

glimpse of what goes on “behind the scenes.” There were two large, beautiful, movable cocktail bars made out of 120-year-old reclaimed barn wood—quite the conversation pieces. She opened up a door to the outside, and we shuffled out to find a long wall of tankless “on-demand” hot water heating systems. Tankless water heaters are more energy efficient than typical tank water heaters because they don’t constantly

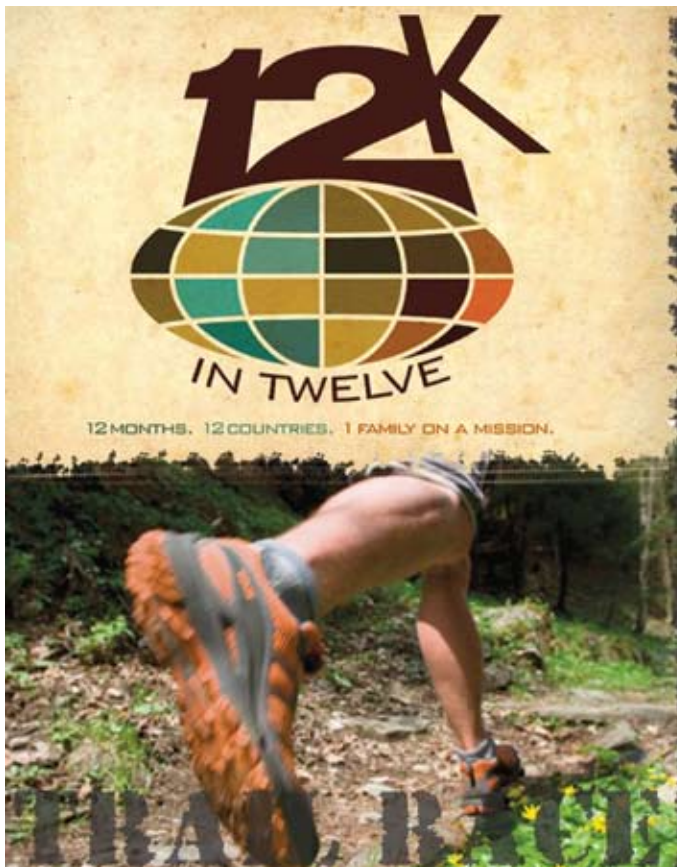
lose heat energy trying to keep a volume of water hot day and night. She explained that underneath the parking lot there is a cistern that holds collected rainwater from the roof and air conditioners for outside watering. “Don’t waste a drop, right?” she said with a smile, as we headed back inside.

Walking around the restaurant, called Sporting News Grill, Raven pointed to the bar chairs, which were very orange. Before I realized it, she said the stools were made out of basketball leather. “So, that’s what happens to all of those discarded basketballs,” I thought to myself, as I reminisced about being as deflated as the ball when mine would pop as a kid. We got in the elevator and made our way up to one of the rooms. It was a regular, nice-looking hotel room with a huge king-size bed. The photography in the room was from

a local artist, which was a nice change from the usual decor one finds in hotel rooms. The toilets were water-saving low-flow units, and the little fridge was perfect to house my special organic veggie juice that I would bring from home if I were an overnight guest at the hotel.

All in all, even the pickiest of green travelers would have only the best reviews for this full-service hotel. The interior was warm and inviting, even including rock salt lamps and low-VOC flooring. The outside was clean and well kept, but the in-town airport location is busy and noisy—a contrast to the serene ambiance inside. As for the service, I had a great time with Raven. On my scale of greenness, I would award it a “forest green” rating of very good.

For more info and to arrange tours or events at the hotel, call Raven Yonemura at 803-391-4000.



12K Trail Race FOR TWELVE IN TWELVE

APRIL 23RD, 2011
AND BUNNY HOP (1.2 Mile Run / Walk) with
EASTER EGG HUNT

BRING THE FAMILY!!!

8:00AM - REGISTRATION
9:00AM - 12K RACE TIME
12NOON - 1.2 MILE RUN/WALK BUNNY HOP
2PM - EASTER EGG HUNT

RACE REGISTRATION:

includes T-Shirt, Gift Bag (Promo Materials), Raffle Tickets for Door Prizes, and parking and entrance to White Water Rafting Center.

1.2 MILE BUNNY HOP AND EASTER EGG HUNT

includes Gift Bag for Kids and Easter Egg Hunt - Raffle Prizes includes parking and entrance to White Water Rafting Center.

TO REGISTER FOR RACE:

<http://www.usnwc.org/> GO TO "EVENTS"



and municipal landfill. For kids, worm composting gives food preparation a special mission: The worms must be fed!

Worm composting, also known as vermiculture, produces nutrient-rich worm castings. In kid parlance, that's "worm poop." This organic matter provides the perfect soil conditioner and organic food for plants, indoors and out. It's also easy to harvest the liquid (worm tea) from the compost and dilute it with water to sprinkle any garden with an extra dose of natural fertilizer. Both will promote strong, healthy plants that are resistant to disease.

Our family has maintained a four-level worm bin just outside our

offers both a deluxe bin and inexpensive do-it-yourself worm bin kit at *GrowOrganic.com*. Or, find step-by-step instructions to build your own at the educational website, *RedWormComposting.com*, which also lists reputable sources for worms (the pictures alone are enough to juice kids' interest).

Keep these tips in mind for successful composting, indoors or out:

■ The best worms for composting are red wigglers. According to the Peaceful Valley company, one or two pounds of mature red worms can convert 3.5 to 7 pounds of food scraps into castings in one week.

■ Newspaper provides cover. Shred or tear old newspapers into strips and place a fluffy layer on top to cover food scraps and discourage flies. Also use paper on the bottom to provide bedding for the worms.

■ Keep the worm bin moist. Periodic spritzing with a spray bottle or fine mist from the hose will keep wigglers moisturized and on the move.

■ Worms prefer a vegetarian diet; so don't add cheese or meat scraps to the compost pile. Do feel free to toss in cereal, grains and rinsed, crushed eggshells. If possible, chop up all vegetable waste prior to adding it to your bin to speed up the composting process.

Jessica Iclisoy, the founder of California Baby natural baby care products, writes about natural living and backyard organic gardening in Beverly Hills, CA. She also maintains two worm bins and three composters. Connect at Jessica@CaliforniaBaby.com.

KIDS DIG WORM COMPOSTING

Red Wigglers Turn Kitchen Scraps into Gardening Gold

by Jessica Iclisoy

Your family loves to shop at area farmers' markets, investigating greens and other veggies to make meals bursting with vitamins and minerals. Yet, it's not always easy raising children who love to eat the fruits, veggies and salad makings you tote home. So consider mixing in a strategic science lesson—all you need are a few thousand wiggly worm friends to gobble up kitchen scraps; waste that would normally go into the trash

kitchen door for five years, and for me, the hardest part of getting started was opening the box of wigglers. Now, we have more worm castings and worm tea than I can use, so I routinely pack up the castings into resealable plastic bags, pour the tea into bottles, and use both as much-welcomed gifts.

A well-designed worm composter is opaque and has a secure lid and ventilation holes. Peaceful Valley Farm & Garden Supply, in Grass Valley, CA,

Basil has gone CRAZY!

Friday, April 15th

practically everything in the store
will be **20% OFF 8am - 8pm**

Rosewood Market

2803 Rosewood Dr

Don't Miss Out!

*Deli not included.
Other exclusions may apply.*

803.530.3270

CONCERNED ABOUT KEEPING YOUR HOME CLEAN

WITHOUT HARSH CHEMICALS?

sleep tight tonight knowing your home
is as clean as it can be...naturally!

enzyme-based cleaning product® helps control allergies
vacuuming and steam/vapor cleaning equipment

American Hygenics LLC, Columbia

Call 800-750-6909 or 803-238-0020

to schedule your free 30 minute consultation today!

www.americanhygenics.com

