

**TR**

TURKEY RIDGE  
ONE BAILEY AVE RIDGEFIELD

GIFTS JEWELRY  
ACCESSORIES

? we've got answers

Written by  
Margaret May

Where can I shop locally and sustainably?



» IN TODAY'S prepackaged and to-go container world, minimizing the amount of trash you produce sometimes seems like a pipe dream. However, with a little extra effort, you can buy fewer items in plastic, and spend less money, simply by shopping locally with your own Mason jars and washable/reusable mesh bags in hand.

When trying to avoid any mass produced packaging, farmers' markets are your best bet. Starting in June and ending in October, the Wilton Farmers' Market sets up every Wednesday at the Wilton Historical Society (wiltonchamber.com), and an organic farm stand runs at Ambler Farm every Saturday (amblerfarm.org).

The Well Natural Market allows consumers to bring their own

reusable cups or jars for juices and smoothies, and they've done away completely with plastic straws. (shopthewell.co)

For bulk snack items and dried goods, head to Nature's Temptations in downtown Ridgefield. As an added benefit, if you're a regular baker or home cook, you'll save considerable money purchasing in bulk there.

Nature's Temptations also has a deli counter with a variety of prepared foods such as slaws, quesadillas, and pasta salads. Dine in or bring a reusable container to make yourself a plate. (naturestemptations.com)

If you frequent Starbucks daily why not bring your own reusable cup? For that simple act of sustainability you'll receive a ten-cent discount.

How can I limit my exposure to radiation from my personal electronics?

» EMF RADIATION emitted from wireless devices like laptops, Smartphones and Fitbits may be invisible, but, over time, the use of such devices can potentially cause sleep disturbance, stress, anxiety, depression, fatigue, and muscle aches.

In 2011, WHO classified radiation from cellphones and other wireless devices as a Class 2 B carcinogen. Since then, more evidence has emerged to bolster that classification. Unlike background radiation, which cannot be controlled because it is natural (i.e. radioactivity in the earth and cosmic rays from space), man-made wireless radiation—specifically RF (radio frequency) radiation, a type of EMF (electromagnetic frequency) radiation—can be controlled.

If you're looking to limit your exposure to wireless radiation, don't store your phone close to your body when it's on. And when sleeping, keep your wireless devices at least three feet away.

Plants can also help eliminate EMF radiation. NASA found that cactus actually absorb EMF waves. A few other succulents like aloe vera also help, so consider putting one on your desk.

A handful of products on the market claim to help neutralize wireless radiation such as EnergyDots, low-powered magnets programmed to harmonize man-made electromagnetic frequencies. In theory, they act like a tuning fork or, as company states, "It's like you're standing in a constant rainstorm, and the EnergyDots are the umbrella." —MARGARET MAY

**Car Guys**

- all models, all years
- professional service
- great rates
- tires, transmissions
- free Wifi
- big screen TVs
- games
- various locations

carguys.com

Find the Fake

Somewhere in this issue is a fake ad. Find it and send your answer to [editorial@townvibe.com](mailto:editorial@townvibe.com)

More than 200 people took part in our Fake Ad Contest in the Holiday issue. Congratulations to everyone who picked **Chess for Less**. The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Alison Conroy** of Wilton. Winner receives a gift certificate to an area business.

**Nominations Open Wilton 25**

Wilton's most dedicated, most creative, most intriguing

Featured in the May/June issue  
Nominations close March 15  
[msmith-harris@townvibe.com](mailto:msmith-harris@townvibe.com)

Reception and ceremony  
Thursday, May 2 @ 6pm  
Wilton Library Brubeck Room  
Open to the public \$35  
Tickets on sale soon