

Sustainability
in your Neighborhood
ways you can
make a difference

A Vision for
Parkview Gardens
Connecting People
Places & Parks

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A



Join a community garden.



Parkview Gardens has several community gardens that allow you to **grow fresh food** and **meet your neighbors**.

Gateway Greening provides **support** and holds **educational** meet-ups for community gardeners.



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Bike the Centennial Greenway.



The **Centennial Greenway** is part of the Great Rivers Greenway.

The **Great Rivers Greenway River Ring** is a proposed system of trails, greenways, on-street bicycle routes and parks that will encircle the St. Louis.



2

3



Join Trailnet.



Visiting www.trailnet.org will help you keep up-to-date on the latest developments for biking and walking programs and advocacy.

Become a member, subscribe to the newsletter, or follow on twitter [@trailnet](https://twitter.com/trailnet).



3

4



Learn about community supported agriculture (CSA) options.



Become a member of a CSA and get **fresh, healthy food, support local farmers, and reduce transportation costs**.

CSAs serving the area include **Three Rivers Community Farm, Yellow Wood Farms, and Lee Farms**.



4

5



Shop local!



Each dollar you spend at independent businesses **returns three times more money** to your local economy than one spent at a chain.

Take advantage of the independent shops and restaurants in the **Delmar Loop**.



5

6



Ride Metro and save on gas money.



If you live in **Parkview Gardens**, you're within a five minute walk of a bus stop and close to the Delmar MetroLink station.

Attending Washington University? The U-Pass program provides free Metro passes to full-time students.



9

7



Recycle more than just paper.



University City recycles **used cell phones** and **batteries**.

Find specially marked recycle containers at **City Hall** or **Centennial Commons**.



7

8



Block drafts in your home.



The U.S. Department of Energy estimates that **drafts can waste 5% to 30%** of your energy use.

Use a door sweep, draft blocker, or rolled up towel to **block energy-leaking gaps between doors and the floor**.



8

9



Riding your bike more? Great! Now register it.



Visiting www.bikeindex.org allows you to register your bike (and verify any used bike you purchase) to reduce theft and keep you pedaling.

Trailnet is an official **Bike Index Partner**, which means you can register your bike for free.



6

10



Participate in the Ice Carnival, STL Music Festival, or Style in the Loop.



Public events and celebrations contribute to the **character and quality of life** of Parkview Gardens.

Stay connected online at www.visittheloop.com or on twitter @TheDelmarLoop.



10

J



Know your watershed.



Parkview Gardens is in the **River des Peres Watershed.**

Learn more about the watershed and how to protect it at www.riverdesperes.org.



J

Q



Get involved with the Parkview Gardens Association.



The **Parkview Gardens Association (PGA)** is open to residents, businesses and property owners in the neighborhood.

PGA works to maintain and enhance the neighborhood through **beautification, public safety** and other **community activities.**



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Explore your neighborhood.



Take a different route to work or class, **meet a new neighbor** or attend a community meeting.

Engaged and connected neighbors keep communities strong and safe.



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Was your toilet installed before 1992?

Chances are it's using too much water to flush. A low flush model uses **60-80% LESS water** which saves water and money.

Consider replacing your toilets with low flush models. If you rent your home, ask your landlord to consider changing out your toilets.

It is better for the environment and will save him or her money.



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What color is your roof?



White and green roofs can **reduce the urban heat island effect** and **save money** on cooling costs.

If you or your landlord need a new roof, read up on white and green options!



3



Does your building have bike parking?



Bike racks help ensure cycling is convenient and provide a visible reminder that Parkview Gardens is a car-optional neighborhood.

Talk to your landlord if adequate bike parking options aren't available for you and your guests.



4



Install rain barrels.



Rain barrels are an **inexpensive** way for you or your landlord to **reduce harmful stormwater runoff**.

The Metropolitan Sewer District (MSD) **encourages rain barrels**—have your landlord check with them for possible incentive programs.



5



Approximately one in every five toilets leak without making any sound!



A leaking toilet can waste anywhere between **30 and 500 gallons** of water every day.

Check your toilet: put a few drops of food coloring in the toilet tank. If the dye shows up in the toilet bowl after 15 minutes or so, the toilet has a leak.



6



Does your job make it easy to commute via public transit?



St. Louis employers have the option of offering **public transit subsidies** or participating in programs like the **Guaranteed Ride Home**.

Visit **Citizens for Modern Transit** at www.cmt-stl.org for all the details (and/or tell your boss).



7



Discover Delmar: the first gigabit main street.



Visit www.loopdatarail.org to learn more about plans for fiber optic cable along Delmar Blvd.

High speed internet can **support** small business growth and **improve access** to jobs and educational resources.



8



Support the urban forest.



Street trees **decrease** stormwater runoff, **enhance** walkability, **increase** property values and **build** biodiversity and habitat.

Watch for upcoming University City reforestation efforts and tree planting days.



9



Keep up to date with sustainability in University City.



Green Practices Commission meetings are open to the public.

Meetings are currently held at 6 p.m. on the 2nd Thursday of each month at the Heman Park Community Center (check www.ucitymo.org for most recent information).



10



Be an accessibility ally.



Notice whether the sidewalks and crosswalks you use would be **accessible to people of all ages and abilities**.

Speak up in public forums or let University City council members know if you find areas inaccessible to persons with disabilities.





Grow native!

Approximately 34.5% of Parkview Gardens is covered with lawn or turf grass, which contributes to **increased stormwater runoff and pollution in runoff.**

Find lists of native plants and how-to workshops at www.grownative.org.



Learn about planned bike-walk improvements.

University City adopted a **bicycle and pedestrian master plan** on October 14, 2013.

Show your support as funding and implementation begins over the next several years.



Ask your favorite restaurant how they handle food waste.

Some cities have established **partnerships between restaurants and community gardens** to compost food waste for fertilizer.

With a mix of homes and restaurants, Parkview Gardens has potential to **support a closed loop food-to-waste cycle.**



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