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Issue 2

The scoop of the day

February birth flowers are Violets and Primroses

These purple-hued blooms are a symbol of modesty, faithfulness, and virtue. In the Victorian era, a gift of Violets or Primroses was a declaration of love.



During times like these when unsustainable growth and development is the norm rather than the exception – how refreshing it was to hear the plans of our guest speakers – 13th Floor Builders. We all want to see butterfly jungles, wildlife preserves and babbling brooks in our community. But that’s not the reality. This is a CITY. We’re five minutes from myriad restaurants, shopping, groceries, car repair shops, thoroughfares, mass transit and a nail salon! That qualifies as a City. There will be development and River Oaks is one of the affordable neighborhoods ripe for development.

That being the case, my hope is to see upscale single-family homes and duplexes. Soon, we’re going to see just that! 13th Floor Builders is developing a gated, upscale community right on 15th Avenue, consisting of single-family homes. We’ve asked the developer for certain aesthetic amenities and are confident that they’ll provide them. We’re getting better – bigger and better!

Remember to come to our next meeting. Always the 3rd Thursday of the month at Church of the Nazarene.

Also, thank you for visiting our website www.riveroakscivicsassociation.com. It was created by the talented website developer, Lori Tanner. If you’re in the market for web design, get in touch with her. Lori’s prices are very reasonable.



Five ways to practice sustainability this February

Show love to others and the environment this month.

Whether for Valentine's Day, Palentine's Day or simply getting through the winter, here are five ways you can show love to the environment while celebrating those you care about.



1. Reimagine a nice meal.

If you're cooking for or with a special someone, consider making a vegetarian dish the star of the show. Not only are veggie-forward dishes easy on the wallet, but also they are more eco-friendly than meat-centric dishes. As you cook, throw veggie and other scraps in your food scraps container to be composted. Try simple yet flavorful chole, nutrient dense lentil soup, or stick-to-your-bones pasta.

2. Give recyclable greeting cards.

If you're a lover of the traditional greeting card, try finding (or making) cards that are recyclable. Look for cards or supplies made of plain paper or cardstock. Greeting cards with glitter, foil or other non-paper elements are not recyclable. If you receive a card that lights up or has sound, make sure to bring it to a household hazardous waste collection site so the battery inside is properly disposed.

3. Take a loved one on a reuse-focused outing.

Looking for a celebratory activity? Consider perusing local thrift stores, consignment shops and salvage companies for an afternoon with your loved one. The reuse market is alive and strong in the Twin Cities, where you can find one-of-a-kind pieces that are being kept out of the waste stream and are often less expensive than buying new.

4. Volunteer to show love to your community.

Several organizations in the area benefit not only the community, but also the environment. Consider volunteering your time and talent to help those in need, especially during the hard winter months. Some local organizations Ramsey County has worked with include [Second Harvest Heartland](#), [Bridging](#) and [Better Futures Minnesota](#).

5. Read the entire [A to Z Recycling & Disposal Guide](#) with your significant other.

Just kidding. But you *could* learn how to properly recycle or dispose of seasonal items, like [space heaters](#), old cold and flu [medicine](#) and [snowblowers](#). Maybe it's not the most romantic gesture, but your future self (and the environment) will thank you.

However you spend your time this February, inject some sustainable tender loving care that is good for your loved ones, yourself and the planet!

This article is featured in Green Ramsey, an environmental health newsletter from Ramsey County. Learn more about and subscribe to [Green Ramsey](#).

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