



## VOLUNTEERS NEEDED!

**Earth Day** - RGSC is one of the several organizations (or individuals) volunteering with the City of Fredericksburg Dept. of Parks & Recreation to plan the annual Earth Day on the Rappahannock every April. The planning meetings are chaired by Linda Bailey who coordinates the ever growing Earth Day event. Meetings are held once a month on a Friday at 9:00am beginning in October through April at Eileen's Cafe and Bakery on Caroline Street in Fredericksburg. Volunteers need not commit to major amounts of time, rather, whatever capacity a volunteer can serve will be helpful. If you are interested in helping out for even a few hours, contact Paula Chow at [paulachow132@gmail.com](mailto:paulachow132@gmail.com) and enter "Earth Day" on the subject line.

**Fracking** - Anyone interested in helping to educate residents of Caroline County about FRACKING, contact Paula Chow - [paulachow132@gmail.com](mailto:paulachow132@gmail.com).

## Memo From the Chair

**By Linda C. Muller**

**"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome." Booker T. Washington**

### **CLUNK! The Sound You Heard Was Trump's Proposed 2018 EPA Budget- Impact in VA**

Out of the gate, the Trump Administration signaled his "embrace the polluter" approach to environmental policies. His first official act was signing an Executive Order that eliminated drinking water protections in coal communities (Stream Protection Rule). On March 28, 2018 an Executive Order was signed to nullify President Obama's first-ever carbon pollution standards for power plants and the first-ever methane standards for oil and gas drilling facilities. On March 29, 2017 Scott Pruitt's EPA gave the green light to continue use of **chlorpyrifos**, "a dangerous pesticide that can damage the brains of developing children, causing reduced IQ, loss of working memory, and attention deficit disorders." The Obama Administration, citing numerous medical research studies of the deleterious impact of the endocrine disrupter to children, was prepared to ban the use of the chemical.

Trumps **proposed** 2018 Budget eviscerates many EPA programs that provide citizens cleaner air, cleaner drinking water, and protections from toxic chemicals. It basically "starves" EPA's capacity to enforce environmental rules and regulations including litigating against polluters. The proposed EPA budget cuts are so dire that Christine Todd Whitman, former EPA administrator under President Bush, sounded the alarm : "**Make no mistake: Human health would be endangered**". Article in **The Atlantic** March 2017: <https://www.theatlantic.com/politics/archive/2017/03/trumps-epa->

## RGSC Email News Group send an email to sign-up

[rappsierragroup@gmail.com](mailto:rappsierragroup@gmail.com)

## RGSC Mailing Address:

RGSC  
P.O. Box 7972  
Fredericksburg, VA 22404

## OTHER ORGANIZATIONS/ LINKS

Virginia Conservation Network  
[www.vcnva.org](http://www.vcnva.org)

Virginia League of Conservation  
Voters  
[www.valcv.org](http://www.valcv.org)

Southern Environmental Law Center  
[www.southernenvironment.org](http://www.southernenvironment.org)

Friends of the Rappahannock  
[www.riverfriends.org](http://www.riverfriends.org)

Tree Fredericksburg  
[www.treefredericksburg.org](http://www.treefredericksburg.org)

[cuts-budget/521223/](#)

And while some may claim Ms. Whitman's statement are overblown, we have all ready seen potential impact of one early decision. On May 5, more than 50 farm workers outside of Bakersfield, California, were exposed to a highly toxic pesticide that apparently drifted from a nearby field—at a high enough level that "twelve people reported symptoms of vomiting, nausea and fainting". The suspected toxic chemical is chlorpyrifos.

### IMPACTS IN VIRGINIA: Cuts to States, Cuts to Clean-Up & Reduction of Enforcement/Oversight

**The Chesapeake Bay & The Rappahannock River**, the Chesapeake Bay is an environmentally delicate estuary that also serves as an economic and recreational engine in Virginia. The EPA has served as the coordinator and funder for the massive Chesapeake Bay Clean-Up efforts. According to the Chesapeake Bay Foundation , the proposed budget would "zero out" funds for the Chesapeake Bay Program, which also includes the wider Chesapeake Bay watershed. Chesapeake Bay Program grants have funded projects to restore oyster reefs, protect oyster beds, help reduce polluted runoff, support water quality monitoring and create habitat for animals.

### Reduction of EPA GRANTS TO VIRGINIA

In Fiscal Year 2017 Virginia received \$17,434,010 from EPA : 2018 Proposed reduction (-\$7,655,019)

Virginia receives funding from EPA to implement environmental and educational programs through grants. As an example, in December 2016 the EPA awarded two Wetlands Development grants totaling \$1.1 million to the Virginia Department of Environmental Quality and the Virginia Department of Marine Sciences. According to the EPA "Wetland Program Development Grants are used to build and refine comprehensive wetland programs, with priority given to funding projects that address: developing a comprehensive monitoring and assessment program; improving the effectiveness of compensatory mitigation and refining the protection of vulnerable wetlands and aquatic resources"

According to Southern Environmental Law Center, Virginia's environmental budget went down from 2009 to 2017 by 20%. With the proposed \$7.66 million cut in Virginia grants, Virginia will have an impossible time "patching" the holes.

## RGSC Executive Committee (ExCom) Member Contacts:

Chair: Linda C. Muller,  
[lcmuller@mindspring.com](mailto:lcmuller@mindspring.com)

Vice Chair, Bill Johnson,  
[billatthelake@comcast.net](mailto:billatthelake@comcast.net)

Program Chair: Paula Chow,  
[paulachow132@gmail.com](mailto:paulachow132@gmail.com)

Treasurer: Diana Johnson,  
[dianaatthelake@comcast.net](mailto:dianaatthelake@comcast.net)

Membership & ExCom Member:  
Michael Johnson,  
[johnson2000m@aol.com](mailto:johnson2000m@aol.com)

Webmaster & ExCom Member:  
Doug Ferguson,  
[dougferg@verizon.net](mailto:dougferg@verizon.net)

Conservation Chair: Bill Johnson,  
[billatthelake@comcast.net](mailto:billatthelake@comcast.net)

Newsletter Editor: Bill Johnson,  
[billatthelake@comcast.net](mailto:billatthelake@comcast.net)

Hospitality Chair & ExCom Member:  
Jody Lochmiller,  
[jody\\_lochmiller@hotmail.com](mailto:jody_lochmiller@hotmail.com)

Interns: Kendal McGuire, Chris Meoli, Courtney Fano, Chase Mullins, Maddie Reid and Amanda Gambale

## Elimination of NOAA's VA Coastal Zone Management Grants (-\$2,691,000)

Virginia has 3,315 miles of coastline, 5 million+ live in Virginia's Coastal areas, and generates over 8 billion in VA's G.D.P. The Coastal Zone Management matching grants provide essential funding for a multitude of programs and projects that benefit Virginia's coastal region. Residents living in the Northern Neck and Mid-Peninsula regions of Virginia have benefited from the variety of funded projects available through the CZM program. Local Organizations like the Friends of the Rappahannock, The Northern Neck Conservatory, and the Northern Neck Master Gardeners have all taken on projects funded through CZM grants.

## Reduction of Funding: Superfund Clean Up Sites Virginia has 31

The proposed Trump EPA budget calls for a 30% reduction (total of \$327 million) from Superfund clean-up sites. Superfund sites are locations that are polluted with hazardous substances, pose a threat to human health and require long term clean-up. Without financial resources these sites may continue to leak, spill, release the toxic substances into the air and water.

## ITS UP TO EACH OF US TO ACT

The word "proposed" was underlined for a reason, to make the point that the Trump 2018 Budget is in the formation stage and will require considerable deliberations and negotiations in Congress. Our Virginia congressmen and Senators will ultimately be the arbitrators of the final form of the budget and it is NOW we need to let our elected Representatives know our concerns. It is always best to call (versus email) or personally visit with your Congressman and Senators. The Rappahannock Group Sierra Club covers a couple of Congressional Districts . To find your congressman go to this link: <http://www.house.gov/representatives/find/>

Contact information for Senators Kaine and Warner: [https://www.senate.gov/senators/contact/senators\\_cfm.cfm?State=VA](https://www.senate.gov/senators/contact/senators_cfm.cfm?State=VA)

Yours in Exploring, Enjoying and Protecting the Planet

Linda C. Muller

Chair, Rappahannock Group

Other links and reference information

**Overview of Trump Proposed 2018 Budget: Washington Post**

[https://www.washingtonpost.com/graphics/politics/trump-presidential-budget-2018-proposal/?utm\\_term=.ff73365d1100](https://www.washingtonpost.com/graphics/politics/trump-presidential-budget-2018-proposal/?utm_term=.ff73365d1100)

**Executive Order eliminates Stream Protection Act- The Hill**

<http://thehill.com/policy/energy-environment/319938-trump-signs-bill-undoing-obama-coal-mining-rule>

**Pesticide: Chlorpyrifos NY Times**

<https://www.nytimes.com/2017/05/15/health/pesticides-epa-chlorpyrifos-scott-pruitt.html? r=0>

**Chlorpyrifos EarthJustice**

<http://earthjustice.org/features/what-you-need-to-know-about-chlorpyrifos>

**Chesapeake Bay-Cuts to Programs CBF.Org**

<http://www.cbf.org/news-media/newsroom/2017/federal/cbf-issues-statement-on-proposed-epa-budget.html>

**Federal Grant to Chesapeake Bay (9/16) DailyPress**

<http://www.dailypress.com/news/science/dp-nws-bay-grants-20160915-story.html>

**EPA Grants Wetland (EPA)**

<https://www.epa.gov/newsreleases/epa-awards-11-million-virginia-projects-protect-wetlands-and-adapt-climate-change>

**Clean Water Impacts (VOX News)**

<https://www.vox.com/policy-and-politics/2017/3/16/14640972/budget-epa-enforcement-bad-drinking-water-trump>

**Southern Environmental Law Center-Budget Impact**

<https://www.southernenvironment.org/news-and-press/news-feed/white-house-cuts-to-epa-budget-strip-health-and-safety-protections-for-sout>

**Coastal Zone Management Programs (VADEQ)**

<http://www.deq.virginia.gov/Programs/CoastalZoneManagement/Funds,Initiatives,Projects/>

[2015Projects.aspx](#)

<http://www.deq.virginia.gov/Portals/0/DEQ/CoastalZoneManagement/fy15fundingsummary.pdf?ver=2017-03-10-111252-520>

Virginia Superfund Sites: (EPA)

<https://www.epa.gov/va/list-superfund-sites-virginia>

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## Rappahannock Group of the Sierra Club (RGSC) Conservation Chair June 2017

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**By Bill Johnson**

**April was a busy month!**

Several of our members supported a RGSC table at an Indivisible meeting at the Salem Church Library in Spotsylvania on April 2<sup>nd</sup>.

We set up a table at the Fredericksburg Earth Day celebration on April 22<sup>nd</sup> and won one of three awards given out. We won the award for “Best Educational Earth Day Idea” booth display for our hands-on displays on clean water. It was a great day, despite intermittent rain.

Unfortunately, Earth Day in Fredericksburg coincided with the March for Science. But not to worry, three of our interns went there to represent University of Mary Washington and Germanna Community College, and our Group, RGSC. They had a great time.

Several of our members attended the Climate March on April 29<sup>th</sup>, marching alongside of other Virginia Sierra Club members.

**Did we get a break in May? Sort of.**

Several of our members worked on a paper that will be sent to heads of the 3 Virginia Departments that are involved with fracking regulations, Department of Environmental Quality (DQE), Department of Mines, Minerals, and Energy (DMME), and Virginia Department of Health (VDH). The letter is a request to conduct a formal, comprehensive review of fracking regulations in Virginia, prior to issuing any permits to frack.

We also attended an activist session and film screening in Richmond on fracking.

**What’s in store for June? Yikes!**

- June 3 - Rock the River, Old Mill Park 11-5
- June 13 - D.A.R.E., Pratt Park 9-1
- June 17 - Juneteenth, City Fellowship Hall, Prince Edward

Street, Fredericksburg - 12-5

**Student Interns:** RGSC has been working with three University of Mary Washington (UMW) Ecology Club members and one the Germanna Community College Green Club member on local issues in the RGSC. The interns have been actively supporting our efforts to thwart fracking in the Taylorsville Basin. They have written letters to the editor and articles for our newsletter. One of our interns attended the Choose Clean Water Coalition Conference on Clean Water, in Charlottesville, VA, on 5/23&24/2017, and wrote an article for our June 2017 newsletter.

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## Tired and Exhausted . . . but wait, there's more . . .

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**By Paula Chow**

These past 4 months have taken a toll on you. No doubt, you've been doing all sorts of things to help keep our environment healthy and safe. There's the news media, social media. Then the emails just keep coming - petition after petition, meetings, rallies, marches and more marches. Will it be four years before we get a real vacation?

Take one now. Take a break, a real break. And don't look back. Just make sure you do come back! For most of you who have been part of the activism recently, we have been feeding off the energy from each other. But sustaining this is impossible . . . without a break from it. The first rule of activism is to take care of yourself. Saul Alinsky (1909 - 1972), community organizer, writer and activist, didn't say this. It's my advice. It's advice coming from Social Work theory, union and community organizing.

Make sure you plan your break with others ("plays well with others"). Folks don't want to feel abandoned; after all, we depend so much upon each other to advance our causes. And encourage your co-activists to take their breaks, too. It's rotation. When you come back to re-engaging with folks about the environment, you'll be good to go for another 100 days.

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## Voting with Your Dollars

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**By Paula Chow**

Boycotting products can be quite a dilemma when it comes to our health. When issues such as effectiveness, cost and insurance coverage are considerations, the consumer is often

left with “no choice” decisions.

Bayer is in process of merging with Monsanto, expecting completion of the merger by the second quarter of 2018. This would be the biggest seed maker and pesticide company in the world - and it will have almost total control of the most important aspects of our food supply. There could be a chance that the merger can be stopped. But that’s a different topic which readers can research.

Bayer’s over-the-counter products are recognizable to anyone. However, did you know that the list includes these? This is a very partial but familiar list: Afrin, Aleve, pet pest control advantix and advantage, Alka-Seltzer, Bayer Aspirin, Claritin, Coppertone, Dr. Scholl’s, Mira Lax, feminine products Yasminelle, Yasmin, Yaz, diabetes test strips Accu-Chek, Contour, True Test and Freestyle Lite.

If you are surprised, this should give rise to more thought about all the other products that you purchase. Do you know how it is made? Is it sustainably sourced? Is it fairly traded? Is the label a subsidiary of a larger but unscrupulous corporation? What is the carbon footprint of the product?

There are too many issues. But now that you know, what will you do?

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## RGSC Interns

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### **By Paula Chow**

We are very fortunate to have University of Mary Washington (UMW) German Community College (GCC) as our local institutions. We have had several interns since the Fall 2016 through the end of Spring 2017.

Courtney Fano of UMW spent one semester with us, graduating in December 2016. Chase Mullins, of GCC, is transferring to Virginia Tech. Chris Meoli of UMW is doing a summer internship with the Boston Sierra Club and will return to intern with us in the Fall. Madison Reid will continue with interning this summer, working on the fracking campaign and will continue with us for her junior year. Amanda Gambale will begin her internship this summer and continue in the Fall. The interns have participated in the various levels of the Club, including assisting with setting up conference presentations, doing research and submitting letters to the editors.



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## And the Winner is . . .

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### **By Paula Chow**

Congratulations, team! “Best Educational Earth Day Idea” booth display went to Rappahannock Group Sierra Club at the 14th annual Earth Day festival held on April 22<sup>nd</sup> at Old Mill Park in Fredericksburg. “Most Creative” award went to Virginia Water Gardens and “Most Hands On” went to Wine and Design. These awards acknowledge the thought and work that each vendor brings to their display booth. The awards are unique bird houses or feeders made of upcycled products created by a couple of the Earth Day planning team members. Each year different and unique bird houses or feeders are created for the awards.

The judges are students from area schools. The judging experience helps the students acquire some new skills while learning about issues related to Earth Day; but they have fun most of all. The judges receive a certificate and they like the benefit of being fed pizza. This year’s judges were Claire Kingsley, Ana Heller, Delia Rabatin and McLaren Reed all from Walker Grant Middle School and Christopher Hernandez Cabrera and Chase Reisdorf from Massaponax High School.

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## 2017 Living Green Awards

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### **By Paula Chow**

**Rappahannock Group Sierra Club is proud to present 2 Living Green Award recipients for 2017 : Downtown Greens and Stevenson Ridge.**

#### Downtown Greens

Downtown Greens (DTG) of Fredericksburg is a nonprofit organization that provides a Community Greenspace and community programs for the public with a focus on youth in the immediate area.

Of special note is that in 2016, DTG partnered with Land Trust of VA to place a conservation easement on their property of 2.7 acres of urban Greenspace.

DTG has a consistent history of environmental stewardship since its establishment in 1995. For over 20 years they have been turning green waste into soil, composting and now evolving to



include biodynamic preparations.

DTG has had ongoing education, workshops and internships over the past 20 years. If you have ever watched the Marimba band, it is the creation from DTG.

DTG promotes storm water runoff reduction of pollution that would directly flow into the Hazel Run watershed. They have participated in an environmental study of water quality testing. DTG has a Green shed that retains 67% of rainfall on its living vegetated roof with an urbanites foundation from old sidewalks, straw bale and earthen-plastered walls and using sustainably harvested timber.

DTG fought hard to preserve a 125 year old Sycamore tree next to their office on Charles Street.

In 2006, DTG partnered with Greenthumb Growers to grow about 900 pounds of food per year on 3,300 Sq. Ft. on the property for the local chapter of the Community Supported Agriculture. This year the Youth Farm Program is moving into the plot and will produce a similar amount of food each season with a portion of produce going home to low income youth participants and their families.

DTG daily practices of green living include conservation of the use of electricity, gas and water, and purchase of supplies and goods that have a minimal impact on the environment with being chemical free and an emphasis on waste reduction.

Sarah Perry, Executive Director of Downtown Greens, has been instrumental in growing DTG to the organization it is today. She is seen in the photo her accepting the award in front of their office on Charles Street.

Stevenson Ridge is a an Inn and special events facility situated on 87 acres in Spotsylvania, began their operations in 2009 by co-owner partners Jennifer Mackowski, and Debbie Spear.

**Jennifer Mackowski, would you please come up on the stage?**

**Jennifer Mackowski is the Managing co-owner of Stevenson Ridge.**

### **STEVENSON RIDGE**

Their primary event facility was completed in 2011. Stevenson Ridge has 10 lodges that were originally built in the 1700 and 1800's. A majority of the structures which were originally slated for demolition, were relocated to the property from parts of VA and NC and restored.

Environmental stewardship has been an integral part of their

business practice. Their employees are trained in the “Reduce, Reuse, Recycle” approach to daily operations, because, in the hospitality industry, waste is the most significant issue.

Examples of efforts to reduce their impact on the environment are:

- Linens and towels are replaced only upon request
- Place settings are not disposable - glasses, plates, flatware
- Water is available in carafes, not single-use disposable bottles
- Installed low flow shower heads
- Use of bulk in-shower amenities instead of the typical small disposable containers
- Use of every star compact refrigerators and use of CFLs and LEDs
- Installed gas-fired tankless water heaters in 2013
- Furnishings purchased are primarily used items

STEVENSON RIDGE has a storm water management plan. They minimize the use of pesticides and herbicides, reuse as much as possible such as paper, packing supplies, stained towels and sheets, and recycle everything that can be recycled.

Noteworthy for events and outside vendors are particular requirements. Recycling is required as is the use of soda fountains instead of using individual soda cans and bottles. Disposable linens are prohibited.

Past event and wedding clients can post décor items in their newsletter for sale, promoting the reduce concept. STEVENSON RIDGE grows its own herbs and many vegetables. Their next major project is to compost. I would like to refer them to DTG!

STEVENSON RIDGE is VA Green certified for both lodging and events. The facility participates in multiple community events to educate and advocate for improved environmental practices.

STEVENSON RIDGE prides itself in influencing the Millennials and post- Millennials who work as their serving staff, to be socially and environmentally conscious and hoping that their environmental stewardship will be passed on to future generations.

Please join us in congratulating Jennifer Mackowski, managing co-owner of STEVENSON RIDGE as a Living Green Award recipients for 2017.

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## Choose Clean Water Coalition Conference

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### By Chase Mullins

I have been interning with Rappahannock Group of the Sierra Club (RGSC) since September 2016. Recently, RGSC sent me to the 8th annual Choose Clean Water Coalition Conference held in Charlottesville, Virginia. Environmentalists and activists from over 200 organizations and over six states showed up to the two-day conference.

On the first day of the conference, I heard the inspiring Mustafa Ali, Environmental Protection Agency (EPA) retiree and current Senior Vice President of the Hip Hop Caucus, speak about environmental justice and activism. After his speech, I went to a workshop on Diversity, Equity, and Inclusion in organizations. It was an engaging workshop that provided tools to restructure the ways organizations engage with communities. I ended up being chosen by my group to present the project I designed to engage communities at the end of the session. At lunch, Stephen Nash gave an interesting lecture on how climate change will transform Virginia's cities, shorelines, and forests. The second session I chose to attend was about the National Park Service (NPS) and agriculture. It was an informing and alarming session that taught me about the water protection measures and best management practices the NPS uses to ensure their quality of water is up to standards. I also learned about the effects factory farming and agriculture have on water quality.

After the second session came my favorite part of the whole conference, the field trips! I signed up to go on the stream monitoring field trip hosted by Rivanna Conservation Alliance (RCA). I learned about the bacterial, turbidity, and benthic macroinvertebrate tests RCA uses to monitor the quality of the river. RCA provided all the attendees resources, handouts, and tools to monitor streams back at home.

At breakfast on the second day of the conference, representatives from the EPA and Chesapeake Bay Foundation gave a presentation on the progress we have made restoring the Bay and gave insightful suggestions on what is still left to be done. The first session I attended was about environmental education in middle schools. The specific program is called Riverwise Education and it teaches middle school students in Richmond to identify and fix storm water runoff and pollution. The next session I attended was geared towards making connections between environmental and communication organizations. It included a discussion on how the environmental world is part of a larger system, an 'ecosystem.' At lunch, there was a panel discussion on the future of the environment in politics. The conference ended on the note to put pressure on

local and state government to keep our water clean. For Virginia residents, this means putting pressure on our governor to ban fracking, like Maryland recently did.

Attending the conference was an amazing experience. I learned so much and was constantly surrounded and engaged with brilliant people and discussions. Thank you to RGSC for making this happen! I feel hopeful that with all of our hard work we will ban fracking in Virginia and keep our waterways clean!

Chase Mullins  
RGSC Intern, Germanna Community College

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## March for Science 2017

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### By Christian Meoli

To celebrate Earth Day this year, I traveled to Washington D.C. for the March for Science with fellow RGSC interns Chase Mullins and Courtney Fano. The March was a response to the attack on science funding, jobs, and programs and was meant to demonstrate the national support and appreciation for what science has done to better our country.

We gathered at the Washington Monument and I could absolutely feel the energy in the crowd. While the reasons for the March are extremely serious, being surrounded by people who showed up made me so happy. It was exciting and inspiring to see that there are people who will stand up against these injustices. A band played upbeat and jazzy tunes before the March and we could not help but dance and smile. We danced because we were so excited to start the March and show the American people how important science is to us.



Together with thousands of other concerned scientists and

supporters we marched through the Capitol in the pouring rain to stand up. Every face I looked at, every sign I read, and every speaker I heard was clearly full of passion and I will never forget that.

The March was an amazing experience and I am so glad that I was able to make it. We endured the frigid cold and the relentless rain and I am confident that science will preserve, too.

Christian Meoli  
RGSC Intern, University of Mary Washington

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### Tips Column

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#### **By Paula Chow**

RGSC's theme at the Earth Day festivals on April 22<sup>nd</sup> and the 27<sup>th</sup> at Fort A. P. Hill was "Protect Our Water." It was not too surprising that almost all the middle-school aged kids admitted that they take long showers. Long showers were as long as 45 minutes to the low end of 10 minutes. Most of the kids interviewed were in the 15 minute range for taking showers, none of whom took "Navy" showers. Almost all of the kids were willing to make an Earth Day pledge to reduce their shower time. A few considered doing their showers "Navy" style.

What convinced the kids to reduce their shower time was a simple representational demonstration of the earth's fresh water availability. A gallon jug represented all of the earth's water. Pouring out a quarter cup represented all of the fresh water on earth, leaving the rest of the jug representing all the salt water on earth. Taking 4 tablespoons from the  $\frac{1}{4}$  cup represented all the water that is not frozen, as in glaciers and ice caps. Then, taking a literal DROP, from the 4 tablespoons showed the amount of fresh unpolluted water that the world has available, humans sharing with animals and plant life.

The tip here is: have a conversation with kids about their shower time. It's another opportunity to help them connect their knowledge with responsibility.

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## Tips Column

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### By Bill Johnson

Organic home gardening is the way to go, as the food picked is so much fresher than food shipped across country. The time lapse between picking food before it is optimal, shipping, displaying in grocery stores, taking it home, and eating it versus picking it at peak perfection and eating it the same day, makes the food much healthier and taste so much better.

This is especially true for berries. Last year, we froze over 50 1-pound bags of strawberries from a 10x10 “house” I built to keep the birds and squirrels at bay. This year however, was a different story. Strawberries should not be grown year after year in the same place because of disease. So late last year I separated the runners from the parent plants, and put them in an unprotected part of my garden. Plants seem to have produced a bit earlier this year, probably because global warming made this April the second warmest in history. Because I didn’t enclose them in time, I watched about 2/3rds of my strawberries get eaten by local critters. I’ll promise to get the cages built soon.

Quick fertilizer tip: Make coffee at home or visit Starbucks or other coffee houses? Coffee grounds are great fertilizer for blueberries. Don’t dump them in the garbage; instead, dump them on the ground around your blueberry plants. They will reward you with a larger yield, as blueberries require a very acidic soil.

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## Tips Column

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### By Diana Johnson

To preserve strawberries and blueberries, clean them so they can be eaten, but instead, put them on a cookie sheet and freeze them overnight. Next day, separate them into useable amounts and put them in vacuum sealed bags or zipper lock bags and place them in the freezer. You will enjoy them the rest of the year. Freezing them quickly after picking retains their vitamins. Enjoy!