

Meetings continued from page 1

You won't want to miss this one for ambiance and elegantly-prepared, delicious food! Japanese and Chinese offerings include over 30 vegetarian dishes such as vegan chicken, beef, pork and duck. We will ask the restaurant owner to prepare us a selection of vegan entrees that we will share family-style. Please RSVP to Grace Holden by January 15th at: gmh829@aol.com. Mei's Asian Bistro is located at 3434 Washington Blvd in Arlington (behind Arlington GMU campus and within walking distance of the Virginia Square Metro on the Orange Line).

**Saturday, February 9, 11 am
Come shop with us at the new Roots store in Olney, MD**

Join us on the Saturday before Valentine's Day to pick out some special treats for the special someone in your life, or to enjoy with family and friends. Meet at the new Roots store in Olney for a guided tour of their healthful, organic produce and a demo of easy-to-prepare recipes. Please RSVP to BJ Altshul by February 7 at bjsearth@hotmail.com or call 240-603-8454. The store is located at 16800 Georgia Avenue in Olney.

ARLINGTON ENVIRONMENTAL ISSUE MEETING

Wednesday, February 27, 7:30 - 9 pm.

Arlington Parent Network Meeting on Environmental Issues

Beyond the Fresh AIRE initiative, what is being done in Arlington and what each person can do to contribute to the effort? Join APN for a panel discussion with question and answer period. Currently scheduled to attend are: Arlington County Energy Manager John Morrill; Arlington Public School Energy Manager Kevin Chisholm; and Arlingtonians for a Clean Environment Director Eleanor Hodges. The meeting will be held at the H-B Woodlawn Secondary Program cafeteria at 4100 Vacation Lane in Arlington. For more information, contact Rick Keller at rkeller49@gmail.com.

THE METROPOLITAN WASHINGTON REGIONAL OUTINGS PROGRAM (MWROP)

at mwrop.org/index.html provides a wide range of mostly day hikes in our area led by experienced hike leaders. Instead of these traditional hikes, the Mount Vernon Group Sierra Club offers various alternative outings and social events as follows. For information on any additional offerings, please see our web site at virginia.sierraclub.org/mvg/.

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Inside**

Food Challenge, from page 2

can find one most days of the week."

As part of the challenge, we also featured several events to showcase local foods. On July 30th and October 22nd we partnered with Arlingtonians for a Clean Environment to host local foods cooking classes. A total of 50 people gathered to help prepare and eat such tasty recipes as green gazpacho salad; ratatouille; corn, tomato, and zucchini soup; mushroom nut pate; and berry peach parfait at the July class. In October we enjoyed preparing apple crisp; squash soup; sweet potato biscuits; winter ratatouille; and arugula, feta, and apple salad.

On August 19, the True Cost of Food campaign organizers coordinated a visit to Stoney Lonesome Farm in Gainesville, VA. Visitors got to help with the harvest, enjoy a vegan potluck lunch, and toured the farm.

So take inspiration from those who stepped up to the Challenge, and do your bit to help slow global warming. You can do this by eschewing food shipped from across the country and instead choose fresh, locally-grown goods. Many local farmers markets, including the Arlington Farmers Market near the Courthouse and the Dupont Circle Farmers Market, are open year-round; head out soon to support your farmers and enjoy our region's bounty!

Mirant, continued from page 1

stall additional pollution controls if the stack merge will lead to increased emission. The permit will be drafted in December and then available for public comment for a 30-day period. Alexandria city officials consider the Board's action to be a victory.

The Air Pollution Control Board faces its own challenges, though, as it deals with two lawsuits brought by the Mirant Corporation over its earlier permitting decisions for the PRGS. In the first lawsuit, Mirant objects to the terms of the interim operating permit under which the plant is currently functioning; the second lawsuit concerns the Air Board's decision to require Mirant to obtain a permit to proceed with the stack merge. Both suits will be heard in Richmond Circuit Court sometime in 2008.

The Board is also under fire from elected officials in Virginia, notably Governor Tim Kaine and State Senate Majority Leader Dick Saslaw. Kaine, Saslaw and some other state officials favor a consolidation of the state's Air Pollution, Water, and Solid Waste Control Boards. The move would strip the Boards of any permitting (enforcement) authority, relegating them to a softer advisory role. Activists are also concerned that the consolidation would mean less transparency and opportunity for public input. The Virginia Chapter of the Sierra Club, the Alexandria City Council and Delegate David Englin are among those fighting the consolidation of these regulatory and enforcement Boards, which will be taken up by the General Assembly during its winter legislative session.

How you can help: contact your Delegate and State Senator and let them know you oppose any legislation that would consolidate the Air, Water, and Solid Waste Boards. This is particularly important if you live in Senator Saslaw's district. Also, consider participating in Lobby Day in Richmond in January. Find out more on the Sierra Club's Virginia Chapter web site at virginia.sierraclub.org/legislative/tracker/index.html.

Promise to Mom, continued from page 1

caulking in our homes or apartments.

2. Transportation

There are several ways to make Mom beam with pride:

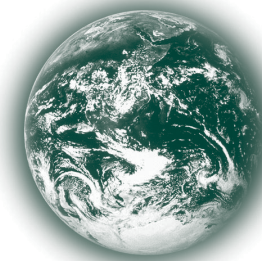
- Walk or ride a bicycle to work.
- Carpool or take public transportation to work.
- Buy a hybrid.
- Cut driving by 30%. Although this requires planning, practice, carpools and care, it is a lifestyle change most of us

3. Food

Give up eating beef and dairy. Whether organic, local, or factory-farmed, cattle are the most destructive animals we could foist off on our long-suffering Mother Earth.

- Their flatulence and burps fill the air with greenhouse gases.
- Their hooves, grazing, and weight destroy Mom's surface.
- Their manure fouls Mom's waters.
- The slaughter, preservation, and transportation of their flesh use an immense amount of fossil fuel.

Let's hear it for MOM!!



further the Sierra Club's work, and I hope you'll join us in our efforts!

Pat Soriano. It's been great this past year to see more local governments in northern Virginia begin to take action to stop climate change. However, pledges are only the first step, and we need to engage with local governments to monitor those commitments. We need to ensure that these local pledges translate into meaningful reductions in carbon emissions. Hopefully, our state government will make its own pledge soon, and our national government will finally see what a growing number of localities do – that global warming is real!

I would appreciate your vote for the Mount Vernon Group Executive Committee to continue doing my part. If you have any questions, ideas, or would like to join us, contact me at patemail@comcast.net.

Rob Swennes. I am completing my third two-year term as a member of the Executive Committee (ExCom) of the Mount Vernon Group. Thanks are due to several people in the Group's leadership who spend many hours each month ensuring that the Group functions well and tackles the key environmental issues in the region.

I serve as Secretary to the Group and also handle membership matters. I also administer the Group's announcement listserv established so that the 4000+ members of the Group can get

more timely reminders of upcoming Club meetings, socials and action activities. Have you subscribed to the listserv? (Information on subscribing is in this newsletter.)

As a long-term Arlington resident, I am active in many civic matters. I'm a lifelong cyclist and work actively with the Washington Area Bicyclist Association and the Arlington Bicycle Advisory Committee. For several years I served on the County's Transportation Committee, the final two years as Chair. I'm completing my second year as Chair of the Neighborhood Conservation Advisory Committee in Arlington—a unique program to conserve and upgrade our traditional neighborhoods rather than let them deteriorate.

I have for many years been working to get citizens of all ages access to the Potomac River in Arlington for non-motorized recreation (rowing and paddling). This can be done in an environmentally responsible way that will also give a broad range of people better understanding of how our river ecosystem functions and how it can be best protected. A key interest of mine recently is ensuring that major community recycling programs have and follow measurable standards to establish their effectiveness. If reelected to the Executive Committee, I will continue to pursue these initiatives and others to improve the quality of life for all in Northern Virginia.

MVG Executive Committee Ballot

Please vote for no more than four candidates. If you have a joint membership, please use both columns – one for each member voting. After marking your votes, please cut and fold the ballot and seal with tape, stamp and mail with the mailing label on the inside of the ballot. Please do not remove the label or cross out your membership number or you will invalidate your ballot. *Please mail your ballot by January 15, 2008, to: Andrew Nicholls, 6914 Farragut Avenue, Falls Church, VA 22042.*

	SINGLE MEMBERSHIP	JOINT MEMBERSHIP
Jenny Abel	<input type="checkbox"/>	<input type="checkbox"/>
Mary Kadera	<input type="checkbox"/>	<input type="checkbox"/>
Rob Swennes	<input type="checkbox"/>	<input type="checkbox"/>
Pat Soriano	<input type="checkbox"/>	<input type="checkbox"/>

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