

# UPCOMING --Meetings and Events--



### Thursday, March 13, 7-9:00 PM Speaker: Carol Lena Miller

Carol Miller, George Washington National Forest organizer for the Virginia Wilderness Committee, will give a PowerPoint presentation on their efforts to pass legislation that provides permanent protection to wild areas on public land in Virginia. Organized in 1969, the Virginia Wilderness Committee is a citizens' organization dedicated to the preservation of Virginia's natural heritage.

....See **Programs**, page 5

## GET READY FOR EARTH DAY, APRIL 19

Alum Spring Park, Fred'burg



Planning is underway for an EVEN BIGGER EARTH DAY, 2008! Invitations have gone out to area organizations, musicians, food vendors and volunteers for our now Fifth Annual Event, and we are lining up some exciting new additions for this year's celebration.

Once again, the Rappahannock Group is partnering with Fredericksburg Parks and Recreation, the *Free Lance-Star*, and FRED Regional Transit to fill Alum Spring ....See **Earth Day**, page 3

## SHH Wins \$50,000 To Fight Indoor Air Pollution in Honduras

by Rachel Mason, UMW

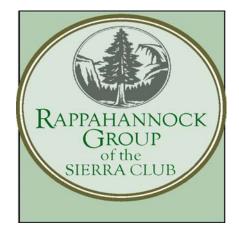
This past winter, an Economics class from the University of Mary Washington traveled to El Progreso, Honduras. Their mission was to survey every family in the impoverished village of Siete de Abril about indoor air pollution. Under the guidance of economic development Professor Sean Humphrey, the students had been working to find a solution to the deadly indoor air pollution caused by the villagers' indoor stoves. Indoor air pollution is the fourth leading killer of children under five years of age in developing countries. Asthma attacks and infant mortality are major health concerns in Siete de Abril.

As a result of the survey, the students promised 300 Honduran families new, fuel-efficient stoves, which will reduce harmful air pollutants in the home environment by 50-70%--but funds had to be found to honor this promise.



Gathered above are Economics students from the University of Mary Washington who surveyed homes in Siete de Abril as part of the Indoor Air Pollution Team in Honduras this past winter.

During the third week of January, student Erin Kelly discovered an on-line voting/donation competition sponsored by Parade Magazine targeting charitable causes. The four charitable organizations enlisting the most donors to their cause (one donation = one vote) would each win \$50,000. Although the competition had been underway for over a month, Students Helping Honduras entered anyway, with barely a week of contest time left. (SHH is a non-profit national student organization dedicated to improving the lives of Hondurans through environmental initiatives.) ....See SHH, page 5



## RG ON THE WEB: www.virginia.sierraclub.org/rg/

VIRGINIA CHAPTER: www.virginia.sierraclub.org

SC NATIONAL: www.sierraclub.org

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Volunteers Needed in All Areas!

#### NOTES FROM THE CHAIR

by Doris Whitfield



**GREETINGS** to all our members, families and friends—new and long term! I hope 2008 is going well for you! AND, here I am, where I never expected to be again, "back in the saddle" as your Group Chair. Our experienced volunteers understand the teamwork it takes to keep an all-volunteer organization focused and moving forward. Because we are very fortunate to have that strong, cooperative, "can do" spirit in our Group, I look forward to working with you this year.

A great deal of appreciation goes to Scott Howson, former Chair, and to Helen Sanders, Executive Committee member and long term Conservation Chair, for their leadership and on-going contributions to our group and goals.

We welcome our newly-elected ExCom members Linda Muller, who will be serving as Vice-Chair, and Hilary Lufkin, who will be serving as our Outings Chair. Jim Lynch, who was re-elected for another ExCom term, will continue to serve as Treasurer and our Virginia Chapter Delegate. Jim may hold the title of having the longest membership in SC in our group—40 years—having joined SC in 1967. Congratulations! Doug Ferguson, our new Webmaster, is working with Sean Brennan, our web designer, to update and maintain the RG website to improve content, layout and accessibility of information. Linda Hiross, Secretary and Newsletter Editor, is instrumental in keeping us on track and informed. Many thanks to all of you and to our other seated ExCom members, Committee Chairs, and member volunteers for all your many contributions.

As you read this newsletter, you will see the numerous projects, activities and events that RG members are currently involved in. Planning for Earth Day and Earth Week are underway, with program goals closely tied to energy efficiency and conservation education, two of our Group's top priorities. We are looking forward to participating in the "GW Regional Green Government Commission", currently being organized by the George Washington Regional Commission. We have a great deal to look forward to as we work to build even closer partnerships with Friends of the Rappahannock, the University of Mary Washington Ecology Club, and other like-minded Virginia organizations. We will also be directing more of our newsletter content to reflect these partnership programs, and highlight local individual or group environmental success stories. It is an exciting, challenging time to be a Sierra Club activist!

Please send us your story and program ideas, share your interests and let us know where you would like to participate. We not only plan to continue working hard, but also plan to enjoy and "have more fun" working together this year. We look forward to having you join us!

**MEMBER ADDRESS CHANGES:** Send old and new addresses and a Sierra Club label to Sierra Club Member Services, PO Box 52968, Boulder, CO 80328-2968; phone 415-977-5653; or e-mail to <a href="mailto:address.changes@sierraclub.org">address.changes@sierraclub.org</a>. For non-member subscription inquiries and address changes, call toll-free1-800-765-7904, or write to Sierra, PO Box 52968, Boulder, CO 80328.

**MEMBERSHIP SERVICES:** Members who wish to change their local SC group assignment to another local group must contact SC National Membership Services at 415-977-5653, or e-mail your request to <a href="membership.services@sierraclub.org">membership.services@sierraclub.org</a>.

#### **Earth Day** continued from page 1...

Park with exhibits, displays, tours and activities, in addition to the music and food, for a fun and educational family-friendly day. Come see what various groups in our area are doing about recycling, wildlife protection and land conservation. Learn about native plants and trees on one of the hikes through the park. Visit a wilderness campsite right here in the middle of the City, and sample the latest in backpacking equipment and healthy foods.

Whatever your outdoor interest, you'll enjoy a beautiful day in one of the area's most wondrous settings with great people, live music and good eats.

And it's all FREE--even the FRED bus ride into the park!

If you would like to help with this year's Earth Day event, please contact Scott Howson, RG's ED Coordinator, at <a href="mailto:wshowson@msn.com">wshowson@msn.com</a>, or 540-371-8382. A good time is planned for all!

### Micropolymers: The Invisible Danger in Our Rivers and Oceans

by Linda Hiross

What do many facial scrubs, hand cleaners and massage creams all have in common? Exfoliants. From international brands to boutique labels, if you use one of these products, when the mixture gets washed off your skin and down the drain, you are helping to plasticize our water—possibly forever.

More and more often, the exfoliant component of these products is no longer a natural abrasive (like ground seeds or nut shells; natural products are OK to use), but is listed on the product label as "microfine polyethylene granules", "polyethylene microspheres", "polyethylene beads", or just plain "polyethylene". Wow! Who knew?

According to his recent book *The World Without Us*, author Alan Weisman notes that "there is no filter in any sewage works for material that small." Marine biologist Richard Thompson at the University of Plymouth in England analyzed many of these scrub products microscopically, and was astounded at what he found. "They're selling plastic meant to go right down the drain, into the sewers, into the rivers, right into the

....See Micropolymers, pg 6

### Virginia Legislative Update

by Hilary Lufkin

On January 9, opening day of the VA General Assembly, I stood with the Deputy Director of the Chesapeake Climate Action Network, Josh Tulkin, and other Virginia citizens in the 75 degree heat to lobby for the Clean Energy Futures Act, a comprehensive plan to fight global warming in Virginia. Ironic? Possibly.

Despite the unseasonably warm weather, countless citizens made their voices heard in Richmond, speaking out against the proposed Wise County Coal Plant, uranium mining and Dominion Power's re-regulation, and asking for more renewable energy for Virginia. It was a privilege to attend the State Corporation Commission hearings, committee meetings, votes and press conferences during the first part of the season.

On January 7, I spoke at a press conference with Sen. Chap Petersen (D-Fairfax) in support of the Clean Energy Futures Act, a bill that would implement a 20% mandatory Renewable Portfolio Standard and establish a fund for renewable energy research at Virginia colleges and universities. Unfortunately, the bill was defeated in committee on February 11, after a hard battle. On January 8, the SCC held a hearing for public comment on the proposed Wise County Coal Plant; more than 300 people turned out to speak, at least 100 of them students. The hearing lasted over 10 hours, which made for a long but exciting day. The judges were impressed with the passion of the citizens who spoke. On January 21, countless Sierra Club members and other ecominded Virginians went to Richmond to lobby for everything from a cleaner Chesapeake Bay and more renewable energy to preserving the Citizen's Air and Water Quality Monitoring Boards. Although I was unable to attend this event, I heard it was an interesting and exciting day filled with speakers, legislative meetings and rallies.

It has been a wonderful legislative session, though some days a letdown to realize that some Virginians are not yet ready to embrace clean energy. However, the passion of those Virginians who are working tirelessly still gives me hope for a clean energy future!



### **Attention Spotsylvania RG Members!**

by Brenda King

Spotsylvania County is currently undergoing review and update of their Comprehensive Plan. Your input will be important to the future growth of Spotsylvania County on the issues of open space, bike/walking trails, traditional neighborhood development rezoning, historic preservation, the land use map and enhanced commercial/industrial design standards. Because these projects are ongoing, various elements will be brought before the Planning Commission and the Board of Supervisors for approval. It will be critical for the future of the County that County residents, RG members and interested citizens voice their opinions by Email, phone calls to the commissioners and/or supervisors, or at public meetings.

If you would like to be notified of any of these important meetings, please either call or e-mail Brenda King at 540-891-2088 or <u>brendajoyceking@mac.com</u>.

# Thursday, April 10, 7-9 PM Monthly Meeting: Water Quality Monitoring in Stafford County

Patricia Kurpiel from Friends of Stafford Creeks will talk about a water quality monitoring program her group participates in that assists the VA Department of Environmental Quality (DEQ). DEQ then uses the data from these monitors in their bi-annual report to EPA and citizens of Virginia about the state of Virginia's waters. Learn what these citizen scientists do and how it all connects to the Chesapeake Bay clean water goals.

# Thursday, May 8, 7-9 PM Monthly Meeting: Movie Feature: "The True Cost of Food"

This video was produced by the Sierra Club Sustainable Consumption Committee as part of a campaign to encourage people to think about the environmental impact of their food choices. We hope the information in the video and accompanying guide will provoke discussion and further action.



# Get RG Monthly Meeting and Activity Notices by E-mail!

RG sends out a monthly meeting and activity notice by E-mail, but in order to get these reminders, members must sign up. If you would like to receive these monthly notices, please e-mail our E-mail Coordinator, Michelle Acton, at MichelleActon537@comcast.net with the subject heading "Add to RG Monthly E-Mail List." Also contact Michelle if you have previously signed up but changed your E-mail address recently so we can continue to keep you informed.

RSG Membership Meetings are held on the second Thursday of every month, except in July and August, at the United Methodist Church, 308 Hanover Street, in downtown Fredericksburg from 7-9 pm. Meetings are open to all members and the general public. For directions, please call our Hospitality Chair, or consult the UM Church website at <a href="https://www.fumcva.org">www.fumcva.org</a>.

RSG Executive Committee meets on the first Weds of the month from 6-8 pm at the administrative offices of FOR on Fall Hill Avenue in F'burg. All ExCom meetings are open to SC members, and their guests (with prior notice). Please check our website for any possible last minute cancellations, changes to the meeting schedules, or special forums and events.

To place advertisements or classifieds in this newsletter or to become a newsletter sponsor, please contact Linda Hiross at 540-972-9640.

## "Earthlings" Take Over Their Planet

by Christine Carlson, Stafford County Schools

In October of 2007, "Earthlings" landed at Anthony Burns Elementary School in Stafford, and they are fully determined to make the earth theirs! This nickname for the school's brand new Ecology Club was eagerly accepted by its new student members. Over 100 students applied for the now 30-member group. Ages range from K thru 5th grade, but the children all listen well and respect everyone's ideas. The older children bring a foundation of environmental knowledge, while the younger ones bring an open mind, unabashed enthusiasm and love for the earth.



The Earthlings' Ecology Club motto is "Plants, Animals, the Earth and Me!" At the very first meeting, ideas and concern were visibly flowing. Their first event was several months in the planning. January brought School Movie Night, with a free showing of the documentary *Kilowatt Ours*, by Jeff Barie. The film taught the audience not just how, but why we need to conserve energy and save the planet. The students and teachers made signs, broadcast video-announcement skits, baked goodies, and collected door prizes for the event. Each family attending the movie won a reusable bag from Bloom supermarket and a pack of compact fluorescent light bulbs from Lowe's or Home Depot. More items were raffled off. Everyone was excited to go home and start saving energy!

The Earthlings' next event is a used toy and book swap within the school community. The tagline "It's New to <u>You!</u>" encourages fellow students to throw fewer things out and reuse items, similar to the FreeCycle concept. In the spring, the club will be planning Earth Day and Arbor Day events, and a trip to a local landfill. They are collecting used inkjet cartridges and cell phones for recycling, and are assisting the school in the county's pilot program to reinstate proper and full recycling. They plan on ending the year with a family hike and an end-of-the-year family picnic.

I was inspired to formulate the concept of an Ecology Club for elementary school students after nearly a decade of teaching children who seemed uninspired by the outdoors. So many children are alarmed at the thought of lying on the ground to look at the clouds, for fear of bugs. They know they should recycle, but don't want to put forth the effort. Ideas such as the National Wildlife Foundation's *Green Hour* and *No Child Left Inside* (Richard Louv's article) made me realize that if children don't care about the earth, they won't care to save it, either.

Many thanks to our local Sierra Club for encouraging me to undertake this much-needed and already very popular club to educate and inform our young ones!

Determined to fulfill their promise to the Honduran villagers, SHH launched a five-day Phone-a-thon to raise funds for the stoves. Starting on a Saturday evening, students called every family member and friend in their phone books. SHH contacted Sierra Club in Fredericksburg on Monday evening. By Wednesday evening, SHH had rocketed from 15th place into the top four. By Thursday, with only a few hours left in the competition, students set up their laptops in the Campus Center and frantically worked their e-mail contact list. With the help of family, friends and environmental groups like the Sierra Club, SHH ranked second by the 3 p.m. deadline on January 31.

Once the contest results are officially verified, \$50,000 plus the \$29,867 raised in donations will go to SHH. With this money, every family in Siete de Abril will now own a fuel-efficient stove, improving the air quality, health and safety of all the villagers. additional funds will go to financially support the young women residents of Copprome Orphanage in Honduras, to provide educational funds for college. Only 5% of Hondurans receive a college education, and SHH is committed to helping these disadvantaged women become educated leaders capable of effectuating positive change in their communities.

On February 2, Shin Fujiyama, a UMW alumnus and co-founder of SHH, proudly returned to Honduras with the news of the nearly \$80,000 raised to fulfill the promises made to the families of Siete de Abril and the young women of Copprome Orphanage.

Students Helping Honduras wants to thank the Sierra Club for all their effort and support!



**THE GREEN LIFE:** Did you know that 75% of all the water used in the home is used in the bathroom? Installing low-flush toilets, low-flow showerheads and faucet aerators will significantly reduce water usage. Taking showers accounts for **two-thirds** of all hot water heating costs. Limit showers to 5 minutes. You **CAN** do it!

# Addressing Pollution in the Rappahannock River

by Dan Westerhof, FOR Stewardship Coordinator



A wide variety of organic and inorganic substances can pollute water, including toxic chemicals, excessive nutrients and sediment, and pathogenic organisms. To help protect water quality, the State of Virginia has established what are considered to be safe or acceptable concentrations of a range of water pollutants.

In 2005, the Virginia Department of Environmental Quality (DEA) determined that a 32-mile stretch of the Rappahannock River was not meeting state water quality standards for recreational use due to excessive levels of *E. coli* bacteria. This stretch of tidal water extends from the fall line (near the Route 1 bridge in Fredericksburg) to the confluence of the Rappahannock River and Mills Branch (just below the Route 301 bridge).

If people are exposed to water contaminated with harmful bacteria through direct contact with the mouth, nose, eyes or broken skin, it is possible that they can develop an infection. To improve the water quality of this impaired stretch of the tidal Rappahannock, DEQ initiated a Total Maximum Daily Load (TMDL) study to identify the sources of bacterial pollution and determine where reductions need to be made in order to achieve state water quality standards.

Analysis of water samples reveals that fecal coliform bacteria originate from four primary sources: humans, livestock, wildlife and pets. Based on extensive computer modeling, a number of scenarios were developed to show which sources of bacteria need to be reduced and by how much. Addressing failed septic systems and eliminating direct livestock access to streams would result in significant bacterial reductions. In order to achieve the recommended TMDL level, it will also be necessary to make reductions in bacterial loads from agriculture and urban runoff.

The final TMDL study will be submitted to EPA by the end of February, 2008. An implementation plan can be developed after the TMDL is approved. The implementation plan will explore different strategies for reducing pollution levels, and contains a schedule of actions, costs, and monitoring to accomplish the reductions. Watershed stakeholders will have opportunities to participate in developing the implementation plan.

For general information on Total Maximum Daily Load (TMDL), go to: <a href="http://www.de.state.va.us/tmdl/">http://www.de.state.va.us/tmdl/</a>.

For additional advice and information on water recreation safety, go to: <a href="http://www.vdh.virginia.gov/epidemiology/DZEE/Beach">http://www.vdh.virginia.gov/epidemiology/DZEE/Beach</a> Monitoring/documentsRecWater.pdf.

For ways to help clean up the Rappahannock River, contact Dan Westerhof to ask about FOR's Adopt-a-Stream Program in Stafford County at <a href="mailto:dan.westerhof@riverfriends.org">dan.westerhof@riverfriends.org</a>, or 540-373-3448.

ocean; microscopic pieces to be swallowed by little sea creatures" he noted.

Wondering what else might unknowningly be getting into our oceans and rivers, Thompson turned his attention to plastic bags. He and his colleagues performed a study to test the endproducts of purportedly "biodegradable" plastic bags, only to discover that although the cellulose starch filler component readily broke down, thousands of clear, nearly-invisible plastic particles remained. So much for environmentally-friendly plastic!

Currently, there are approximately 3 million tons of plastic floating in our oceans, a figure calculated and corroborated by US Navy studies, but that is just the visible plastic waste washed into the sea from rivers and shoreline debris. With 250 billion pounds of raw plastic pellets being manufactured every year (the raw material used to manufacture plastic bags, beauty products, boat paint, etc.), it is little wonder that these pellets are being found along our shorelines and inside filter-feeder marine life (e.g., jellyfish) and seabirds, like Puffins.



Because free-floating plastic pellets both attract and soak up PCB's and DDT, these toxins concentrate in seabirds that mistake them for food. The contamination and damage to our marine microbiota from micropolymers has not yet been calculated.

So, just what does this mean for the ocean, the ecosystem and the future? No one can say for certain, but the extreme stability and hardiness of the polyethylene molecule does not allow for any easy solution, or finding one anytime soon.

Dr. Anthony Andrady, a respected senior research scientist and author of *Plastics in the Environment*, says in his book, "Except for a small amount that has been incinerated, every bit of plastic manufactured for the last 50 years still remains somewhere in the environment. Polyethylene is not biodegraded on any practical time scale. There is no mechanism in the marine environment to biodegrade that long a molecule."

### UMW ECOLOGY CLUB REDUCES CARBON, TARGETS COAL AND FOOD WASTE

by Lauren Birney, Co-President, UMW Ecology Club



Can you breathe easier now? Last year's light bulb exchange on the University of Mary Washington (UMW) campus was a great success! Students exchanged their incandescent light bulbs for free, energy-saving compact fluorescent light bulbs, paid for by the school. The engineering firm representative who worked with UMW on this project last fall reported the results just last month: UMW's light bulb exchange will result in about 107,360 kWh of energy savings annually on campus, with reduced CO2 emissions of about 68 tons (or the equivalent of 57 alpine forests storing carbon CO2 for one year)! We are looking into extending the light bulb exchange to faculty this semester.

Last month, we worked to thwart Dominion Power's proposed coal-fired power plant through a Valentine's Day themed week of action in which we sent "Valentines" to Governor Tim Kaine, along with a photo petition to remind him that we love Virginia's mountains and do not want to see them destroyed by mountaintop removal coal mining. Some of us also attended the Department of Environmental Quality hearing on February 19 to protest the construction of this plant in Wise County, and explain the detrimental social and ecological effects it would inflict.

Another project we are working on is a waste campaign to educate our fellow students about the negative effects of careless consumption. We have already started with a Food Waste Survey in the main cafeteria on February 20, to calculate the weight of all the leftover food in the hope of encouraging students not to waste food by taking more than they can eat. Our hope is that the money saved by reducing food waste will go toward more sustainable dining options for our campus in the future.

The Ecology Club students are also working hard at planning "Green Week" events for April, which will include speakers, films, and other fun activities to increase environmental awareness on campus. The program will be coordinated with other campus organizations to spread the word about this event and pool our resources to make it as visible and effective as possible.

Along with all of these goals, we are hoping to eventually get the new school president to sign on to the Presidents' Climate Commitment in order to insure that UMW does their part to contribute to building a sustainable future. This commitment is being sought from college presidents across the country.

It has proved to be a really exciting time to be involved in the climate movement. UMW Ecology Club members are striving harder than ever to make sure that our campus is not only aware of the issues, but is willing to take action and affect change on our campus and beyond, making Fredericksburg a better and healthier community for everyone.

As always, we would like to thank the Rappahannock Group of the Sierra Club for their continued guidance with our program initiatives and their unflagging support of our Club!



Colors are not proved by the stand.

## All Creatures Great and Small



"Every good thing, great and small, needs defense"

- John Muir

Join Sierra Chib and help protect all creatures, great and small.

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### GET OUT!



New events will be posted on our website as plans are finalized. Please be sure to sign-up in advance for all events.

#### SIERRA CLUB EVENTS:

We need outings leaders! If you or anyone you know would like to become a Sierra Club Outings Leader, please contact Jim Lynch at 540-775-7002 or Hilary Lufkin at 804-357-4826.

Saturday, March 1: Urban Hike, downtown Fredericksburg, 9:00 a.m, hike starts at 9:30 a.m; done by Noon. Meet at Hyperion Espresso, 301 William St., F'burg. Discover the "wild side" of historic downtown F'burg, and learn about the natural history of the Rappahannock River. Dress for the weather: comfortable shoes/bring water. Contact/leader: Hilary Lufkin. Reservations Req'd: 804-357-4826 or hilarycolleen@gmail.com.

Saturday, March 15: Service Outing: Trail Building and Park Clean-Up, Alum Spring Park, F'burg. This is hard physical work. Contact: Scott Howson to sign-up at 540-373-4704.

Saturday, March 29: Service Outing: Highway Clean-Up, 9:00 a.m., Chancellorsville Battlefield Visitors Center, Route 3 W. Help pick-up litter along a 1-mile stretch of Route 3. Safety vests and bags provided; bring gloves and wear waterproof shoes. Please contact Coordinator Bill Hulse at 540-972-0070 to signup. We need at least 8 people who can work for 1 hour.

Sunday, March 30: Trails-N-Tails. "Festival of Friends" Trail Hike/Run for Pets and Owners, Dahlgren RR Heritage Trail, 11 am--4 pm. Hike/run, food and fun on King George's newest nature/recreational trail. Music by guitarist Bob Gramann at 2 pm. Benefits DRHT and King George Animal Rescue. Register at the Rt. 605 Trailhead; \$20 per family or individual. Directions and info: <a href="https://www.friendsDRHT.org">www.friendsDRHT.org</a>. Contact: Doris 540-775-7856.

Saturday, April 19: Earth Day Walk in the Park, Alum Spring Park, F'burg, 10 am to 2 pm. Park rangers or trained hike leaders will guide you along the trails and share its interesting history and natural and environmental importance. Sign-up at the Earth Day Orientation Booth on arrival to the park.

#### OTHER EVENTS OF INTEREST:

(Not sponsored by Sierra Club)

Wednesday, April 2 Workshop: Creating an Outstanding Environmental Education Program for School Children, 10 am - 4 pm, FOR. Tuition—free! Lunch \$10. Contact Maureen Hamm, Education Director at Friends of the Rappahannock for detailed information and registration at <a href="https://www.riverfriends.org">www.riverfriends.org</a>.

Saturday/Sunday, May 10-11: Wildflower Weekend, Shenandoah National Park. Pick from over 16 programs and nature walks offered this weekend, all led by Park Rangers or naturalist volunteers. Featured Program Saturday: "Wildflowers of the Blue Ridge", 1-2:30 p.m. Check out complete event listing on the NPS website at <a href="https://www.nps.gov/shen/planyourvisit/">www.nps.gov/shen/planyourvisit/</a>.

### Rappahannock Group of the

Sierra Club

PO Box 7972 Fredericksburg, VA 22402

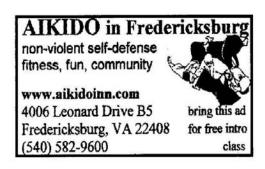
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Earth Day: April 19!







www.mykeepitgreen.com KEEP IT GREEN (540)361-1416

### Holistic Healing Center

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JoHanna Cassidy-Farrell MH, CNHP