

GREEN VALENTINES

VALENTINE'S DAY IS RIGHT AROUND THE CORNER AND WE ARE ALL DOING OUR BEST TO RECYCLE AND BE GREENER IN OUR LIVES:

Things You'll Need:

- **Homemade Ink**
 - 1/2 C. of ripe berries
 - 1/2 teaspoon of vinegar
 - 1/2 teaspoon of salt
- **Recycled paper & decorations**
- **Your hands**
- **Assistance from an adult**

STEP 1

First gather all of your recycled materials. I use brown grocery bags and office paper. I also use ribbon and tissue paper from previous gifts.



STEP 2

Make your eco-friendly, natural ink. Place the berries into a strainer with a bowl underneath. Crush the berries to the juice strains into the bowl and the pulp remains in the strainer. Add salt and vinegar to the juice. The vinegar will help the ink retain its color and the salt will prevent mold. If the ink is too thick you can add 1 Tablespoon of water. Store ink



in a glass jar with lid. Baby food jars work well.

Step 3

Cut your paper into a big heart. Pour your ink onto a cookie sheet or other flat surface. Place your hand into the ink and hold there for a few seconds. Make sure the whole hand is covered. Now with a steady hand place your hand on the paper heart. Lift your hand and let the hand print dry.

Step 4

Once the heart handprint is dry, start decorating with ribbon or tissue paper flowers. Stickers and glitter are always fun to use. Be creative and have fun knowing you are helping the earth.

Indoor Air Quality: Design Tools for Schools

The U.S. Environmental Protection Agency (EPA) has developed a Web resource entitled Indoor Air Quality (IAQ) Design Tools for Schools. It was designed to help school districts and facility planners design the next generation of learning environments so that the school facility will help—rather than hinder—schools in achieving their core mission of educating children.

Approximately 56 million Americans—or 1 in 5 people—spend a significant portion of their day in one of about 119,235 public and private primary and secondary schools. To keep pace with population growth, reduce overcrowding, and comply with class-size reduction mandates, it is estimated that 6,000 new schools will need to be built in the next several years. Many thousand more schools will have to be renovated as districts continue to upgrade deteriorating school facilities.

Facility designers and school officials are increasingly embracing “high performance” school designs, which use an integrated, “whole building” approach to school planning that incorporates current technology to protect health while saving energy, natural resources, and money. For example, a typical 450-student elementary school today pays over \$45,000 annually for energy related utilities. Incorporating energy efficient design improvements into the design and building of the school could save that school \$13,000 annually.

These savings do not include the potential benefits of improved occupant health, productivity and performance from integrating high perfor

mance design features.

IAQ Design Tools for Schools complements the *IAQ Tools for Schools* Program, which helps existing schools prevent and solve IAQ problems.

IAQ Design Tools for Schools provides voluntary guidance for school personnel, architects and engineers, builders and contractors, parents and the community on key school construction and renovation issues such as:

- Incorporating high performance building features into the design process.
- Controlling pollutants and their sources.
- Selecting and designing heating, ventilating and air conditioning systems.
- Controlling moisture to prevent mold and damage to building materials and systems.
- Remediating mold.
- Specifying and maintaining portable classrooms.
- Renovating existing schools.
- Providing links to resources on a wide range of high performance construction issues, such as acoustics, daylighting, life-cycle costing, commissioning, and more.

IAQ Design Tools for Schools draws from EPA expertise as well as other resources that have emerged from state and private sector initiatives.

VISIT: <http://www.epa.gov/iag/schooldesign>

Check your daily Air Quality Index using the television, radio, newspaper or internet.



FAMPO

Fayetteville Area Metropolitan Planning Organization



Special Thanks to:

UP & COMING WEEKLY

For more information, please contact Mark Nottingham at 910-678-7628