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Revive the Greenbelt! Two Hundred New Trees and Shrubs Planted in Wheat Ridge

Eighty enthusiastic volunteers planted two hundred new trees and shrubs in the Wheat Ridge Greenbelt on April 27, a beautiful sunny Saturday morning. Wheat Ridge Revive the Greenbelt! is a community forestry project that uses strategic tree selection, planting, and maintenance to restore and revitalize the Clear Creek waterway. The project site, just south of Prospect Park in Wheat Ridge, faces multiple environmental challenges, including invasive species, degraded waterways, canopy loss, and low tree transplant survival. With support from Xcel Energy and the Colorado State Forest Service Urban Waters Federal Partnership, IES conducted an environmental analysis, developed a strategic landscape plan, and hosted the April tree-planting event. Project partners also included the City of



Wheat Ridge, Urban Drainage and Flood Control District, Confluent Design, and Bios Landscape Design Research. Volunteers were coached and assisted by IES team members and staff members from the City of Wheat Ridge. Everyone enjoyed breakfast donated by Einstein Bros Bagels and Starbucks, and pizza lunch contributed by MyPie, Michael and Shannon Haney, and Margaret Paget. Xcel Energy, key sponsor of Revive the Greenbelt, sent a team of volunteers to plant trees. According to Xcel's volunteer coordinator, "they all had a great time. Thanks for the great coordination of the event!" More information: Michael Haney, Project Manager, MHaney@i4es.org.

Seventy New Blue Crew Water Stewards at Mitchell Elementary School in Golden



The entire sixth grade class at Mitchell Elementary School in Golden became Blue Crew Water Stewards in April. The Contaminants of Emerging Concern (CEC) Team provided its first Blue Crew Water Stewards three-workshop program to give Mitchell students an in-depth understanding of these



dangerous contaminants and to train them to reduce their personal exposure. CECs are chemical compounds found in many common household products that may pose a serious threat to both human and environmental health, but are both unnecessary and unregulated. IES’s Blue Crew Water Stewards Program teaches elementary students about CECs and their risks so the students can decrease their use of CEC-containing products and reduce water contamination. The 3 April workshops focused on the contaminants bisphenol-A (BPA),

DEET, and BHA. Each workshop featured interactive games and activities. The students made their own DEET-free insect repellent spray and BHA-free snacks. Students were challenged to reduce their chemical footprint by using fewer disposable containers that contain BPA. All three sixth grade classrooms were successful in reducing their chemical footprint. Every student was rewarded with a Jamba Juice smoothie to celebrate their success. IES is now developing a Workshop in a Box to reach more schools and more students. Information: Patrick DePriest, CEC Project Coordinator, depriestp@i4es.org.



Clean and Green in Centennial

The IES Contaminants of Emerging Concern (CEC) project team presented “Do-it-Yourself: Clean and Green” Workshops at two Koelbel and Smoky Hill Libraries in Centennial in April. The workshops informed participants about CECs and provided easy, inexpensive and contaminant-free alternatives to commercial cleaning products. The presentation highlighted where CECs are found, how to reduce your exposure and how to reduce water pollution. Enthusiastic participants made two cleaning products to take home, including soft scrubber, all-purpose cleaner, glass cleaner, shower cleaner and



purpose cleaner, glass cleaner, shower cleaner and wood cleaner. Cleaning product ingredients included vinegar, lemon juice, baking soda, borax, and water – ingredients that are likely already in your home! Each participant also received a bag of free samples of laundry detergent, liquid soap, and coupons



donated by BioKleen, Earth Friendly Products, Seventh Generation, and Vaska. Participants also took home CEC-free cleaning product recipes and health information about CECs. The IES CEC team had a great time educating and sharing our passion for clean water with workshop participants. Kris Chips, Adult and Teen Program Specialist at the Arapahoe Library District wrote, “The attendees and staff loved it. They enjoyed the hands-on activities, the knowledge your presenters had and their willingness to answer questions. Congratulations on providing such a timely topic!” More information: Andrea Stucky, Senior IES Intern, andrea@i4es.org.

Trees and Happiness

A major UK study published in April 2013 in Psychological Science concludes that people living in urban areas have a greater sense of wellbeing and happiness when there are more green spaces present. The study followed 10,000 adults over an 18-year period and examined the impacts of green space through self-reported experiences. When controlling for other variables that may influence wellbeing and happiness such as income, employment status, marital status, health, housing situation, and crime rates, green spaces were shown to have positive effects. Overall, mental distress and life satisfaction were higher compared to areas with less green space.

The study also compared the effects of living in areas with green spaces to other major life changes. Living in an area with green space had as much as one tenth of the positive effect as being employed versus unemployed. The study concludes that, while the effects of urbanization may be small on the individual scale, at a population level the effects accumulate and can have a significant



population level the effects accumulate and can have a significant effect overall. Source: White, M. P. April 23, 2013. "Would You Be Happier Living in a Greener Urban Area? A Fixed-Effects Analysis of Panel Data." Psychological Science.

Tree Huggers Sought to Care for New Trees and Shrubs in the Wheat Ridge Greenbelt

IES is recruiting volunteer tree stewards to water the newly planted trees in the Wheat Ridge Greenbelt. The Tree Stewards program will be an excellent opportunity for volunteer groups to get outside, enjoy nature, learn about urban forestry, and



contribute to the environmental health of our community. Volunteers will receive special training and support. Volunteer commitments will be tailored to each group and individual so that everyone has a good time. If you would like to volunteer, please email Solutions@i4es.org or call 720-295-4437.

IES Institute News

IES welcomes new project team members: Jodi Jones joined the CEC Project Team while working on her Master of Applied Science at the University of Denver. She has a B.S. in Political Science from Shepherd University in West Virginia. Alex Key is completing a Master of Science degree in Environmental Science at the University of Colorado Denver, specializing in water quality. He has a Bachelor's Degree from Georgia State University in Atlanta.

The IES Board of Directors has two additional openings for energetic professionals who want to ensure the application of sound scientific solutions to our pressing environmental challenges. Please contact IES Board Member, Sarah Bourassa, sarah.bourassa@hoganlovells.com, for a position description and application.

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