

green scene



CRUISE THROUGH 2009 BY GOING GREEN

The New E-Bikeboard Is Eco Friendly, Durable, Compact and Fun

Now in stores in Arizona, the diverse environmentally friendly ride has zero emission, is economically friendly, durable, compact and fun. The E-Bikeboard is an electric motor-driven transporter powered by two rechargeable Lithium Polymer batteries.

E-Bikeboard models include:

- S500X - comes with a 500 watt electric motor and street wheels. It is capable of obtaining speeds of up to 15 mph and a range of up to 35 miles on a single charge.
- S1000 - comes with a 1000 watt electric motor and street wheels.
- K1000 - comes with a 1000 watt electric motor and off-road wheels. The model is built for heavy on and off road use. The maximum speed is 20 mph and is ideal for outdoor settings with off-road and incline use.

The E-Bikeboard is available at:

The Electric Toy Store - Village of Oak Creek
At the Plaza 6530 Highway 179 Sedona

The Electric Toy Store - Hillside
671 Highway 179 Sedona
www.swissbikeboard.com

FIVE VACATION TIPS -

Taking it Easy Can be Easy on You and the Planet Dana G Mayer

If you suffer from “greenfatigue” as you embark on your journey to clean up your life, it’s time to take a break—a green one that this... a vacation that supports your health and the health of the planet. Travel represents one of the biggest ticket items in your annual spending and also offers the opportunity protect the planet and your loved ones. You vote with your dollars every day—supporting businesses that share your values—and now you can do the same on vacation. More than ever before, it is possible to take a green vacation without compromising your lifestyle or your values. And if you’re up for a little compromise and responsibility, your choices look even better.

The world of green travel is no longer limited to “eco” safaris, camping, and yurts. There’s an array of options from eco-cheap to deluxe, combining modern amenities and principles for social responsibility. World-class standards now come without the loss of local character and care. Try these tips for traveling green, they’re tested enough to hold up to a deep greenie’s scrutiny and posh enough to hold up to a comfort-seeker’s good taste.

1. Avoid the Bird’s-Eye View. Drive - don’t fly. One flight can produce as much carbon as an entire year of driving a Toyota Camry. This is one reason many travelers choose a staycation—staying close to home, as opposed to jetting off to exotic destinations.

Candlewood Retreat in Clarkdale, AZ offers views, massage, Internet, and the opportunity to see how going green does not have to compromise your lifestyle. Owners Rennie and Andrea went further than a light green—they avoided destroying the natural landscape with permaculture and operate meeting and guest rooms completely off the grid. Twenty years of walking their talk in the healing arts and architecture makes them the ideal hosts for a family eco holiday.

2. Truth in Travel. “Eco” destinations often do more harm to the local economy and environment than the good they do educating us about nature. And many hotels have jumped on the green bandwagon simply by posting signs for guest towel and water use programs. While compact fluorescent light bulbs (CFLs) can cut energy use, they alone do not a green lodging make. Plus the bulbs contain mercury, more of which we don’t need leaching out of landfills into the water supply.

Ask what makes the lodging green. Responsible accommodations can usually demonstrate five or more ways that they reuse and recycle waste and reduce energy use and consumption. This is often called the “three Rs,” Reuse, Recycle, Reduce. An establishment that is serious about health and responsibility will have written policies, see a good example online at: ecoluxurylodging.com/pdf/WhatMakesUsGreen.pdf.

3. Small Is The New Big. Smaller footprints mean bigger savings, sometimes for you and definitely for Mother Earth. Think boutique hotel instead of a chain. Think vacation home instead of resort. Using the Internet to find an eco-friendly vacation rental turns up private home owners and vacation rental sites, including VRBO and Vacation Rentals 411. HomeAway offers guarantees for the properties

listed—protecting renters from disreputable home owners, allowing you to go green with peace of mind.

4. Sense of Place. Deluxe can be predictably cookie-cutter, could-be-anywhere, with corporate furnishings and marble bathrooms. Look for lodging that offers genuine atmosphere without losing its connection to the environment and community—in the post-modern world, luxury goes local.

Los Poblanos Inn, in New Mexico with its 25 acres of lavender and organic vegetable gardens, ponds, stone walkways, and flawless comforts is just one of many travel companies revising the standards of excellence upwards by including responsible practices. Policies state twelve practices demonstrating their commitment to “ecological consciousness,” including hosting a CSA (community supported agriculture).

5. Breathing Room. Go green by staying in healthy homes and hotels that use green cleaning practices, provide RO (reverse osmosis) filtered water, and are designed with natural finishes and furnishings. One of the hottest amenities in hotels is “pure” rooms that are hypoallergenic. But you don’t have to have allergies to benefit. Indoor air is two times more polluted than outdoor air. It lurks in flame retardants in mattresses, upholstery, and electronics, and in carcinogenic and respiratory irritating VOCs (volatile organic compounds). It oozes formaldehyde out of drywall, plywood, and carpeting, and emits phthalates from products including shower curtains. These pollutants can cause nausea and dizziness or harm the liver and kidneys. Even if you don’t have allergies, avoiding this stuff can only be a good idea.

You can sleep soundly knowing the air and bedding is pure at places committed to health environments like Joi de Vivre hotels in California and EcoLuxury Lodging in Arizona. Or check listings on www.Smoke-FreeHotels.com.



MEDICINAL PLANTS ON VERGE OF EXTINCTION

Rob Edwards

The health of millions could be at risk because medicinal plants used to make traditional remedies, including drugs to combat cancer and malaria, are being overexploited. "The loss of medicinal plant diversity is a quiet disaster," says Sara Oldfield, secretary general of the NGO Botanic Gardens Conservation International.

Most people worldwide rely on herbal medicines obtained mostly from wild plants. But some 15,000 of 50,000 medicinal species are under threat of extinction, according to a report this week from international conservation group Plantlife.

Commercial over-harvesting does the most harm, though pollution, competition from invasive species and habitat destruction all contribute.

Medicinal trees at risk include the Himalayan yew, *Taxus wallichiana*, a source of the anti-cancer drug, *paclitaxel*; the pepperbark tree, *Warburgia*, which yields an anti-malarial; and the African cherry *Prunus africana*, an extract from which is used to treat a prostate condition.

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TEARS OF NATURE BY

Columbian-American artist, Juan Bernal offers an alternative to Soho's edgy canvases. Having escaped from an era of violence in his homeland, Bernal depicts the peace and promise of the natural world. His paintings are visual prayers for the survival of humanity and the environment.

www.juanbernal.com
www.muralcreation.com

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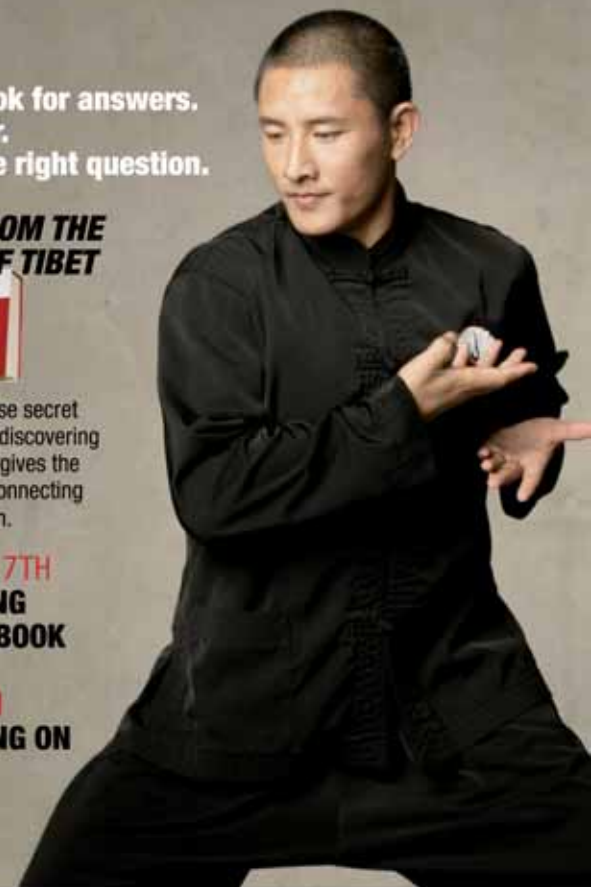
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For more information: tulkulamalobsang.org
Julie Stewart • 480-203-8679
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