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sustainability

Sharing Sustainability News, Efforts, And Ideas With The ETSU Community.

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POWER DOWN FOR WINTER BREAK



It's that time of year again! Before you leave for the holidays with visions of sugar plums dancing in your head, remember to take a few minutes to **POWER DOWN** and **UNPLUG** your electrical appliances in your office, workspace, and living area. Almost all electronics continue to draw power when plugged into an outlet and these small electricity drains add up when aggregated across the campus.

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Please power down and unplug:

- computer monitors and speakers
- laptops, computers, and chargers
- printers, copiers, scanners, and fax machines
- office AV equipment
- phone chargers
- coffee makers, microwaves, and other kitchen appliances
- clock radios
- televisions, DVD/Blu-ray, and CD players
- refrigerators - unplug and defrost to improve efficiency in the new year

In addition, please make sure all windows and fume hoods are closed and turn thermostats down to 66 degrees.

Your participation in this effort can have a significant impact on the university. When all small energy saving measures are combined, we begin to see reductions in our energy costs and campus carbon footprint.

We would like to hear from you! If you have an announcement or ideas about sustainability on campus, let us know.

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CHECK OUT the recycled art sculpture in the lobby of Sherrod Library!

The sculpture is entitled 4 Hours because it is constructed out of 900 plastic bottles - which is the amount of plastic bottles that are thrown away on average at ETSU in 4 hours time!



Artist: Rickey Bump, graduate student



NEW SCANNERS IN SHERROD LIBRARY MINIMIZE PAPER USE

Do you need to copy a section of a book to read at a later time? Now at Sherrod Library, you can scan a document and email it or save to a USB drive easily and quickly, all with the tap of a button (or in this case, a touchscreen). The scanners are available to all students, faculty, and staff.

The scanners are much more user friendly than traditional ones, with an adjustable stand for large books which allows for a less “curved” reading of the document.

When you approach the scanner, you will see above it a monitor with a video showing how to use the machine. To begin, you would enter your ETSU username and password and check that you agree to the “copyright notice”, which states that a user will not scan more than 10 percent of a book or other document.

You may then proceed to scan sections at a time, which is as easy as laying the book face up, hitting the “scan” tab, turning the page, and hitting “scan” again until you have all your desired pages. A monitor will show you how each page looks once it is scanned in, and you

can adjust the quality, color, and layout of the image on the touch screen.

After you have completed scanning and adjusting the page images, you would select the “Save to USB or Send Email” tab and follow the directions that appear. The USB port is conveniently located on the top right corner of the machine.

Library supervisor Tom Fehr explains that, in many cases, it is best to save to a USB drive since scanned documents get large fast in terms of megabytes. If you are sending an email, you can only send 10 MB at a time.

The scanners will be beneficial in terms of sustainability as they will aid in the minimization of paper. Fehr points out that some students print a lot, and library staff hopes to see a decrease in paper used for printing once more students are aware that these scanners are available.

The scanners were paid for by students through the Technology Access Fee (TAF) that is allotted to make technology accessible to all students.

DID YOU KNOW?

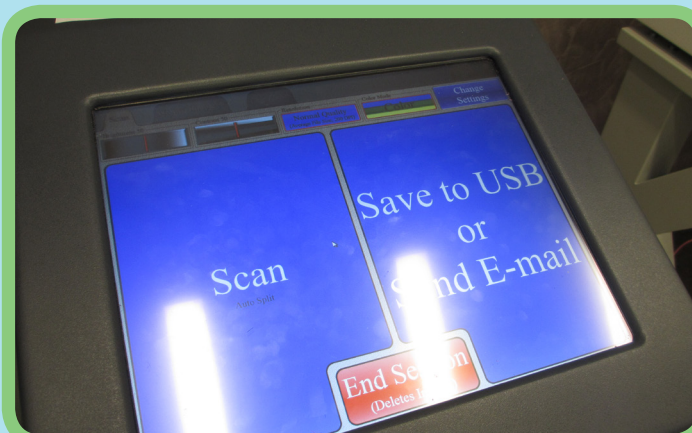
- **YOU** can save
- **\$\$\$\$** and energy
- **this winter!** ❄️

What Can You Do?

* Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

* When you are home and awake, set your thermostat as low as is comfortable. When you are asleep or out of the house, turn your thermostat back 10 to 15 degrees for eight hours and save around 10% a year on your heating and cooling bills.

* Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months.





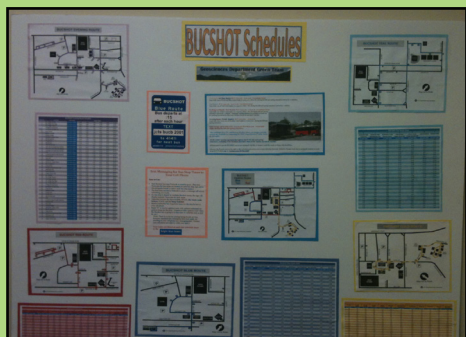
★ **Enter for a chance to win** ★

**gift certificates
and
other exciting prizes!**

Take the Sustainability Survey online at <https://www.surveymonkey.com/s/etsugogreen>. Provide your name and email at the end of the survey to enter the prize drawing!

* Open to students, faculty, and staff - only students are eligible for prizes *

Ross Hall Green Team Strikes Again



The team continues its efforts to incorporate sustainable practices into the operations of Ross Hall.

Currently, you will find their detailed display explaining the BucShot schedules to encourage the use of public transportation.

FEATURED GREEN ROOM AT BUC RIDGE

Upon entering Kathryn Travis and Emily Allen's apartment, one might hear, as I did, "Excuse the clothes that are draped over everything. They're drying". Air drying their clothes instead of using a dryer is just one of the many ways Kathryn and Emily, both 21, try to live more sustainably. Kathryn is an honors-in-discipline student for English Literature while Emily is a public health major with a concentration in healthcare administration.



The two roommates could each check off over twenty things from the green room certification sheet. Among those things include unplugging the electronic items that they are not using, opening shades to let natural light fill their apartment, and turning off the water that is not being used as they brush their teeth or wash their face.

When asked why she is committed to a sustainable lifestyle, Emily replied, "We only have one earth. If we abuse our resources, we won't have anything else. And it's not hard. You don't have to go out of your way to be sustainable. You just have to be mindful of the little things you can do." Kathryn explained the reason sustainability is so important to her is because she does not want to be the reason animals or future generations suffer. She believes it is important to be responsible with what you have.

For both of them, it was their moms that first inspired them to make sustainable choices. Kathryn recalls her mom having drying racks installed in their backyard when she was younger because she was so committed. She explained that her parents always encouraged her to conserve as much energy as possible. Upon starting college, she was really happy to see even more ways to be sustainable. Emily's mom also had drying racks in their home and she remembers many recycling bins as well.

"Everyone should hop on board, it's easy," says Emily Allen. If you are interested in learning more about ways you can be sustainable, contact the EcoNut for your residence hall for more information or ask about becoming green room certified yourself.

- Gina Alston, ETSU EcoNut

Kathryn Travis shows the large bag of plastic, aluminum, and other materials that she and her roommate are saving up to recycle. (right)

Kathryn Travis and Emily Allen hang some clothes up to dry instead of using a dryer. (above right)





CALENDAR OF EVENTS

January 16

Spring semester classes begin

January 20

Martin Luther King Day

(University closed)

January 19 - February 1

Recyclemania - Pre-Season Trials

ETSU residence halls

February 2 - March 29

Recyclemania Competition

ETSU residence halls

March 17 - April 4

Campus Conservation Nationals

ETSU residence halls

FREECYCLE AREA OPEN IN LUCILLE CLEMENT HALL

Do you have a bunch of extra stuff lying around your dorm room? If there's something you don't want anymore, freecycle it! There is a new Freecycle area in Lucille Clement Hall.

Freecycle programs help to minimize waste from items that are thrown away, and they also provide students with access to items that they may need so they can avoid having to purchase them.



The Freecycle area is open at all times and is located in the first floor lobby of Lucille Clement Hall.



Shadow Davis holds her hand-crafted snowglobe that she made at the EcoNuts' DIY event.

WHAT'S IN A LABEL?

Do you know what labels to look for when you want to purchase more sustainably sourced items?

The labels shown here are some of the most common ones that you will find on environmentally and socially responsible products. These certifications consider the life-cycle of the product, from raw materials to you.

Food and agricultural products have met standards set by the US government pertaining to growing, storing, processing, packaging, and shipping. Certification also denotes products that are pesticide/herbicide free and GMO free.



Products that are produced in a way that conserve biodiversity and ensure sustainable livelihoods.



Guarantees that producers were paid fair wages and basic levels of social and environmental standards were met during production.



Guarantees that no animal tests were used in the development/production of products bearing the logo.



Certifies that all products made from wood, including trees, were harvested in a sustainable manner.