

East Orlando LIFESTYLE

Avalon Park • Lake Nona

Central Florida's premier community magazine



*Central Floridians
GO GREEN*

*Money Makeover
Tales of Success*

JORDAN BAILEY
Motorcross Kid

MARTIAL ARTS CHAMP
Marc Canonizado

 **The miniER**SM
Adult and Pediatric Urgent Care Center

The New Face of Health Care



The Magic of Recycling

As I sit at my desk eating part of my lunch, a can of pears in their own juice, and re-read Emily Ruff's story (page 28) "Small Steps toward Living Green," I reflect on what I do that's "green." When I'm finished eating, I'll rinse my can and throw it into the little blue can with the recycling arrows on it. Tonight, when I'm driving home, I'll put the bottle of water I finish in a canvas bag (for when I'm not near that blue can). Then, when I get home and tear open a microwaveable dinner, I'll flatten out the box and put it in my little blue can at home. Sometimes I feel I could do more, but as Tara Felicio-Duratz from Avalon Park says, baby steps are important.

I was taught to recycle from an early age. Before curbside recycling existed, I rinsed out cans and flattened cardboard, separating and storing it in bins. Once a month, my dad took my brother and me to the recycling center with our loot—an exciting place for a kid. I loved the idea of my soda can being made into something new. It was like magic—abracadabra, your trash is something useful. And my dad let us keep our recycling money. Granted, it was only \$2, but it was a great lesson in environmental stewardship.

Today, the rewards to recycling are even greater. According to Mayor Buddy Dyer's office, in 2003, Orlando's recycling program preserved 3,480 tons of natural resources, and curbside recycling saved 67 kilowatt-hours of energy. But with just a 10 percent increase in recycling, the city can save 2,200 trees or 650 more tons of trash. Amazing.

Now I'm considering another step to living "greener"—composting. I have a large enough yard, and I hear that even apartment dwellers can do it. There are nifty compact stainless steel pails that have charcoal filters to cut down on the smell and plenty of books on composting anywhere. So far, I'm throwing my veggie peelings and fallen fruit into a corner of the backyard, then covering it with leaves and grass clippings and raking it from time to time.

I've learned that, like recycling, the benefits of composting are worthwhile. Diverting compost from landfills means less methane and leachate production, and using mature compost on my yard could reduce the amount of water it needs as well as fertilizers and pesticides, which can save me money.

Sure, there's a little extra effort involved in separating my rubbish and collecting my recyclables. But just like when I was a kid, knowing my trash can become something else is absolutely magical.

Tarre Beach

Tarre Beach, Editor

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Freelance writer and editor **Denise Bates Enos** has been covering lifestyle topics in the Central Florida area for 17 years. When not indulging in her favorite pastime—travel—she lives in southwest Orange County with her husband, two children and far too many pets, including a dog, two neurotic cats and a ball python.



Writer **Matt Bendell** holds a bachelor's degree in Communication Arts/Journalism from the University of West Florida and has worked in various media, including radio and television. When he's not working, he likes to play tennis, travel and go to movies. He resides in the Lake Nona area with his wife Krista.

Lifelines

You'll notice we added something to our stories. The Web Life you see at the end of some articles is a way to get more. Read our story and then log on to our website at www.CentralFlorida-Lifestyle.com to learn more.

Micro-local is what we are all about. If you have a friend, group, organization or church that needs to be written about, e-mail us. We want to know about it.



In June, we will follow up our miracle Moms stories by honoring fathers. We want to know what you learned from your Pop. If you learned how to whistle, ride a bike or build a birdhouse from your dear ol' Dad, tell us all about it. The deadline for stories is April 15.

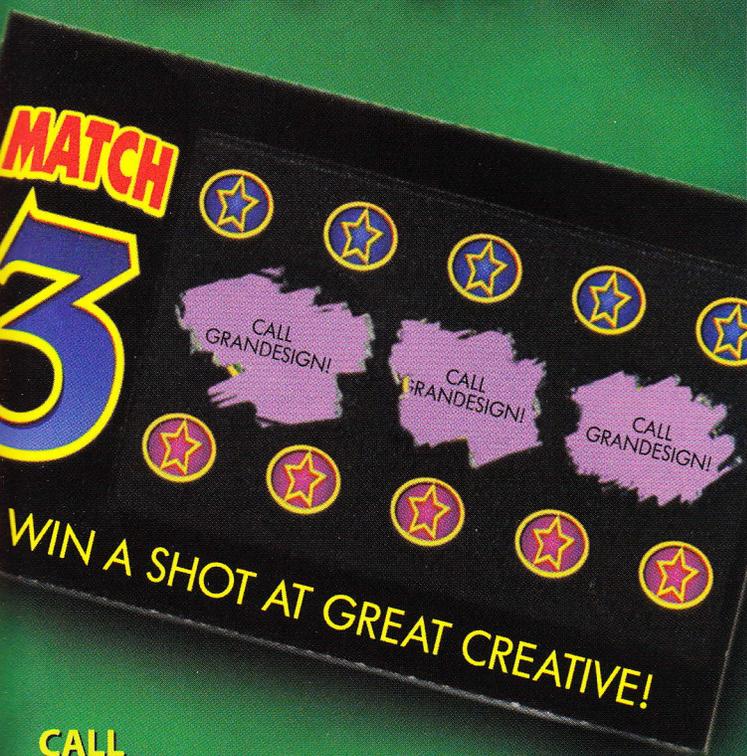
Please send in your Uniformed and Unique nominations. We want to honor our armed forces heroes as well as the tireless city workers in our fire departments and law enforcement agencies. But we need your input to do that. The deadline for entries is May 1.

Please e-mail us at editor@vspublishing.com. We look forward to hearing from you.



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Orlando Fire Stations *Go Green*

By Matt Bendell



As part of the City of Orlando's "going green" initiative, newly constructed East Orlando fire stations are being built with environmental responsibility in mind.

With all the enthusiasm surrounding the ever popular subject of "going green," some may find it difficult to decipher whether this cleaner way of living is just a fad, or whether these positive lifestyle changes are here to stay. Whether it's using cloth bags at the grocery store, riding our bikes to work or watering our lawns less frequently, we can all play a role in minimizing the consumption of Central Florida's natural resources and, in turn, make our communities better places to live.

The City of Orlando is striving to make a long-term ecological difference through Mayor Buddy Dyer's green initiative. This program, titled Green Works Orlando, is designed to provide residents the tools and information they need to become more environmentally responsible, conserve natural resources, increase the amount of trees and green spaces in the city and invest in green buildings, vehicles and materials.

OFD Goes Green

Although their fire trucks are still the customary red, the Orlando Fire Department has opted to go green with the first "green certified" firehouse, which opened in Lake Nona last September. Having obtained the Leadership in Energy and Environmental Design (LEED) certification, Lake Nona Fire Station 15, located at Narcoossee Road and Savannah Park Drive, was the first "green" firehouse in the state of Florida and set a benchmark for other city building projects to comply with LEED certification stanards.

According to Deputy Fire Chief **Mark Oakes**, the new "green" firehouses will minimize maintenance costs in the future and leave less of an environmental footprint on the community landscape. With Orlando's population on the rise, it's crucial to maintain an adequate response time to 911 emergencies while still maintaining the eco-friendly initiatives set forth by the Green Works Orlando program.

"The Orlando Fire Department was recently awarded the Insurance Service Organization's highest rating," Oakes says. "Our goal is to have one fire station every two road miles with an average response time of four minutes.

Lake Nona Fire Station 15 (above) was completed in September and sports a brightly painted green roof to complement its lush landscaping and other "green" specifications, like pre-cast "tilt" concrete walls (right).



Lower Maintenance, Longer Service

Chief Oakes oversaw the construction process from start to finish of the Lake Nona firehouse and says that numerous specifications needed to be taken into account in obtaining LEED certification here in the state of Florida. He says that some of the unique design aspects of the firehouse include pre-cast "tilt" concrete walls, immediate disposal or recycling of construction materials, more grass or landscaping on the lot and a concrete driveway to reflect heat rather than absorb it, as asphalt does.

"Having motion detected lights, metal roofs and reclaimed water for irrigation also helps to lower maintenance costs," Oakes says. The City of Orlando is planning to have all new construction projects meet LEED certification standards with more firehouses following suit alongside Lake Nona Fire Station 15 in the coming months.

"These new 'green' firehouses will be in service for at least 30 to 50 years, saving taxpayers significant amounts in both energy costs and rising construction costs," Oakes says. Two of the new "green" stations currently under construction are Station 16, at Lake Nona Boulevard and Nona Gate Drive, and Station 14, at Econlockhatchee Trail and Lee Vista Road. ■



To find out more about Green Works Orlando and "green" buildings, visit www.CentralFlorida-Lifestyle.com.