

Actions, tips, stories, and
information to boost you into



Ventura County
Air Pollution
Control District



Welcome to The Air Zone

Whether in your energy and transportation choices or your lifestyle at home or on vacation, you do have an impact on the environment and air quality. Air pollution and greenhouse gas emissions can take a devastating toll on our quality of life. *The Air Zone* provides Ventura County residents some of the latest information on how everyday green choices can help the natural resources in our beautiful county and beyond.

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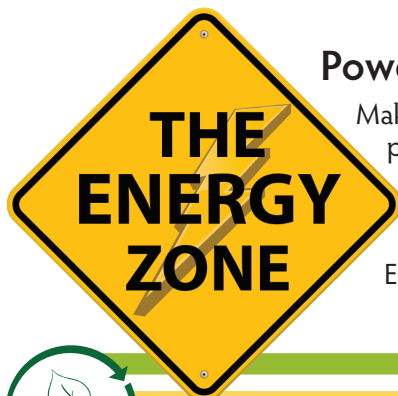
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Power up the sustainable way

Making some environmental energy and purchasing decisions can reduce greenhouse gases and air pollution while saving you money. (That's always good.) The following energy conservation tips are from the U.S. Environmental Protection Agency (EPA).



Change five lights Replace your five most frequently used light fixtures or the light bulbs in them with Energy Star qualified products and you will help the environment and save about \$70 a year on energy bills.

Calculate your household's carbon footprint



Be your own greenhouse gas detective. Use EPA's Household Greenhouse Emissions Calculator to estimate your emissions from energy use, transportation, and waste disposal. This will help you understand where your emissions come from and identify ways to reduce them. Visit epa.gov/climatechange/ghgemissions.

Heat & cool smartly

Heating and cooling accounts for almost half of your energy bill, about \$1,000 a year. Simple steps like changing air filters regularly, properly using a programmable thermostat, and having your heating and cooling equipment maintained yearly, can save energy and cost. To avoid wasting energy, have your ducts inspected to ensure they're sealed properly and insulated if necessary.

Turn off the

oven By using the microwave, toaster or a counter-top grill, you'll use less energy and avoid excess heat that increases room temperature.

And turn off some other things

too Leaving a computer on all day can cost about 21 cents per day, or about \$75 per year. Unplug electronics and appliances when not in use, a task made easier by using multiple-outlet strips, which can turn everything off with the flip of a switch.



By 2015, consumer electronics and small appliances will be responsible for almost 30% of all household electricity use. – U.S. Energy Information Administration



In 1992, the EPA introduced ENERGY STAR as a voluntary labeling program designed to identify and promote energy-efficient products to reduce greenhouse gas emissions. In 1996, EPA partnered with the U.S. Department of Energy for some product categories. Through its partnerships with more

than 20,000 organizations, ENERGY STAR delivers information and tools to choose energy-efficient products and solutions. These choices can save families about a third on their energy bill with similar savings of greenhouse gas emissions, without sacrificing features, style or comfort.

When looking for new household products, look for the ENERGY STAR label. Products that meet its strict specifications can include: air conditioners, ceiling fans, computers, cordless phones, dehumidifiers, furnaces, light bulbs, lighting fixtures, monitors, printers, refrigerators, room air cleaners and purifiers, scanners, televisions, vent fans, clothes washers, and water heaters.

- If looking for a new home, look for one that has earned the ENERGY STAR.
- If looking to make larger improvements to your home, EPA offers tools and resources to help you plan projects to reduce your energy bills and improve home comfort.

Check out the ENERGY STAR web site at energystar.gov.

Results are already adding up. Americans, with the help of ENERGY STAR, saved enough energy in 2011 alone to avoid greenhouse gas emissions equivalent to those from 41 million cars—all while saving nearly \$23 billion on their utility bills.

Passive solar power

Collect free energy from the sun. Simply design a space that makes the most use of the sunlight that falls on your property.

1. Place awnings and leafy plants around windows and doorways. Using trees, pots and trellises you can create a seasonal barrier from the sun's heat.
2. Reinforce your insulation in ceilings, walls, floors, around doors, windows and electrical outlets.

Solar panels



Home solar installations are pricey but are also becoming an attractive option for many people. They use solar power from the sun's energy to create electricity. In reality, the panels act as personal power plants; they make electricity at home

to heat the house and run the appliances. It's clean energy and does not pollute the air. Here are some basics.

- Solar panels use photons (particles of sunlight) to generate electricity. Silicon solar panels are either monocrystalline or polycrystalline. Monocrystalline cells are higher quality, more efficient, and more expensive. The actual number of watts a panel outputs will fluctuate throughout the day, season and life of the panel.
 - When light hits a roof's solar panels with photons, the solar panel converts those photons into electrons of direct current (DC) electricity. The electrons flow out of the solar panel and into an inverter and other electrical safety devices. The inverter converts that DC power (commonly used in batteries) into alternating current or AC power. AC power is the kind of power that most of your large and small appliances use when plugged into the wall outlet.
 - The photovoltaic panels can be free standing firm sheets or can be set into the roof.
 - The sun's energy is converted to electricity through a modified grid system.
 - The system has a meter installed that reads how much solar power from the home has been used compared to normal electricity. ➔
-
3. Thermal materials such as stone, tile and brick regulate the temperature of your living space by absorbing heat from direct sunlight during the day and slowly releasing it throughout the night.
 4. Shutters or insulated windows can help whether you are attempting to keep heat in or out of your home.
 5. Solar tube skylights are the passive way to light indoors during the day.

Solar panels (cont.)

- The meter subtracts the solar energy electricity, and the amount left is the figure applied to the utility bill. In some cases, the local electric company can purchase power back from the owner.
- While many factors affect solar panel savings, the average solar panel system can save around \$50 per month in utilities. In December, these numbers fall to around \$30 per month, while they can rise to \$60 or more in summer months, especially in sunny climates.
- According to the U.S. Department of Energy, the use of solar power should pay for the installation cost in about 12 years. It also predicts that by the year 2020, it will be commonplace to use solar power in the home.

Useful websites for national and state information on solar power and other renewable and energy efficiency programs, including tax rebates and incentives:

- Build it Smart Ventura County — builditsmartvc.org
- California Energy Commission — energy.ca.gov/renewables
- Database of State Incentives for Renewables and Efficiency — dsireusa.org
- Energy Upgrade California — energyupgradeca.org
- Go Solar California — gosolarcalifornia.org
- Tax Credits, Rebates and Savings — energy.gov/savings
- U.S. Department of Energy, Energy Efficiency and Renewable Energy — eere.energy.gov
- Ventura County Regional Energy Alliance — vcenergy.org



My solar checklist

This was submitted by a Ventura County resident who went solar in 2012.

My home was a good candidate for solar power; it's a two-story house with a long roof that runs on an east-west axis and the south side is completely unshaded. In 2012, I decided to look into

solar panels. I heard their efficiency had greatly improved, and also that my electricity provider was planning on raising rates considerably in the next few years.

The solar supplier. How long have they been in business? Can they give you references? Do they do their own installation? (Only three solar companies in Southern California do their own installation.) Be sure you know who is responsible for any mishaps or problems if they arise. Can they help get you financing?

The solar panels. All solar panels are not created equal, so if it sounds too good to be true it probably is. What is the warranty? The panels themselves will have a warranty and the installation will have a warranty.

Solar panel lifespan. Solar panels lose efficiency over time. Some panels will degrade very slowly, half a percent or less a year, while others can degrade as much as 8 or 10 percent a year.

What happens when you have to reroof? If your solar panels have a twenty-year or more lifespan, you will probably have to reroof at some point, make sure you know how to do this without breaking the warranty, and get this in writing.

Check out how to get rebates. See how much the tax incentives are and when they expire. During 2012, the federal tax credit was 30 percent of the system's cost, and you could take the credit over three years. Your electric utility company may also offer a rebate. The solar company should take care of the rebate paperwork.



On the move

Cars, trucks and other on-road mobile sources contribute about 26 percent of Ventura County's reactive organic gas emissions and about 57 percent of nitrogen oxide emissions. Both these gases add to ozone, or smog, formation. In addition, motor vehicles contribute to global climate change. Let's look at some alternative (and imaginative) ways to decrease air pollution from our transportation choices.

A bike — the ultimate clean air, zero emissions vehicle

The bicycle is one of the greatest green inventions ever. Bikes are an environmentally-friendly means of transportation — no tailpipe emissions, no evaporative emissions, no emissions from gasoline pumping or oil refining, and zero carbon dioxide or other greenhouse gases. And they are quiet so they don't contribute to noise pollution. Here are some tidbits:

- Between 70 and 100 bicycles can be built with the resources required to build one car.
- In a North American urban environment, people living up to 7.2 miles from their workplace can commute by bike in less than one hour (some, a lot less). Also, a roadway can carry about three times as many cyclists as people in cars. (Bay Area AQMD)

In California, **Bike to Work Day** is celebrated every year in May. If you've never commuted by bike, it's a great time to try it. Visit the Ventura County Transportation Commission at goventura.org for more information.

The League of American Bicyclists, bikeleague.org, offers an Effective Cycling program to teach safe on-road biking. The National Highway Traffic Safety Administration, nhtsa.gov, also has advice on getting to school safely. The California Association of Bicycling Organizations, cabobike.org, provides information regarding bicycle access to bicycle touring, bicycle maps and more. And the California Bicycle Coalition is a great resource for California bicyclists. Visit calbike.org.



Safe Routes to School in Ventura County

Safe Routes to School is at the heart of a growing national and international movement to increase children's physical activity, to improve safety while walking and bicycling to school, and to create healthy environments for children.

Ventura County has been the recipient of 26 state and 7 federal Safe Routes to School grants totaling more than \$6 million. These funds have financed bicycling and walking improvements and safety education at specific schools. Projects have included illuminated crosswalks, improved curb ramps, sidewalk construction, improved signage, curb extensions, new signals and bike lanes. Thousand Oaks has the most comprehensive program in Ventura County. In addition to the infrastructure improvements, Thousand Oaks used noninfrastructure funding to conduct an education campaign promoting safety and focusing on crosswalk use. This included a "safety day" which involved staff from the City's Public Works Department and Police Department and resulted in information being delivered to students. Thousand Oaks was also the only city in Ventura County to receive funding in the latest round of the Caltrans state grant program.

Be smarter. Get off the couch. Start walking.

For those who live close to work, try walking a few days a week. A study conducted by neurosurgeon Professor Art Kramer at the University of Illinois discovered that there is a direct relationship between the brain and walking. His research found that walking at one's own pace for 40 minutes three times a week can enhance the connectivity of important

brain circuits, combat declines in brain function associated with aging and increase performance on cognitive tasks. *Thewalkingsite.com* also has excellent information for walkers. (Source: News Bureau Illinois)



Teleworking

Working from home one day a week instead of driving a vehicle that gets 20 mpg can reduce your carbon footprint by up to 3,000 pounds a year. Co-benefits include saving on parking costs, increased productivity, and teleworking allows you to spend less time on the road and more time working or doing the things you like. Did you know that one-third of the CO₂ produced in the U.S. is from the transportation of people or goods? Start small. Encourage your employer to let you pick one day a week to telework.



Clean air & your vehicle

from the California Air Resources Board

Environmental Performance (EP) Label

The EP Label is required on all new cars sold in California that were manufactured after 2008. The EP Label provides two scores—a Global Warming Score and a Smog Score. Each score is from 1 to 10 with the cleanest and most efficient cars receiving the highest scores. These scores compare emissions between all vehicle classes and sizes with the average new car scoring a 5 on both scales. So make sure to check out the EP Label when you shop for a vehicle.

How green is your vehicle?

Hybrid electric vehicles (hybrids) combine an internal combustion engine with a battery and electric motor. This combination offers the range and refueling capabilities of a conventional vehicle, while providing improved fuel economy and lower emissions.

Battery electric vehicles (BEVs) run completely on electricity stored in batteries and have an electric motor rather than a gasoline engine.

Driving a compressed natural gas (CNG) vehicle reduces smog-forming and greenhouse gas emissions as well as our dependence on foreign oil. Although the range between fills is slightly less than their gasoline counterparts, the benefits such as cheaper fuel and the ability to fuel at home are great attributes.

Ethanol is mostly used in flexible fuel vehicles (FFVs) which are capable of operating on gasoline, E85 (85% ethanol, 15% gasoline), or a mixture of both.

While all California cars have advanced emission control systems, some gasoline vehicles are designed to meet California's strictest smog-forming emissions standards. To find these cars, look for a Smog Score of 9 on the Environmental Performance Label. *Driveclean.ca.gov* is a guide for clean and efficient vehicles presented by the California Air Resources Board. You can search by year, make or model for the best options.

Reduce your car's impact on the environment

- Use real time traffic reports to avoid congested areas. Sitting in traffic lengthens your trip and may produce more emissions.
- Don't go above the speed limit. Speeding causes cars to use more fuel and it causes accidents too.
- Keep tires properly inflated and change air filters regularly. This can reduce your carbon footprint by 1,700 pounds per year.
- Lighten the weight in your car. Remove heavy items when not in use.
- Use the air conditioner sparingly.
- Roll up the windows when driving on the freeway to reduce the drag that lowers fuel efficiency.
- Avoid rapid starts and stops. Coasting saves the most fuel of all driving techniques.

Sharing the ride



The first historical instance of ridesharing in the U.S. is credited to Los Angeles in 1914. Some entrepreneurial vehicle owners began to pick-up streetcar passengers in exchange for a 'jitney' (the 5 cent street car fare). Six months later there were 1,520 licensed chauffeurs for jitney operations.

Today, ridesharing is defined as "A driver planning on taking a trip

seeks out a passenger(s) willing to share the ride." Ridesharing, whether by carpooling, vanpooling or transit, helps to reduce the number of vehicles on the road, which in turn, reduces air pollution. Ridesharing was relatively popular in 1970 and 1980, accounting for 20 percent of work trips. By 1990, nationwide rideshare participation had decreased 13 percent. Since 2006, probably due to increasing gasoline prices and tighter household budgets, the percentage has slowly increased. (Source: *Massachusetts Institute of Technology "Real Time" Rideshare Research*)

Here in Ventura County, the Ventura County Transportation Commission (VCTC) is the hub for ridesharing information. The following is from VCTC and there's more available at goventura.com. ➡

Carpooling Thinking about carpooling to work but aren't sure where to start? Here are some suggestions on how to easily get a carpool on the road. Many people prefer to carpool with co-workers, neighbors, friends or spouses. If you're having trouble finding someone to carpool with, ask your employer for help or contact VCTC directly. VCTC offers free ride-matching assistance using a database of over 30,000 people who work in Ventura County and live throughout Southern California. To enroll in the program, go to ridematch.info to get started.

Public Transportation Transit operators throughout Ventura County provide community-based fixed-route and Dial-A-Ride services in Camarillo, Moorpark, Ojai, Oxnard, Simi Valley, Thousand Oaks, and Ventura. Visit the VCTC website for information about routes, fares, and schedules. The website also has information on bus passes and a guaranteed ride home program. They have other planning tools, bicycle maps, and iphone apps as well. They are a great one-stop source for County ridesharing information. You can also contact the District's Transportation Outreach Programs Office at 645-1424 for more information.



Photo: Y Studio Photography

On the green road

A sustainable mobile living project

In August 2011, CeCe Reinhardt and Brenda Daugherty began an environmental adventure. They hit the road, in their words, "To conserve. Explore. Inspire." With a biofuel-converted diesel truck and an off the grid solar-powered 2003 Airstream trailer, CeCe and Brenda

sallied forth to promote social change in a positive, hands-on and interactive way. And, with a composting toilet and a complete stash of eco-friendly products, they hoped to share their life and vision while inspiring and being inspired by others. They write, "We wanted to reduce our carbon footprint and be accountable for our actions and how we impact others."

They've been on the road over a year now. But it's a new world since John Steinbeck's 1960 classic *Travels with Charley*. These two report their search for the "New American Dream" on blogs, Facebook and a website. Remarkable photos from their experiences as well as tips, reflections, and good "green" advice are posted almost daily. As they traverse the country, they're sharing stories and educating folks about simple, healthy choices. The Airstream welcomes anyone interested in its green systems and the ladies are happy to discuss how they managed to down-size their life. To keep track of the Airstream and their quest for full-time green RVing, visit On the Green Road at greenrvlife.com.



Your own clean air space

Your purchasing power and personal behaviors can have a big effect on air quality and the environment.

Little green babies

There is debate about the environmental impact of disposable diapers vs. cloth. But one thing is clear: a baby will use about 6,000 diapers during babyhood.

And experts say that disposables take 200-500 years to decompose in a land-fill. Washing diapers does take water, energy, chemicals, and time. According to *treehugger.com*, one study has found that home-washing cloth diapers has only 53 percent of the ecological footprint of disposables, and, "If you use a diaper laundering service, that impact is halved again." Something for parents to think about.



And for older kids, pack a waste-free lunch

- Do use a lunchbox or cloth bag. Don't use throw-away bags.
- Do use reusable containers. Avoid plastic wrap and foil.
- Do use a thermos for drinks. Cut down on single-use cartons or cans.
- Try utensils and cloth napkins that can be washed and reused instead of plastic forks and spoons, and paper napkins.

And here's some food for thought: Every year, Americans throw away enough paper and plastic cups to circle the equator 300 times. (*Source: globalstewards.org*)



Dry-up household water use to save energy

Did you know that water-related energy use consumes 19 percent of California's electricity, 30 percent of its natural gas, and 88 billion gallons of diesel fuel yearly? The following actions can reduce water use. ➔

- Turn off the water if you aren't actively using it.
- Take shorter showers. Using less water in your shower means using less energy to heat the water.
- Stop unseen leaks by reading your meter.
- Install low-flow shower heads and aerators on your faucets.
- Only run your dishwasher when there's a full load and use the energy-saving setting. You can save 100 pounds of carbon dioxide per year and save water. (Source: *Energy Upgrade California*)



Hang it up – literally

There's a new revolution taking place on clotheslines nationwide. The laundry liberation movement (yes, there is one) calls it "the right to hang your clothes out to dry." Advocacy groups urge people to go back to yesteryear, before dryers and dry-cleaners. They say we can save on our electric bills

and help the planet, and the air, by using environmental cleaning methods. The challenge is to convey that message to the 300,000 communities nationwide with homeowner association restrictions on outdoor laundry hanging. The stats?

- If every American home switched to cold water for four out of five loads, together we could save \$6.7 billion per year and keep nearly 50 million tons of carbon dioxide out of the atmosphere — the equivalent of removing 10 million cars from the road.
- The average family dries 7 to 10 loads of laundry a week. Hanging two loads a week can reduce your carbon footprint by 265 pounds; hanging four loads a week reduces it by 550 pounds; and 5 loads a week will reduce your carbon footprint by 683 pounds of carbon dioxide equivalent. (Source: *New American Dream, Community Associations Institute, California Air Resources Board, Project Laundry List*)

Attention all shoppers

The next time you go for that shopping cart, consider these suggestions.

- Declare one day a week "shopping day" and shop within 10 miles of your home.
- And, of course, think before you buy. Do you really need it? How much packaging does it have? And what further impacts will there be with the disposal of the product?

- Carry your own cloth shopping bags. (Many areas are now requiring this.)
- Think about shopping at garage sales, second-hand stores, and used furniture marts for some of your "stuff."
- Reduce trucking emissions by purchasing local produce at nearby farmer's markets. When food is shipped, fossil fuels are burned, creating air pollution and greenhouse gases. The less your food has to travel, the better it is for our air quality. As of this printing, the following Farmer's Markets are operating in Ventura County. (If we've missed any, our apology.)

CAMARILLO

Saturday 8am – 12 noon 2220 Ventura Blvd.
 Wednesday 3pm - dusk Camarillo Community Ctr., 1605 E Burnley St.

NEWBURY PARK

Saturday 8am – 2pm Teller Road & Hillcrest Dr. (PetSmart Plaza)

OJAI

Sunday 9am – 1pm 300 E. Matilija St.

OXNARD

Sunday 10am – 2pm Channel Islands Harbor, 3600 S. Harbor Blvd.
 Thursday 9am – 1pm Downtown Oxnard, Plaza Park, S. 5th St. & S. B St.



SANTA PAULA

Wednesday 4pm – 8pm Hallock Dr. & E. Telegraph Rd. (May – October)

THOUSAND OAKS

Thursday 1:30pm – 6pm Oaks Shopping Center, East-end parking lot, Wilbur Road and Thousand Oaks Blvd.

VENTURA

Saturday 8:30am – 12 noon City Parking Lot, Santa Clara & Palm St.

VENTURA

Wednesday 9am – 1pm Pacific View Mall, West parking lot, North of Sears

For more information on local farmer's markets, visit vccfarmersmarkets.com, ojaicertifiedfarmersmarket.com or localharvest.org

In the yard

If your gasoline lawnmower could talk...

"Hey, did you know that over 5 million of us gas mowers are sold each year in the U.S. and that we each can put out as much pollution in one hour as a typical car driven 45 miles? As for me, I can put out 88 pounds of the greenhouse gas carbon dioxide and 34 pounds of other pollutants into the air around my lawn each year. The EPA told me this. They also told me that Americans burn 800 million gallons of gas each year keeping their lawns trimmed."



So try and rethink your use of a gas mower and use a push mower, or electric equipment for your lawn care. If you are using gasoline-powered equipment, avoid spilling gasoline. Even small gasoline spills evaporate and pollute the air. And if you use a gardener, select one that uses green equipment.

Six ways to save energy and reduce your yard's carbon footprint



1. Use hand tools instead of power equipment.
2. Choose materials wisely. Brick and concrete have large carbon footprints compared to gravel and wood. Used brick and other recycled materials are also good choices.
3. Emphasize woody plants that capture more carbon than fleshy herbaceous species. Plant most of your property with low-maintenance native trees and shrubs.
4. Plant trees and shrubs where they will block winter winds and provide shade in summer. You can also install patio covers, awnings and solar window screens to shade your home from the sun.
5. Minimize, or better yet eliminate, the use of fertilizers and pesticides on your property. Use compost and mulch produced from garden trimmings to enrich your soil instead, and use native plants that are naturally pest resistant. (Source: National Wildlife Federation)

And remember, recycling is still the way to go

If every American took the time to reduce, reuse and recycle, human impact on the environment could be reduced significantly. Recycling reduces air pollutants that contribute to smog by decreasing the amount of energy used to produce new products, since fossil-fuel generation is a cause of air pollution.

- More than 80 trillion aluminum cans are used in the United States each year. And more than 50 percent of aluminum cans are made from recycled aluminum. (Source: *Earth911.com*)
- Plastic bottles take 1,000 years to decompose if they are not recycled. (Source: *Recycling-revolution.com*)
- The United States uses 85.5 million tons of paper each year. If Americans recycled their phone books each year, about 650,000 tons of paper would be saved. (Source: *Northern Illinois University*)

If you have curbside recycling pickup, a variety of things can be recycled in your bin. The following is a list of commonly accepted items, but do check with your city to make sure.

- Steel and aluminum cans.
- Clean aluminum pie plates, dinner trays, foil.
- Paper — newspaper, magazines, catalogs, phone books, office paper, computer paper, envelopes, cardboard, paper egg cartons, paper towel and toilet paper tubes.

For larger items, visit the Ventura County Integrated Waste Management Division at the County's website at portal.countyofventura.org/portal/page/portal/PUBLIC_WORKS/wastemanagement for a Waste Recycling and Disposal Guide.



15 quick little easy at-home tips that can help our air and our world

1. Reuse envelopes, wrapping paper, the front of gift cards, and other paper materials you receive.
2. Organize a community swap program — designate a place where people can leave unwanted items for others to use.
3. Use both sides of each piece of paper.
4. In hot areas, use window treatments such as blinds, tints, and trees to help keep out heat from the summer sun.
5. Whenever possible, keep lights off during the day.

6. Dispose of the following products at a hazardous waste facility:
Paint, varnish, paint thinner solvents, rust remover, wood preservatives, and driveway sealer.
 - Gasoline, transmission oil, brake fluid, kerosene, charcoal lighter fluid, used motor oil, used oil filters, and used antifreeze.
 - Spot removers, rug cleaners, metal cleaners, oven cleaner, drain cleaner.
 - Insect killers, weed killers, flea products, moth crystals, and fertilizers with weed killer.
 - Photographic chemicals, acids and corrosive chemicals, pool chemicals, compact fluorescent light bulbs.
7. If available, clean your “dry clean only” clothes at a dry cleaners that uses wet cleaning techniques.
8. Give a gift that keeps on growing — a tree.
9. Send electronic greeting cards.
10. Plug your appliances into power surge protector strips and turn the power off at the strip.
11. Always run full loads of laundry and dishes.
12. Take your car to a car wash that recycles water.
13. Junk mail production in the U.S. consumes as much energy as 2.8 million cars. Stop yours at directmail.com/junk_mail.
14. Barbecue with natural gas or propane. Burning wood or charcoal briquettes still produces particle pollution.
15. Check out the APCD website at vcapcd.org for the daily ozone forecast and other air quality information.

Recycle old light bulbs into attractive hanging vases



Saw off the bottom of the light bulb screw base using a hacksaw, turning the light bulb evenly. Bulbs with a bayonet base can also be used. Saw off the bottom of the base along the apparent line. Once the base has been cut, insert a thin screwdriver and break the protruding tip of the glass mount, or stem, that holds the filament (be sure to protect your eyes). Then, using a bigger screwdriver, insert it into the glass socket, and give a quick, hard tap to break off the remainder of the mount. Using a rounded file, enlarge the hole and remove the filament.

To make a hanging vase, use a hole punch to pierce a hole on either side of the light bulb base, or wrap the hanger wire around the bulb base. Pour in a little water and hang your new vase.

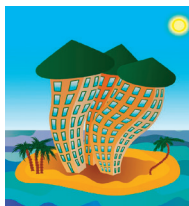


Green leisure time

Whether you are travelling to an international destination or camping close to home, there are ways to help the environment, and air quality, while having a great escape.

Your amazing environmental vacation starts here. . .

- **Book a green hotel**



In California, visit calrecycle.ca.gov/EPP/GreenLodging/ for a list of green lodging. Why go green? Average-sized hotels purchase more products in one week than 100 families do yearly. Green lodgings guarantee that 50 percent of these purchases are environmentally preferable and energy-saving products. And they recycle their waste at least 80 percent. They also use

measures to conserve water and compost or donate food waste. For a listing of green hotels nationwide, visit greenhotels.com.

- **Vacation closer to home**

Flying 1,000 miles less a year saves about 1,000 pounds off your carbon footprint. Consider taking a train ride to close destinations. It's fun and leisurely and, if you were planning on driving, it saves wear and tear on your car. You can travel twice as



far on the train than by car and emit the same amount of greenhouse gases. When you get to your destination, use public transportation if available. If you decide to rent a car, make sure to inquire about green car rentals — renting a hybrid or low-emission vehicle.

- **Pack a "sustainable" suitcase**

This is challenging but good for the environment. Remember less is more. Extra weight requires more fuel and produces more pollution so try and cut down on bulk. Bring quick-drying, wrinkle-resistant clothing. Take as few nonessential items as possible.

- **Use a tour company committed to sustainable travel**

Various eco-label and green certification programs exist to help traveler's select travel providers that also care about the environment. Two organizations trying to establish a common guideline for sustainable tourism are the Global Sustainable Tourism Council, gstcouncil.org, and the World Tourism Organization, unwto.org.

What is an Eco-vacation?

The International Ecotourism Society defines ecotourism as “responsible travel to natural areas that conserves the environment and improves the well-being of local people.”

Principles of Ecotourism

Ecotourism is about uniting conservation, communities, and sustainable travel. People who participate in ecotourism should follow these principles:

- Minimize impact.
- Build environmental and cultural awareness and respect.
- Provide positive experiences for both visitors and hosts.
- Provide direct financial benefits for conservation.
- Provide financial benefits and empowerment for local people.
- Raise sensitivity to host countries’ political, environmental, and social climate. (Source: ecotourism.org)

Don't Fry Day



There's more in the air than pollution. The National Council on Skin Cancer has designated the Friday before Memorial Day as **Don't Fry Day**. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin from damaging ultraviolet rays (UV) while enjoying the outdoors on Don't Fry Day and every day. Remember to Slip! Slop! Slap! and Wrap! Slip on a shirt, slop on sunscreen of SPF 15 or higher, slap on a hat, and wrap on sunglasses. For more info and the daily UV index for your area, visit epa.gov/sunwise.

And for you golfers

Be green on the greens

- Patronize courses that are environmentally friendly — ones that recycle, use electric golf carts, and provide waste containers along the way.
- Respect environmentally sensitive areas of the course.
- Accept the limitations and variations of turf grass plants growing in a natural environment (e.g. brown patches, loss of color, thinning etc.).
- Each year thousands of trees are harvested to make billions of “wood tees.” Use a golf tee made from recycled materials that is degradable.
- Support golf course management decisions that protect or enhance the environment and encourage the development of environmental conservation plans.



Ah Wilderness!

Exploring the great outdoors by camping, backpacking and hiking is a wonderful vacation, weekend trip, or day experience. Ventura County has plenty of open spaces to enjoy and explore. But here, or in any wilderness area, we need to be conscious of our impact on the environment.



Ditch the disposables

Drastically reduce your trash from using plastic plates and utensils. Instead, use reusable sturdy plates, utensils and cups that can be washed with biodegradable, phosphate-free soap, and used again. Even cloth napkins can be rinsed and reused.

Camp outside

RVs and trailers use an incredible amount of energy and fuel to run. Consider using a tent and sleeping bags. It's cheaper and a lot more earth-friendly. And if you have kids, they'll never forget it.

At the campfire

Don't burn plastic, metals or woods treated with chemicals. Consider LED lanterns and flashlights. (And remember, campfire songs don't pollute.)

Leave no trace

Use trash receptacles when available, otherwise, take care to take out everything you bring into your camping area. And that goes for hiking in the backcountry also. Never leave litter while hiking. Pack it out.

Calling all boaters — come aboard

California has one of the highest levels of recreational boating in the country. The **Boating Clean and Green Campaign** is a statewide boater education and technical assistance program conducted by the **California Department of Boating and Waterways** and the **California Coastal Commission**. Since 1997, the Campaign has conducted boater education throughout the state in partnership with marine businesses, boating associations, environmental and nonprofit groups, and state and local governments. It informs boaters about environmentally safe boating while educating marinas and local governments on installing pollution prevention services. The Campaign also sponsors boat shows and events. In addition, it educates one boater at a time by using volunteers called **dockwalkers** to distribute boater kits at marinas, boat launch ramps and boat shows. There are over 500 **dockwalkers** statewide who have distributed more than 60,000 kits since the year 2000. For more information, contact The California Coastal Commission or call 415/904-6905.

Some definitions

Biodegradable: These products break down through the action of a naturally occurring microorganism (bacteria, fungi etc.) over a period of time. They are usually made from plant or animal sources. Examples of biodegradables include paper, vegetable scraps, and some forms of plastics made from ingredients such as corn starch.

Carbon neutral: This designation is given through a transparent process of calculating emissions, reducing those emissions and offsetting residual emissions — net carbon emissions equal zero.

E-Stewards Certification: A global program designed to enable individuals and organizations who dispose of their old electronic equipment to easily identify recyclers that adhere to the highest standard of environmental responsibility and worker protection. E-Stewards Certification is open to electronics recyclers, refurbishers and processors in all developed countries. For centers in Ventura County, visit allgreenrecycling.com/ventura-county/

Fair Trade Certified: Brand designed to allow consumers to identify goods which meet agreed fair trade standards. Typically they cover labor, environmental, and stable pricing standards. fairtrade.net

Green Star Certified: This is an independent 3rd party verifier of the U.S. Energy Council, a program for businesses, organizations, products, cities and individuals that are or want to become leaders in energy conservation, recycling and environmental-friendly actions. Green Star Certified individuals, businesses, products or cities will receive an Environmental Analysis Assessment and will be awarded 1- 5 stars based on the results. All certified participants will be given a certificate of participation, a membership card, two window stickers for their business or organization, a Green Star Certified Seal for their websites, and access to the U.S. Energy Council Network. greenstarcertified.org

Green Seal: Green Seal is an independent non-profit organization dedicated to safeguarding the environment and transforming the marketplace by promoting the manufacture, purchase, and use of environmentally responsible products and services. greenseal.org

LEED: Leadership in Energy and Environmental Design is a mark of excellence developed by the U.S. Green Building Council. It provides building owners and operators with a framework for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions. LEED certification provides independent, third-party verification that a building, home or community was designed and built using strategies in key areas of human and environmental health, sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. usgbc.org

Pollution Prevention: A strategy of material use, processing, and management that reduces or eliminates the creation of pollutants and waste at the source — prior to recycling, treatment or disposal. Also called source reduction.

Rainforest Alliance: The Rainforest Alliance Certified seal assures consumers that the product they are purchasing has been grown and harvested using environmentally and socially responsible practices. Farms and forestlands that meet the rigorous, third-party standards of the Sustainable Agriculture Network or the Forest Stewardship Council earn this seal. The Rainforest Alliance Verified™ mark communicates a business' commitment to reducing its environmental impact and is awarded to climate, tourism and certain forestry enterprises and projects that meet criteria endorsed by the Rainforest Alliance. rainforest-alliance.org



**Ventura County
Air Pollution
Control District**

669 County Square Drive
2nd Floor
Ventura, CA 93003

805/645-1400
vcapcd.org
airthefilm.org

Follow us on Twitter

References

- allcampgrounds.com
- American Council for an Energy Efficient Economy
- Bay Area Air Quality Management District
- California Air Resources Board
- California Department of Boating and Waterways
- CalRecycle
- Energy Upgrade California
- globalstewards.org
- naturemoms.com
- Nomadik Outdoor Life Guide
- Safe Routes to School National Partnership (Southern California)
- Sustainable Travel International
- treehugger.com
- United States Environmental Protection Agency
- United States Department of Energy

Barbara L. Page
Public Information Manager, VCAPCD
Elena Trevino Design
April 2014



**Ventura County
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Control District**

669 County Square Drive
2nd Floor
Ventura, CA 93003