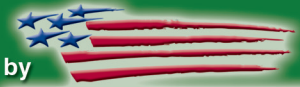


LIVING GREEN NEWS

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ONOFRIO CONSTRUCTION INC

Water Conservation Tip

Recycle water from your roof to give your thirsty plants some H₂O.

There are two methods to collect rain water from your roof.

The first and less expensive method is to re-use empty water jugs or gallons. Dig a very small hole under the spout of any gutter or where water naturally pours off from the roof. Place an empty, clean container in this small hole so that the rain water will pour out of the gutter's spout and into the container. This makes the entire roof a giant funnel, so even a slight sprinkle of rain will fill several gallons quickly. Just remember to clean your roof and gutters, since you want to minimize the debris entering into the containers. You will want to keep bugs, especially mosquitoes, away from the water. Either use a mesh screen or netting with a rubber band over the container's opening to keep out even the smallest bugs.

The second and more costly method is to use a rain barrel that many home centers carry in stock. A rain barrel is typically a 50 to 80 gallon container that collects and stores rain water from rain gutters. The advantage of using such a large container is that you will collect a larger amount of water. This is recommended if you have a large garden or yard. Rain barrels usually come with their own mesh screen, water faucet, and water run off system in case it rains too much for the barrel to store.

Remodeling Tip

Are you thinking about doing some remodeling this year? Why not use materials that are made up of recycled components? Home centers are now carrying these materials. This goes a long way in preserving our planet's rich natural resources.

Interesting Fact

Did you know that a large front yard tree can intercept 760 gallons of rainfall in its crown, thereby reducing runoff of polluted storm water and flooding?

www.treepeople.org

Energy Conservation Tip

Stop air leaks around windows and doors with caulk or weather stripping. Air leaks can rob your house of heat in the winter or make it too humid in the summer. As much as 40 percent of your heating and cooling costs can be due to air leaks.

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March Madness is Here Sports Fans and this is the perfect recipe for a Thick Man Chilli while watching your favorite teams on TV!

Contrary to the title, it doesn't have men in it. However it is a man's best friend, it's thick, not as tomato-ey as most chili's. Best served with fresh corn bread.



Ingredients:

- 5 pounds lean ground beef
- 2 (10 ounce) cans tomato sauce
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 3/4 cup chili powder
- 1 cup water

Directions:

Place the ground beef in a large pot over medium-high heat. Cook, stirring to crumble, until evenly browned. Drain off grease. Place the pot over medium heat, and add the onion, garlic, green pepper, red pepper and kidney beans. Cook and stir for a few minutes. Stir in the tomato sauce and water, and season with chili powder. Simmer over low heat for 40 minutes uncovered.