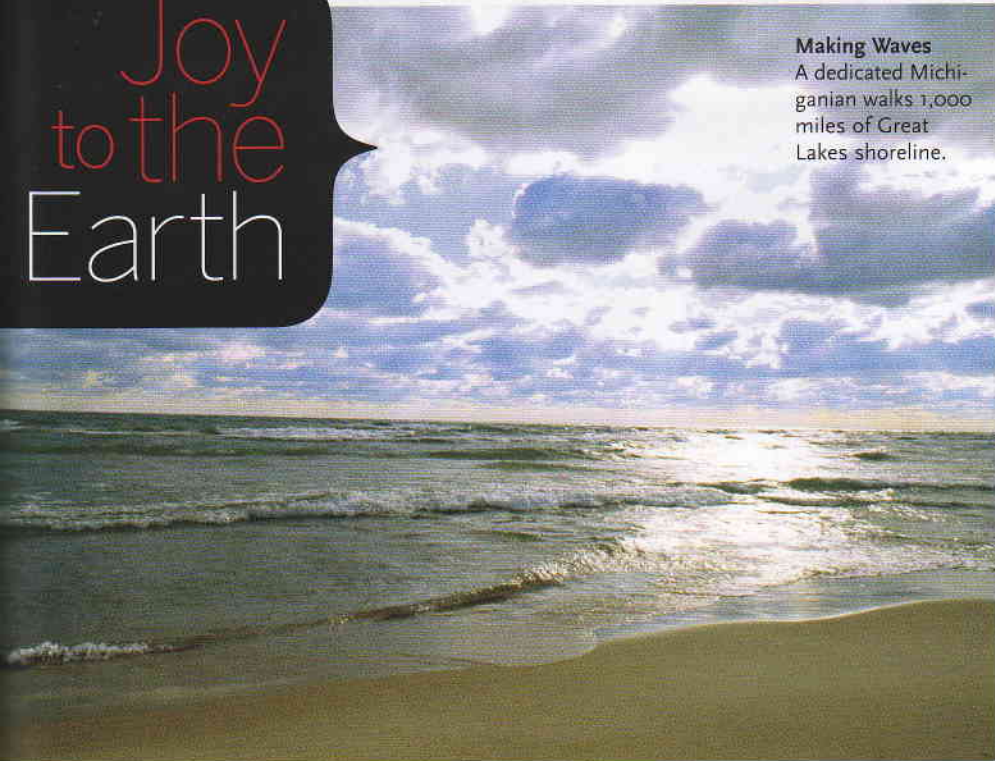


Joy
to the
Earth



Making Waves
A dedicated Michiganian walks 1,000 miles of Great Lakes shoreline.

Walk on the Beach: Crazy for pretty Lake Michigan, she trekked its entire shoreline

Green Niewenhuis of Battle Creek set out to walk around the shoreline of Lake Michigan (about 1,000 miles) last March, and ended her journey in September. We caught up with Niewenhuis, a writer, 600 miles into her walk, during one of her rest times to find out about her preferred walking attire. The dedicated nature lover is all about comfort. "My favorite walking shoes — and hiking boots — are made by KEEN (available at Nordstrom). They've taken me miles and miles around Lake Michigan — it's a fantastic shoe. I usually relax in their sandals, too." Niewenhuis also prefers Eddie Bauer clothes. "Their no-iron shirts are a must." Niewenhuis, naturally, supports the green movement. "The Great Lakes hold 20 percent of the world's surface freshwater," she says, "and we need to be caretakers of the lakes." She even likes to stay in eco-friendly hotels when possible. "I've stayed at places like Holland's City Flats Hotel (an original LEED gold-certified hotel in the Midwest) along my trek." Along the way, she helped raise awareness about topics such as invasive species and water-quality issues.

Every Droplet Counts: Easy ways to help our Great Lakes

Delay activities that require a lot of water (laundry and using dishwashers, for example) during and just after a heavy rainfall. That helps to reduce the amount of water going into sewer systems. This extra water increases the chances that untreated sewage will be released to a river, lake, or stream. **Install a rain barrel to capture runoff.** Rain barrels are a good way to reduce your water use, save energy, and reduce the cost of your water bill. As well, rain barrel water can be used for watering vegetable and flower gardens.

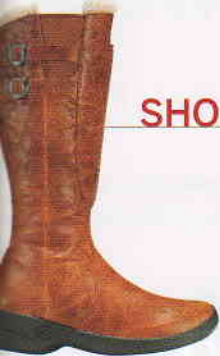
Source: Alliance for the Great Lakes (lakemichigan.org)

Easy Eco at Home

Birmingham interior designer Sally Matak of MATAKDesign recently wrapped up an environmentally conscious home project. Here, she shares tips:

- 1 Wool anything.** A natural fabric that wears well. "I use wool rugs in my house, too."
- 2 Soy candles.** "Not only do they burn better, they also do not pollute indoor air." Try the 100-hour burning Capri Blue Jar Candle, \$28; Anthropologie.
- 3 Non-toxic cleaners and soaps** for house-cleaning and hand-washing. Try Clementine Zest soap and lotion, \$9.95, Crate & Barrel.
- 4 Sisal or jute rugs/mats** — natural, durable. "They wear well and look beautiful." Jute rugs from \$99-\$599, sisal \$79-\$399, Pottery Barn; and jute, \$24.95-\$469, and sisal, \$29.95-\$699, Crate & Barrel.

SHOPPING BAG Gifts *Au Naturel* for Him & Her



KEEN's Bern Boots \$150, Nordstrom



Cade After Shave Balm \$29, L'Occitane En Provence



The Comforter Bubble Bar \$8.75, Lush



Recycled Sprig Car \$29, Pottery Barn Kids



Jurlique Rose Body Lotion \$38, Bluemercury



Flash Scarf (recycled Polartec), \$30, The North Face