

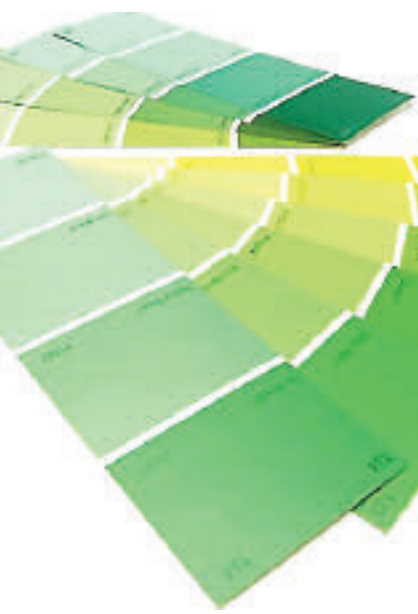


## INSIDE SCOOP

### Gastronomical grace

Area writer Linda Bengé will sign copies of her book, "Diet to End All Diets" (Tate Publishing, \$7.99 softback) from 1 to 3 p.m. March 29, at Steve's Sundry, Books and Magazines, 2612 S. Harvard Ave.

Bengé's book says her method doesn't require starvation, rigorous low-fat diets, or expensive pills. Instead, God will guide you through your weight-loss journey, she says.



### A primer on primer

It's tempting to paint walls without putting down an undercoat of primer, but experts know better. Primer adheres strongly to surfaces, covers the old color better and helps the final-finish coats slide on smoothly and evenly.

If you have your paint store tint less-expensive primer to match the final, costlier wall color, the job will cost less because fewer coats will be required.

For a professional-looking job, make sure you spend time on the prep work before you pick up a brush, especially for older walls scarred by nail holes or numerous coats of paint: Fill holes with spackle and let it dry. Use fine sandpaper on all surfaces to even them out. Wipe dust from walls with a damp cloth and let dry. Then prime.

— Washington Post

### The Big-D

From high-end cuisine to famed chains, the restaurants of Dallas lure Tulsans down U.S. 75. And then there's the shopping. Find our insider's guide to IKEA, outlet malls and some of the best food in Texas in Sunday's Scene.



# Green house effect



## Save green by going green

Developers Shelby Navarro and Micky Payne said the NINE townhouse project uses many examples of ways homeowners can go green without necessarily breaking the bank:

- ▶ Payne said the geothermal heating and air system is "pretty attainable for everybody. Pricing-wise, it's probably another 30 to 40 percent more, but you get that back in 10 years."
- ▶ Using low-VOC (volatile organic compounds) paint and finishes and taping up air ducts when you do any improvements will dramatically improve your home's air quality, Navarro said.
- ▶ A tankless water heating system is gas-powered and a fairly small system, Navarro said. It instantly heats water as it moves through it, rather than heating a larger amount of water in a regular tank.
- ▶ Replacing your appliances with those that are Energy-Star rated saves money over time.
- ▶ The recyclable carpet in the townhomes has a 1-800 number on the back, so when you are ready to replace it, a representative will come to your home and do it for you.
- ▶ A two-flush toilet could save a family of four up to 10,000 gallons of water a year, Navarro said.



Shelby Navarro and his partners are building the upscale town homes in midtown, and are using unique environmentally friendly construction methods.

## Developers hope environmentally friendly town homes will inspire others

By **KIM BROWN**  
World Scene Writer

You may have passed by an out-of-the-ordinary residential development in midtown recently, but it is no mere anomaly.

The two side-by-side townhomes under construction at 1409 S. Rockford Road are contemporary and sleek, but it's what they're made of that counts, according to developers.

In fact, they say the townhomes are to become some of the most sustainable residences in Oklahoma — perhaps even in the country.

The project is called NINE, which stands for New Inspiration for a Natural Environment, and when completed, the 2,200-square-foot lofts will have many green features. They include: geothermal climate control systems, Structural Insulated Panels or SIPs construction, recycled carpet, a tankless water heating system, bamboo floors, a rainwater storage system, a drought-tolerant landscaping system and to top it all off, a grass roof. And

that's not all.

The project has an above-platinum rating from the Leadership in Energy and Environmental Design (LEED) U.S. Green Building Rating System, said the project's architect and developer Shelby Navarro, of 1 Architecture, 418 S. Peoria Ave.

The final rating will not be given until after completion of the project, but he said that its standing rating is the first of its kind in Oklahoma and one of about 25 in the country.

The NINE project is one of many green projects Navarro has worked on locally in recent years. Clients have become more and more receptive to building sustainable structures, he said, and the trend is gaining momentum. "It's hard to argue with. Even if you don't like to hug trees, you like to save money," said Navarro, who said he's been conscious of environmental issues his entire life. Raised in Verdigris by his grandfather, Navarro said his architecture career is founded on these principles.

"I've always been on the green

side. We had organic gardens and solar panels in the '70s. He taught me all about that stuff. It's in my blood," he said.

Navarro's company lists sustainability as its No. 1 priority, so when he began developing the NINE project, along with contractor and frequent collaborator Micky Payne, he knew it could be a showcase of green building and planning.

"We wanted to do something that would be a different design in a walking neighborhood that could help educate people," Navarro said.

Throughout the construction, the partners have led various city officials and other groups on tours through the development, so they could talk about the features. Payne said people in the area are serious about sustainable construction.

"It's going to be the way building is going in the future," he said. "They're doing it everywhere else in the country, and we thought we should try to do one in Tulsa. We're not necessarily trying to change the way every-

one does things — there is still a lot of the old guard — but there are more efficient ways of doing construction."

The townhomes should be completed as early as April, Navarro said, and the asking price for each home is in the low-\$400,000s. The developers said the price tag is on par for the neighborhood, but green building does not always have to come at a high cost.

"Even making a small change can have a huge effect. Just changing to compact fluorescent light bulbs have a big impact," he said.

Navarro will be conducting a tour of the project at 11 a.m. April 12, which will feature information about low-maintenance and drought-tolerant planting, sustainable tile and carpet, and water and energy saving strategies.

For more information, call 764-9996, e-mail [info@1architecture.com](mailto:info@1architecture.com), or go to [www.tulsaworld.com/1architecture](http://www.tulsaworld.com/1architecture).

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## Have fun filling an Easter basket

Easter is tomorrow, but it's not too late to give your loved ones a customized Easter basket.

In one trip to the drug or grocery store, you can make a nice-sized basket, and thanks to plenty of sales, we made ours for less than \$10. Naturally, we include plenty of candy, but you have to start with a simple

basket (ours was 99 cents). We skipped the brightly colored Easter grass, so we could fit more goodies in our basket.

Next, we added a noncandy item to keep the kids happy outside after their Easter egg hunt — Easter egg-shaped sidewalk chalk (\$1.50 on sale at Walgreens).

And finally, the candy. We

included plenty of Cadbury Eggs (two for \$1 on sale), a Reese's Pieces carrot (\$1.29), Peeps Bunnies (39 cents on sale), a Reese's Egg (39 cents on sale), and finished it off with a few Easter ring pops (\$1 for a container of eight).

— Kim Brown, World Scene Writer



**The \$10 Easter Basket.**

Shane Bevel/  
Tulsa World