

My Valley

Local Stop & Shop supermarkets GO GREEN



The solar photovoltaic array on the roof of the Rhinebeck Stop & Shop was installed by RGS Energy. COURTESY PHOTO

MARSHA
LEED

MY VIEW



Without even realizing it, you have probably been visiting some very "green" buildings lately. High-performance buildings are becoming more common in our community. Both residential and commercial projects now often use techniques to lower energy costs and promote healthier environments. Construction practices that reduce negative impacts of buildings on the environment are becoming the standard.

Two Stop & Shop supermarkets in Dutchess County are local examples of green buildings that promote environmentally friendly policies. The Rhinebeck Stop & Shop Supermarket has been awarded LEED certification, and the Stop & Shop supermarket in Hyde Park is in the process of doing the same. The LEED (Leadership in Energy and Environmental Design) rating system was developed by the non-profit U. S. Green Building Council to identify and measure "green" design and construction. LEED certified buildings typically are more energy efficient, use fewer resources and can provide a potentially healthier indoor environment than traditional structures.

Since 2001, Stop & Shop has been developing a prototype for a "low energy" superstore. At first, the main goal was to lower energy costs. Then stores decided to add additional green features both inside and out. This new design has been used in more than 100 new stores to-

tal, mainly in the Northeast, and also in renovations of existing stores.

Standards have been made even stricter and now all new Stop & Shops are designed to achieve LEED certification. By following this green building rating system, each store must meet certain requirements. Stop & Shop has worked with the U.S. Green Building Council to develop a program to streamline this review process and make sure of their stores can become energy efficient, with as low an environmental impact as possible.

Some of the green building elements inside our local Stop & Shop supermarkets include:

- » White roofs to reflect sunlight and reduce heat gain inside

- » Skylights for providing natural light, with wired photo-



Frank Murray Jr., president and CEO of the New York State Energy Research and Development Authority, and Tim Seamans, general manager of RGS Energy, look at the solar monitor on display in the Rhinebeck Stop & Shop. COURTESY PHOTO



Solar panels have been installed on the roof of the Rhinebeck Stop & Shop. COURTESY PHOTO

cells to reduce electricity use

- » Energy management system to reclaim heat from refrigerator compressors

- » Photo sensors to turn off lights in low-use areas

- » LED lighting in display cases

- » Water efficient low-flow plumbing fixtures

- » Use of green cleaning materials for maintenance

- » Insulated glass for energy efficiency

- » Installing solar panels on the roof to generate electricity

- » Recycling of cardboard, plastics and organics through composting

- » Reducing stormwater runoff

- » Landscaping with local and drought resistant plants

All of these features help supermarkets become more attractive and comfortable places for employees and customers.

According to Stop & Shop's Vice President of Store Planning Ji-

had Rizkallah, its LEED-certified stores are saving nearly 30 percent on energy costs. The solar panels on the Rhinebeck store, for instance, have lowered electricity costs by 10 percent on their own.

We all interact personally with the buildings that we work in and visit. Customers may not be conscious of newly designed green components, but you will probably notice that the newer grocery stores are well-lit and thoughtfully designed. Green buildings are often filled with natural light and ventilation to increase comfort and productivity. This makes shopping more enjoyable. The long-term benefits that come from using less energy and natural resources will be shared by all.

Marsha Leed is a registered architect, a LEED accredited professional and a member of the Dutchess County Environmental Management Council.

NOTE TO READERS

The My Valley section now appears on Thursdays in addition to the Sunday G section and online at www.poughkeepsiejournal.com/myvalley. My Valley is a forum for environmental experts and enthusiasts to share their thoughts on various aspects of the environment. Subjects range from environmental science and conservation, to animals, hiking and green living. If you would like to contribute to the section or have a topic idea for a future story, contact Environment Editor Dugan Radwin at dradwin@poughkeepsiejournal.com or 845-437-4841. Follow @PJEnvironment on Twitter and Facebook.

COMING UP

Showing of "Crude" documentary — Beacon Sloop Club, 2 Red Flynn Drive, Beacon. 7 p.m. Jan. 24. Showing of "Crude," a provocative documentary by Joe Berlinger that explores the ongoing battle waged by 30,000 indigenous Ecuadorans and their lawyers against Chevron for dumping billions of gallons of toxic waste into the Amazon.

Learn to ID birds at your feeder — Hudson Highlands Nature Museum, Outdoor Discovery Center, 174 Angola Road, Cornwall. 10 a.m. Jan. 25. Learn how to identify the winter birds that come to your outdoor feeder using characteristics such as: size, color, patterns and movement. Find out what types of bird food attracts which species of birds. Participants will make a simple bird feeder to take home and learn how to take part in the Great Backyard Bird Count. For adults and children 5 and up, \$7 for adults and \$3 for children; \$5 for adult members and \$3 for children. For more information, visit hnnaturemuseum.org or call 845-534-5506, Ext. 204.

Meet the snake — Hudson Highlands Nature Museum, Wildlife Education Center, 25 Boulevard, Cornwall. Jan. 25 and 26 at 1 p.m. and 2:30 p.m. Learn about snakes. Museum admission is \$3 and museum members are free. For more information go to hnnaturemuseum.org or call 845-534-5506, Ext. 204.

Singles and Sociables hike at Shaupeneak Ridge — Mohonk Preserve, 3197 Route 44/55, Gardiner. 10 a.m.-3 p.m. Jan. 25. A moderate five-mile snowshoe or hike for adults. Meet at the Shaupeneak Upper Lot. New hikers are strongly encouraged to contact leader Bill Jasyn at 845-255-7805 prior to the hike for information. Hike leaders determine whether or not to allow pets. This is a free program.

Walk at Tivoli Bays — Tivoli Bays, Tivoli. 1:30 p.m. Jan. 25. An up to 4.5-mile walk with the mid-Hudson chapter of the Adirondack Mountain Club. Meet at 1:30 p.m. at the crossroads of Routes 9G and 9 north of Rhinebeck. Call leader for carpooling. Participants will stop for hot drinks after outing. Contact leader Sue Mackson at 845-471-9892 or sue-mackson@gmail.com. www.midhudsonadk.org