455 Southland Drive or by contacting EarthSave co-chairperson, Leslie Dodd at 859-266-9990.

For additional information about EarthSave, how to shift toward a plant based diet or links to vegan and vegetarian sites, visit www.earthsave.org. ■



Can You Hear Me Now?

Hazardous waste includes cell phones and more

By Amy Sohner (Bluegrass PRIDE)

October is Household Hazardous Waste Month. Household Hazardous Waste includes common products like paint, cleaning solvents and lawn chemicals, but it also includes E-Waste. Computers, cell phones, televisions and other electronic devices that are no longer needed are called E-Waste. Many of these devices contain hazardous materials that can harm the environment and human health if they are improperly disposed. Don’t worry, the hazardous materials are not a concern while the devices are in use.

The following are examples of hazardous materials found in common electronic items:

- Lead from cathode ray tubes in computers and TV’s
- Mercury from flat screen monitors
- Heavy metals from batteries
- Flame retardants from keyboards and mice

Cell phones, for example, contain many toxic chemicals in the batteries, liquid crystal displays and circuit boards. Metals such as arsenic, beryllium, cadmium, lead, mercury and nickel found in phones can cause long-term health problems if allowed to leach into the environment. Flame-retardants, which build up in the environment and in human bodies, are found in the cables, wiring boards and plastic housing of cell phones.

So, what can you do?

Think E-Green.

Donate old cell phones to Bluegrass PRIDE’s ECO-CELL program. PRIDE has placed boxes for proper disposal of cell phones at Alfalfa’s, Good Food’s Market, UK/LFUCG Arboretum, and at the UK Extension office off of Red Mile



Rd. (for more locations go to www.KentuckyPRIDE.com). This is a fundraiser for PRIDE: all cell phones will either be refurbished and sent for reuse in other countries or completely recycled. ECO-CELL has a no-landfill policy.

LFUCG offers free disposal of E-Waste four times a year! (See this week’s Quickies on page 4 for the next one.)

Look for computers that are easily upgradeable, so you don’t have to buy a computer every time it becomes outdated.

Bluegrass PRIDE (Personal Responsibility In a Desirable Environment) provides environmental resources and information to schools, community groups, local governments and citizens in Central Kentucky. For more more information on household hazardous waste and more of PRIDE’s campaigns which focus on water quality and solid waste, visit www.KentuckyPRIDE.com or call toll free, 866.222.1648. ■

Master Gardeners

I come to the Garden Alone

By Kim Thomas

“The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.”

—Galileo

Who doesn't love a Garden? How better can we see the literal fruits of our labor than by gardening?

I will never forget when my younger brother, Addison (with the Green Thumb), planted a peach pit outside our kitchen door when we were kids. He was the baby of the family at the time and Mom chastised us for laughing at him, as she herself was the President of the Boone County Garden Club. No, instead, she encouraged Ad, saying that maybe we would have peaches next year. Well, guess what? It wasn't long before, indeed, we did have peaches, so many that the tree grew completely through the awning over the kitchen porch and we stayed busy making peach preserves, pies and cobbler all summer long.

It seems as if it is such an easy thing to do, this gardening, right? Well, not really. This summer, I (of the Un-Green Thumb) felt not only fortunate but surprised to find a few maverick tomatoes that, despite the drought

and weeds, somehow managed to blossom and grow. I also planted some basil that needed to be “hugged,” a term I learned from

my friend who visited my potted patio plant garden in late spring and gave me some tips. No, this Gardening

business is much more than a year-round task, and if you care enough to grow the very best while simultaneously being kind to the Earth, you can start now and be ready for spring.

The Master Gardeners of Fayette County consider “green” garden-

ing to be an attitude, a holistic approach that seeks to put more back into the soil than is removed by planting, growing, and harvesting vegetables. By constantly improving the soil, a sustainable balance is achieved. The Master Gardeners advise that such stewardship of the soil is accomplished by composting, mulching, and employing “green” cover crops to improve oxygen levels and drainage. The organization also suggests that diversity and choosing the right variety of vegetables and disease-resistant plants are other ways to practice good soil stewardship.

This year, there's an easy way to find help for all of us to practice good soil stewardship. The Master Gardeners of Fayette County have produced a “green” calendar full of ideas and suggestions to help make you the green gardener you want to be.

Gardening topics such as soil preparation and invigoration, composting, using native plants, dealing with invasives and pests, recycling, and lawn issues are addressed. Every month you'll be able to find tips specific to our region (USDA Zone 6), and suggestions for good books to read to help you in your earth-friendly growing efforts. The Fayette County Master Gardener “Green” Calendar is available for \$8 at:

—The Fayette County Cooperative Extension Office, 1140 Red Mile Pl.

—The Arboretum on Alumni Dr.

—Good Foods Coop, 455 Southland Dr.

The proceeds go to nurture children's interest in gardening as well as provide information to the general public. Each month is graced with a photo taken in Fayette County by photographer Linda Fugate-Blumer, also a Fayette County Master Gardener.

Formed in 1989, the Fayette County Master Gardener Association (FCMGA) is a non-profit organization of over 100 volunteers who share an affinity for all things horticultural. After completing a rigorous course of instruction presented by the Fayette County Cooperative Extension, Master Gardeners volunteer their time and effort within the community as an education arm of the Cooperative Extension.

How you can get involved

Purchase a calendar, or become a Master Gardener. Successfully complete the Master Gardener training program; and volunteer your time.

Training

The Master Gardener training program includes education in the following areas:

Botany, Entomology, Plant pathology, Soils and Fertilizers, Pesticide use and safety, Fruit and vegetable gardening, Tree and shrub care, Volunteerism, Lawn care, Flower gardening, and Organic gardening.

Susan Umberger, a member since 2002, is the current President of Master Gardeners of Fayette County. She says that she got involved after she “read a newspaper article about the organization and thought ‘what a great idea.’ As soon as I retired from the LFUCG, I enrolled in the class. I had also served on various Boards with Candace Harker, the County Horticulture Agent previous to Jamie Dockery. Candace was very instrumental in encouraging my interest. The whole experience has been one of the best things I have ever done. I have met absolutely wonderful new friends with whom I share a common interest, and there are as many different ways to garden as there are gardeners! Some of us are veggie gardeners, some strictly flowers. Some organic and passionate, some not so...Some are eagerly awaiting fall so they can have a break. Some are planning how to grow spinach and collards under Reemay covers in January, or how to make their orchids bloom in February. To be a part of this large group of folks with such kind hearts and generosity of spirit makes me feel hopeful, like spring is always here.”

Susan says the best way for someone to get information about becoming a member is to go to the website at www.fcmga.org. “There you will find a lot of information, their newest newsletter, photos, and the plans that Jamie Dockery is making for the next class. You will need enough free time to finish the class and also to really make a commitment to the volunteer time required to be a Master Gardener.”

According to Susan, “we do a lot of volunteer projects. This year alone, just a few of our projects have been: Working at the Farmer's Market passing out info about our program, plant diagnostics, and related subjects; answering the hot line at the Extension Office to try and solve plant related problems there, plus dealing with walk-in traffic; developing and implementing garden projects at a care center for developmentally disabled adults; planning, planting and maintaining the Demonstration Vegetable, Herb, and Accessible Gardens at the Arboretum; helping with Native Plant Restoration and tours at the Arboretum; assisting with 4-H camp and Junior Master Gardener classes; book reviews for the *Herald-Leader*; community garden assistance in Ecuador; starting

(along with the Friends of the Arboretum) a new Horticulture Lecture series to be presented in October of this year—those are just some of the things we do. A LOT of volunteer hours, and more workers are always appreciated!”

The Master Gardeners work closely in supporting the Arboretum, and there are numerous educational opportunities coming up there this fall.

HELPLINE

Tom Crothers has been a Master Gardener since 2004, and is currently co-chairman of the HELPLINE activity. The HELPLINE (859.257.5582) was set up to help Citizens of Fayette County with any Questions or Problems they have dealing with Horticulture and any other semi-related subjects.

Tom got involved in the Master Gardener Program through his wife, who has a couple of friends that have gone through the program. Tom says he was happy to discover a new way to spend some newly-found free time, “Well, I retired first and was interested in vegetable gardening and growing Bamboo, so [my wife] mentioned that I should get into the program, and I did. Since becoming a Master Gardener I have worked on The Demonstration Vegetable Garden at The University of Kentucky Arboretum, The Junior Master Gardener Program and the HELPLINE.”

Tom finds the HELPLINE activity to be the most rewarding. “You're learning a great deal while researching questions and problems as well as helping the people of Fayette County.”

Tom advises that the best place to get information about upcoming events and the HELP LINE is at the following web site:

<http://ces.ca.uky.edu/fayette/horticulture/Hort%20link%20page%201.htm>

Want to grow a pizza garden with your kids? Are you ready to make a rain barrel or learn how to reuse your ‘gray water’ to conserve water? If you're looking for ways to help our planet survive the ravages of global warming, or to help our local community conserve its resources, you'll find a friend in the Master Gardener! Pick up one of their new “green” calendars...it will show you how to nurture nature while growing the plants you love.

Learn more about green gardening at the following websites

<http://ces.ca.uky.edu/fayette>
www.ca.uky.edu/arboretum
www.fcmga.org

Grow your own Master Gardener at home by enrolling your child in the Junior Master Gardener program. Call 257.6955 for more information. ■