

MAY 2016

EARTH REFLECTION

“Love all of God’s creations, the whole of it, and every grain of sand. Love every leaf, every ray of God’s light! Love the animals. Love the plants; love everything. If you love everything, you will soon perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love.”

Quote from Fyodor Dostoevsky, 1821-1881, Russian novelist, journalist, philosopher
Submitted by St. Luke’s Methodist Church —Green Team “Daily Meditation”

THIS IS 'BIKE TO WORK WEEK'

Keep your car at home this week and enjoy spring fresh air, get your exercise and be green during this "bike to work" in Dubuque from tomorrow, May 16 through Sat., May 21. Join/register and plan to bike, walk, carpool, take public transit (The Jule) or ride a unicycle; just say “no” to your single-passenger motorized vehicle.

- So, **register today** to participate. Go to www.Trailvision.org and click "Bike to Work Week" on top of the website.
- Be part of a healthier lifestyle, decrease traffic congestion, lessen parking constraints, and reduce greenhouse gas emissions and have lots of fun.

Tri-State Trail Vision • Bike Co-op

THINK GREEN at the FARMERS MARKET

Think about garden-fresh, locally grown asparagus, lettuce, spinach, radishes, scallions, rhubarb. So appealing and yummy, right? Plan now to ATTEND next week’s downtown farmers market, located near City Hall, and surrounding blocks. While there, buy herb seedlings and flowering plants. Produce is from local markets, brought in for the day and all Saturdays through October, 7:00-noon. While there buying fruits and veggies, look for vendors selling grass-fed meat for your table. And many organic vendors. To eliminate plastic bags to carry home your purchases, be sure to bring your own cloth totes. Happy green shopping!