From: Lorie Ann Jermoune
Subject: Green homes, home renovations and products also save money!
 To: Lorie Ann Jermoune
Cc: Tom Ski tom@befirstinc.com
 From: Lorie Ann Jermoune
 Subject: Florida building construction
 To: Lorie Ann Jermoune
>Date: Wednesday, **November 9, 2011, 9:22 AM**

MY ARTICLE WAS SENT TO TOM SKI ON NOVERMBER 9, 2011 AND GOING GREEN AND LOVING IT WAS SENT ON OCTOBER 23, 2011. HE DID NOT USE IT BUT COPIED MY INTELLECTUAL PROPERTY AND REHASHED IT ON THESOP.ORG AND ON THEGREENREGISTER.COM

 <http://www.thegreenregister.com/building/82-leed-a-regreen-the-standards-in-green-construction>

[http://thesop.org/story/**20111110**/the-green-register-shows-you-the-baby-steps-of-going-green.html](http://thesop.org/story/20111110/the-green-register-shows-you-the-baby-steps-of-going-green.html)

> It is my opinion that most people may be uninformed about the many
> benefits in green homes, green home renovations and eco-friendly
> products and practices. Building construction is evolving and becoming
> more in-line, in America, with how buildings are constructed overseas.
> For example, the interior walls can be made of steel and concrete, in
> lieu of expensive wood thus saving our trees.
> Products such as cotton fiber, Icynene foam and cellulose are fast
> gaining recognition, application and appreciation in the construction
> industry. The most recognizable product is cotton. Ever noticed the
> rising cost of cotton? For an important reason:it is quickly being
> sought by home builders and home renovators. The cotton material used
> is made from recycled batted material; treated to be fire-proof.
> Certain building products offer increased durability and help in
> sealing the building envelope. It is estimated that the lifespan of
> metal roofing is more than 50 years. Concrete and copper roofing
> products are expected to last a lifetime.
> In commercial buildings, innovation can also help cut cost and have
> many benefits. A building can be rated platinum, silver, or gold based
> on performance via LEED checklist. The rating is a point system based
> on building materials; amount of natural lighting;heat/cool efficiency
> and water usage. LEED stands for is the Leadership in Energy and
> Environmental Design.
> Sealing the building envelope; Reduces air leakage into and out of the
> home. Lot selection; positioning of the home reduces the energy usage
> of the home. Ho w do you seal your building envelope?
> You can contribute by sealing the duct system, fire place, plumbing
> penetration, doors,windows, fans, vents and electrical outlets. Holes
> need to be sealed around all penetrations including gaps being filled
> too! . .
> Another benefit is a healthy home is a home built to withstand the
> test of time. The U.S. Green Building Council estimates new savings of
> $50-$65 per square inch for positively constructed green buildings.
> Living on our planet is important; sustaining our environment is also
> important by being aware. Being aware of the results of improper
> building materials and the harm to our environment is essential and
> with expanded actions and thinking we can save time and money too!
> Lorie Ann Jermoune
> http://twitter.com/lorieannj
> http://webvideocall.oovoo.com/callme/lorieannj/269
> HERE IS THE PLAGIARIZED ARTICLE: I have a background in commercial
> insurance; he never printed my article above, but stole my
> information, and research and rehashed the below article on the
> Greenregister.com <http://Greenregister.com>
> <http://www.thegreenregister.com/building/82-leed-a-regreen-the-standards-in-green-construction>

[http://thesop.org/story/**20111110**/the-green-register-shows-you-the-baby-steps-of-going-green.html](http://thesop.org/story/20111110/the-green-register-shows-you-the-baby-steps-of-going-green.html)

> Welcome to the LEED and REGREEN collection. I will start this series
> of articles by emphasizing the importance of building green in today’s
> world. While many of us in the architecture, design and construction
> industries are very familiar with green building, LEED and REGREEN,
> there are still a considerable number of professionals out there as
> well as consumers that are not totally aware of the importance of
> green building and I truly believe that it is our job to educate them.
> Developed in 90′s by the United States Green Building Council (USGBC),
> a Washington-D.C. based, nonprofit organization, LEED (Leadership in
> Energy and Environmental Design) is a worldwide recognized rating
> system that sets the benchmark for the design, construction and
> operation of high-performance green buildings and communities. As of
> today there are 7,748 LEED certified projects worldwide, with 7,255 of
> those projects located here in the US.
> LEED certified projects will be awarded Certified, Silver, Gold, and
> Platinum based on the extent to which the design and construction of
> the building meets the five criteria addressed by the LEED rating
> system: sustainable site development, water savings, energy
> efficiency, materials selection and indoor air quality.
> Unlike traditional construction where each element is planned and
> designed individually, a building that follows the LEED rating system
> considers the project as a whole where all the components are
> integrated. This way, typical building systems such as heating,
> cooling, plumbing, energy and water use are interconnected to make the
> overall project an energy efficient and sustainable one.
> Although green construction methods can be incorporated into buildings
> at any phase, from design and construction, to renovation and
> deconstruction, the most significant results are generated when both
> design and construction teams take an integrated approach in the
> earliest stages of the project.
> The upfront investment of having a green building is still higher than
> your average building but the overall lower operating costs will save
> you a lot of money over the life of the building. Remember, a
> sustainable building is a structure that is designed, built,
> renovated, operated, or reused in an eco-friendly way by adopting
> green building strategies that minimize the impact caused by
> irresponsible construction on the natural environment.
> Why should you build Green?
> There are countless benefits of a green building. Let’s start by
> highlighting the environmental advantage a high performance green
> building will produce by preserving natural resources while reducing
> solid waste and enhancing the biodiversity of the building’s surroundings.
> A building (or home) that is designed and built to be energy efficient
> will promote the use of less local infrastructure and utilities than
> when compared to a traditional one. Furthermore, in many
> municipalities across the U.S., a green home qualifies for tax and
> other incentives, including zoning allowances.
> Besides that, a well designed and maintained green building will also
> improve the quality of life of its occupants in several ways. A recent
> study conducted by Michigan State University researchers, found that
> workers who moved from conventional office buildings to green
> buildings called in sick less often and they were more productive. Our
> next article will discuss in detail how you can apply sustainable
> solutions to your office and improve your business.
> What Makes a Building Green?
> Building green goes beyond material and finishes selection, solar
> panels or green roofs. Building green involves careful planning that
> starts by selecting the appropriated location where the surrounding
> land is already developed to minimize the building’s impact on
> ecosystems and waterways. A great site selection will consider the
> natural lay of the land while encouraging the use of native plant
> species to the area. A community previously developed will also
> facilitate the use of public transportation.
> According to the Environmental Protection Agency (EPA), buildings in
> the United States account for 39% of the total energy use, 12% of the
> total water consumption, 68% of the total electricity used and, last
> but not least, 38% of the total percentage of carbon dioxide emissions.
> A successful green building will address the water and energy issues
> by setting up efficient appliances, fixtures and fittings inside and
> water-wise landscaping outside as well as by promoting the use of
> renewable and clean sources of energy, generated either on-site or
> off-site.
> We all know during both the construction and operation phases,
> buildings produce a lot of waste and bring into play a lot of
> materials and resources. Sustainable buildings will select materials
> that are mostly salvaged or recycled by products from other
> industries. The consumption of toxic chemicals and materials is
> reduced and the adoption of a design strategy that employs products
> and materials that are sustainably grown, harvested, produced and
> transported is highly encouraged.
> Since the U.S. Environmental Protection Agency estimates that
> Americans spend about 90% of their day indoors, a successful green
> building will maximize the use of natural sunlight and views as well
> as it will support strategies that improve the indoor air quality and
> the acoustics.
> REGREEN – The Residential Guideline
> Launched in March 2008, REGREEN is the nation’s first set of resources
> and tools for green home retrofitting projects. The REGREEN program
> was developed through a partnership between the United States Green
> Building council (USGBC) and the American Society of Interior
> Designers (ASID). While LEED for Homes addresses the design and
> construction of the home as a whole and analyzes its interaction with
> the surrounding environment, the REGREEN program can be applied to a
> variety of home projects, from remodeling a small room to a major
> addition.
> Even though the REGREEN program addresses the major elements of any
> green renovation project, including site selection, water efficiency,
> energy and atmosphere, material and resources, and indoor
> environmental quality, REGREEN is still a set of guidelines and not a
> rating system, and homeowners who follow those guidelines do not
> receive any award to hang outside their homes. The third article of
> the LEED and REGREEN series will address how both homeowners and
> industry professionals can benefit from the REGREEN program. To learn
> more about this amazing program visit the REGREEN webiste at
> http://www.regreenprogram.org/.
> By Andrea Vollf, LEED AP ID+C, ASID, Allied AIA

ate: Sunday, October 23, 2011, 4:41 PM-From: Lorie Ann Jermoune  Subject: Going Green and Loving It! To: Tom Ski tom@befirstinc.com Cc: Lorie Ann Jermoune  Date: Sunday, October 23, 2011, 4:41 PM -Green ideas, for health, our trees,employment  opportunities and maintenance of household  appliances.

From: Lorie Ann Jermoune
Subject: **Going Green and Loving It!**
**To: Tom Ski tom@befirstinc.com**
Cc: Lorie Ann Jermoune
Date: Sunday, October 23, 2011, 4:41 PM

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# Green ideas, for health, our trees,employment

# opportunities and maintenance of household

# appliances.

# BY LORIE ANN JERMOUNE



From writing and rhyming to designing business correspondence and form letters. Professional-grade- writing, Informational writing and more-Lorie Ann Jermoune 1-29-2013- CONTACT VIA U.S MAIL ONLY!

## Environmental awareness is more than fashionable, it’s kindness and cognizance in-action.

**Esteem Green living- Make ADJUSTMENTS; begin mindful everyday opportunities to repair or recycle and maintain a life of less stress and expense for you and your household.**



ENTER THE GATES THAT WILL LEAD TO MORE SELF-UNDERSTANDING. Witness truth unfold one uncovered mystery  at-a-time and watch the rats scatter and attempt to take cover as truth is revealed judiciously! 2-15-2013 Lorie Ann Jermoune

***There’s universal solutions that can be implemented by each individual person that affects humanity in a constructive, enlightening expanded way; utilizing natural resources and rethinking our daily practices and habits.***

**What’s in your shopping cart? Recycled packaging, or products?**



2-2-2013-If we feed our living food sources with natural grass and grain, we as humanity will be healthier and nurtured. WE WILL BE WELL-FED ONLY as well as WE FEED OUR LIVESTOCK. IF we take care of its water and feed, then in-kind it will feed and provide for us through our acts of respect and cognizance for our OWN LiveS, life-giving food makes the difference.
Going Green and Loving It! Sunday, October 23, 2011 4:31 PM From: “Lorie Ann Jermoune
View contact details To: “Lorie Ann Jermoune”
Subject: Purchase Green products and practice environmental practicality!
By Lorie Ann
Purchase Green-labeled products and practice environmental practicality..
What does your shopping cart contain?
Is it, the things that you wish to buy, buy-into: Or, the things that you desire to try-on for size? How about incorporating planet-conscious shopping into those efforts? The return benefits us all, and employs  people too!

**If we ALL begin to take stock in what and how we purchase our commodities on a weekly basis; we can save the atmosphere on our planet for posterity, as we initially inherited a cleaner planet;** **It is our responsibility to minimize or slowly eliminate our carbon footprint.**

The next generation deserves the same kindness and consideration and respect for the condition of the land, it’s natural inhabitants, and the ability to grow, healthy, quality fruits and vegetables. Our livestock also deserve to thrive as they too play a major part in the food chain for me and you.
**Our oceans and lakes have gone unrecognized for too long, feeding us and many animals; serving as part of the natural, and cyclical tides of our time on earth and beyond.**

**It is our responsibility to restore, or in most cases prevent further damage to the ecological balance of nature.**
Suggested approaches to participate in the fine art of Green Living:

* **Trees and natural-wood respect and appreciation; trees have better purposes for the planet. I may as well be able to add cognizance and prudence to my life and help the planet by learning, reading, banking, bill paying, and a large part of my research, writing and entertainment activity on the world-wide-web.**
* **Purchase and encourage the livelihood of local farmers, support the consumption of fresh, local fruits and vegetables, patronized and transported in cloth shopping bags made of hemp or cotton that can be washed and salvaged for reuse, or a durable basket with a handle made by local artisans.** Buying fresh ingredients is also an opportunity to employ local cotton growers, and craftsmen that design packaging made of natural and recycled material. Encourage the employment industry that processes and extends the life of local and seasonal legumes and citrus or fruits and vegetables that are native to your area of the country. It is an all-around healthy, cost-cutting and beneficial solution; fresh fruits and vegetables also taste better and have greater health benefits as well.
* **Utilize recycling boxes that are genuinely given to you by your local community to place your recyclable glass, plastics, newspapers, junk mail or old telephone books.**I am unclear as to why telephone directories are still being printed twice a year and placed on my front porch, but I always pitch it straight to the recycling bin via the box that gets filled and picked up on Wednesdays in my area.
* **It is always wise to donate your time or material goods to people or agencies that are the providing for the betterment or indemnity of local citizens.** We, American citizens, have all been in a pinch at one-time or another for necessities that oftentimes we tend to take for granted as Americans in our forward-thinking economy and government, lend a hand, the hand you lend could come back to help you in your time of need or grief.
* **Submerge and soak your laundry in items that can be found in your kitchen cubboards; just as our parents did. By soaking and waiting for the loosening of dirt and grime you actually use less liquid or powder detergent; clean and deodorize with natural products to your wash cycle, ie., baking soda will soften, whiten and aid by adding a fresh scent to your clothes. You may also launder by adding products that utilize green-inspired innovation or earth-conscious products.**If I am in a pinch, I soak clothes in baking soda or white vinegar, the same ideas serve for whitening and deep cleaning. Read the ingredient panel on your laundry liquid or power.
* **Initiate physical exercise in your daily routine. Be the initiator of your lung and muscular health and increase your walking when and if you are physically able and healthy. Always check with your physician or health care provider before beginning any rigorous or unplanned exercise of greater or different habit or routine.**Set goals in mind, perhaps walking for a charity event or even to retrieve recyclable items that can earn you some change, though most importantly to keep your neighborhood and local community clean and free of debris.
* ***Carpool and enjoy the music or conversation with a kind, senior citizen. Many of the senior citizens in my neighborhood are dependent on a nearby neighbor to offer them transportation; to accompany you to your local grocery store or bakery.***This action is very fortuitous to you and to your senior neighbor as shopping is oftentimes a tedious and boring event. Next time bring along a friend to talk to and to shop along with you saving gas and emissions to the ozone.
* **Open windows, blinds and doors during the early hours of the day to allow the flow of clean,fresh air; allow air circulate; natural lighting; and appreciate nature’s free gift of refreshing gusts of wind and the cool seasonal quality of natural air.** This act is great for taking a quick cat nap. Open your window by your couch or bed and you’ll appreciate a nice gust of free,clean,and healthy air!
* **Replace air filters in your AC unit, clean-out your gutters, vents and dry linen tray often and check all electrical appliance functionality and maintenance, maintenance,maintenance is the key to product efficiency and longevity.**
* **Prepare canned jars of seasonal fruits, vegetables, marinated vegetables or olives in your home to consume again when your seasonal vegetables, jellies or homemade preserves are not seasonally available to be consumed at later time and date.** Roast green peppers and chili and freeze and keep cold until you are ready to eat, usually I get the most cravings for peppers when they are not in season; hence I look in the freezer to see if I have any frozen peppers or cauliflower on hand to add to pastas or stews for more flavor and nutrition.
* **Your washing machine and dryers and their motors should be treated respectfully by keeping them cleaner and running more gently in the process. Many machines suffer breakdown or damage due to overloading, incorrect amounts of soap power or irresponsible maintenance.**Green products can help extend the life of your washer as well as clean your clothes better. Cleaning your internal mechanism of your lint filter for your dryer as well as cleaning the outer lint filter after each load of clothes helps maintain the life and effectiveness of your dryer while saving $$ money. The same rules apply for your electric lawn mower, ever thought of trading it in and buying the manual one? We did and it has worked fine and is electric and gas-free and paid for itself within the first 4 months of purchase, it’s also less bulky and takes up less space in our garage.
* **Recycle old cars, car batteries, tires, household paint can be recycled and given to another deserving person for their auto, painting needs or give your hazardous materials**to the proper authorities to dispose of properly, minimizing the effects of toxins in the environment.

**Thank you in advance for your allowing me this forum. May this written information better serve you and be a reminder to me and you to heed to live a healthier more abundant and environmentally-respectful and conscious life for many generations to come!**

# BY: LORIE ANN JERMOUNE

**I enjoy learning from you and from others offering me knowledge continuously!**

Going Green and Loving It! Sunday, October 23, 2011 4:31 PM From: “Lorie Ann Jermoune”
[View contact details](http://us.lrd.yahoo.com/_ylc%3DX3oDMTBtcDcxYXVrBF9TAzM5ODMwMTAyNwRhYwN2aWV3QUI-/SIG%3D1t3qoa882/EXP%3D1335885071/%2A%2Ahttp%3A/address.mail.yahoo.com/yab%3Fv%3DYM%26A%3Dt%26simp%3D1%26em%3Dlorieannj%2540yahoo.com%26fn%3DLorie%2BAnn%2BJermoune%26.done%3Dhttp%253A%252F%252Fus.mc1132.mail.yahoo.com%252Fmc%252FshowMessage%253FsMid%253D42%2526fid%253D%25252540S%25252540Search%2526filterBy%253D%2526squery%253Dgoing%252Bgreen%252Band%252Bloving%252Bit%252521%2526vp%253D1%2526.rand%253D1306812915%2526midIndex%253D17%2526mid%253D2_5_53030_2_222353_AHyliGIAABogTqR5pwcAdxA5jm8%2526fromId%253Dlorieannj%252540yahoo.com%2526clean%253D%2526m%253D2_5_51967_2_221715_AHuliGIAAWL9TqR76AOHgDQ1ugs%25252C2_5_54104_1_2479621_AKekiGIAAAhLTqR5qQz6ji49lwE%25252C2_5_53030_2_222353_AHyliGIAABogTqR5pwcAdxA5jm8%25252C2_5_55446_2_471773_AKOkiGIAAAVaTO8HRwuWH0q7XV8%25252C2_5_56479_1_3872398_AHqliGIAALTOTO7%25252F1wdL%25252BxQx1H4%25252C%2526sort%253Ddate%2526order%253Ddown%2526startMid%253D25%2526.jsrand%253D9267423%2526acrumb%253DUR8C7D370DA%2526enc%253Dauto) To: “Lorie Ann Jermoune”

http://lorieannj.com/category/green-products-and-goals

# BY: LORIE ANN JERMOUNE

**I enjoy learning from you and from others offering me knowledge continuously!**

<http://thesop.org/story/20111110/the-green-register-shows-you-the-baby-steps-of-going-green.html>

Published:November 10th, 2011 15:25 EST

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| The Green Register Shows YOU the Baby Steps of Going Green! | The Green Register Shows YOU the Baby Steps of Going Green! |  |

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| By [Tom Ski](http://thesop.org/index.php?bio=tom)  |  |

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Readers, we have been speaking over the last month about a tremendous online website, newspaper, and all-round information provider called, ***The Green Register***, and the response has been outstanding.

There are also issues, however, that people have come across and asked about regarding the actual initiative of going green.  This is a true `movement,` for lack of a better term, that is allowing **all** people in the nation and the world to throw their force behind making the land, air, nature, and **every** facet of the environment better for ourselves and the next generation.

This week, we are going to delve into the true concept of what it means to *go green*, and how organizations, sites, magazines and - above all - ***The Green Register*** is making it possible for each and every one of us to join in and do our fair share to help our environment, our daily lives, and our children`s future.

*Going green* doesn`t begin with you becoming a quote-unquote Tree Hugger.  All the information and statistics do **not** have to be known and recorded in your brain for you to begin to change your daily life and save the environment.  In fact, you will be surprised to learn that *going green* can simply begin with one step - like throwing an aluminum can into a bucket instead of the garbage pail.  It may seem like nothing but, trust me, it all adds up.

*Going green* does not have to be a difficult premise that adds more stress to an already stress-packed life; therefore, we are going to go over very simple ways to begin the process.  And this information is available because of the amazing work that ***The Green Register*** is doing on a daily basis worldwide.

*Educational, innovative*, and *entertaining* are not usually adjectives that go together, but ***The Green Register*** has made them a true trilogy with their online magazine, by being a **one-stop-source** for information, data, updates, and fun that allow all individuals and corporations to bring about the changes that are necessary.

Terms such as, *eco-friendly* and *environmentally-friendly* are now used for tons of products, services, construction, home design, foods, politics - **everything** is covered by ***The Green Register****.*And the wealth of talent and skill that these contributors own makes ***The Green Register*** a magazine that is a must-read for everyone.

Making small changes to *go green* is essentially the best way to start any program that you take on, seeing as that if you try to make monumental changes all at once, things will get `old` fast and you will turn back to your original ways.

Take your everyday life.  You go pick up groceries.  Well if you take two minutes to grab a couple of canvas totes that you have at home, with your car keys, before taking off - you JUST went *green*! No, there are many of us who are not going to run out to the driveway and jump in our electric cars to go to the store, but by not carting home a bunch of groceries in plastic bags, you can own the pride in knowing that you did your part that day for the environment.

Can we someday all afford to buy electric, or more *green* vehicles?  Perhaps.  But even by driving our old, regular ones and not sitting in drive-thrus or leaving them running constantly - again, we`ve gone *green*.  We turn off the running water while we brush our teeth.  We try to be energy-efficient when using the dishwasher; loading it up all the way before turning it on.  We invest in that safer electric lawn mower and get rid of the gas. We place another garbage can in the corner of the kitchen for recyclables.  And, maybe we ride the bicycle with the kids and leave the car in the garage on a Saturday. You see?  All of these are simple and offer many other benefits besides *going green*.  This is a gradual process but, as we all know, ALL good things take time.

Here are ten small ways that you can join the team and *go green* - a great way to start!

\* Set your thermostat just a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.

\* Install compact fluorescent light bulbs (CFL`s) when your other ones burn out.

\* Unplug appliances when you`re not using them. Or, as all computer lovers know, simply use a power strip that can sense when items plugged in are not being used - they will ultimately cut the energy use.

\* A big thing in my house is washing clothes in cold water instead of hot.  You will not believe that almost eighty-five percent of the energy your washing machine uses is simply to heat the water.

\* Clotheslines.  Everyone knows this `oldie-but-goodie.`  Save simply by going out in that beautiful day and allowing your clothes the fresh air (they actually smell way better than those dryer sheets we all buy).

\* This one is hard (I know, I have a teenage girl in the house).  But try to take shorter showers to reduce water usage.  This will also help the heating bill!

\* Gardeners are big with this one!  Plant drought-tolerant native plants in your garden.  If you`re living in New Mexico, plant those beautiful native flowers that need hardly any water for them to grow!  Look around, no matter where you live there are native plants that are truly stunning and would make a gorgeous garden

\* With this one God bless cities and small towns.  Here, you can walk or bike to work - you keep in shape AND save gas.  If you need to commute - take public transportation

\* And the world of food.  If you are a carnivore and love your meat, simply think about serving just one meal a week with no meat.  Helps your health, pocketbook, and the environment

\* When you can, buy from local farmers and keep your money invested in the local economy.  These men and women have locally-raised meat, eggs, dairy products - everything!

\* If you are a water lover, use a water filter to purify tap water at home and save on the bottled water.  This is actually a way to *go green* twice!  You save on the containers, and water is saved for the environment

 \* Everybody loves `tag-sale` Saturdays, so check them out; or thrift stores and garage sales for furniture and appliances.  You have **no** idea the deals you can get and the really amazing stuff you can find in someone else`s closet.  This way, you **also** keep electronics out of the garbage.  Cell phones, old computers - sell and recycle them, electronics are filling up landfills and it`s completely unnecessary.

***The Green Register*** is here to make sure, on a daily basis, that you and I are provided with easy tips, information, he latest news, as well as a monumental amount of products, companies, and services that will allow you and your family to begin changing the world.

***The Green Register*** ALSO looks out for you, by providing lists of information on home designers, lists of names and companies that help recycle, and can help you build your dream home - a huge way to *go green* when you`re ready.

By following the *green* trends, you can also increase your business and bring in more money, and the ***The Green Register*** is the vehicle that can show you how!

***The Green Register*** is NOW!  It is an online magazine that focuses on the issues of today and the help we **all** need to make our days cleaner, brighter, and more livable.  We have been given a tremendous gift - life.  And what we do with that gift is our own decision.  But one thing that does **not** need to be a tough or stressful decision is *going green*!

Until Next Time, Everybody!

**For more information go NOW to:**

[www.thegreenregister.com](http://www.thegreenregister.com)