

Ten Tips for Going Green at Clark

How many Clarkies does it take to reduce the university's carbon footprint?
Just one. Just you.

1. **Phantom loads can be reduced** with a power strip that you turn off or by unplugging electronics when they are not in use: 'Phantom loads' refers to electronics (such as cell phone chargers or computers – even microwaves) that draw energy even when they are turned off. Wasted energy can be reduced by turning the power strip off at night or when the items are not being used.

In the average home, 75% of the electricity used to power electronics is consumed while the products are shut off! Want to know what your Phantoms are doing? Here's a [list](#) of most electronics & appliances and their energy use when "off" (or cut & paste into your browser <http://standby.lbl.gov/summary-table.html>)



2. **Too hot in your room?** Closed window coverings during the day can block additional heating from the sun (especially South facing windows) and reduce room temp by 10°. More than 1,500kg of carbon dioxide is emitted each year by air-conditioning the average US home (commondreams.org). In winter an open window will only make the heater work harder, but a towel draped over the top of the radiator while you are in the room can keep it cooler. Or open the door to let the heat escape and air circulate!

3. **Too cold in your room?** Dorm heaters function by convection, so a heater with boxes and objects stacked in front of it doesn't heat properly. Also, open window coverings to let the sunshine in during the day and close them at night to reduce heat loss. If there are serious or continual problems, call Physical Plant x7566. Our heating system is controlled by an energy management system. But, in the words of Miley Cyrus, "Nobody's perfect".

4. **Why wash in cold water?** Washing clothes in cold or warm water instead of hot saves 500 pounds of carbon dioxide a year, according to climatecrisis.net. Drying your clothes on a clothesline six months out of the year would save another 700 pounds (Chicago Tribune). Sooo..



5. **Skip the dryer**, reduce carbon emissions and help favorite items last longer at the same time: "The heat weakens and even breaks down fibers, especially synthetics and elastic fabrics.." (energy-efficient-homes.com). What's good for people is often good for the environment. Drying racks are available at the Clark Community Thrift Store (<http://clarkthriftstore.webs.com/>) and many other local stores.

6. Try **Alternative Transportation** in the Woo. Use the Clark Bike Share (web.clarku.edu/students/cyclesofchange), Clark Escort service (ext. 7777) carpool for points (www.nuride.com), share a Zipcar, walk, or take the bus (WRTA schedules available at the info desk in the UC). Saves money, reduce pollution, and far more fun than driving alone.



7. **Turn off dorm and bathroom lights** when you leave. This saves money and carbon emissions from the electricity plants. Does it make a difference? Check the math:

A standard bulb uses 60 watts of energy an hour or will chew through a kilowatt of energy over approximately 16 hours. A kilowatt hour of energy costs approximately 12 cents. So leaving that light on unnecessarily for 16 hours a day all year? 365 kilowatts of energy, worth \$43.80, down the drain.

8. **Regular light bulbs can be replaced with any CFL** (Compact Fluorescent Lamp). If you can easily reach the bulb and safely replace it yourself, bring the bulb to Physical Plant's main office at 24 Charlotte St. and receive a CFL for FREE. Alternatively, you can ask the Physical Plant to assist you (ext. 7566).

Replacing one incandescent light bulb with an energy-saving compact fluorescent bulb means 1,000 pounds less carbon dioxide is emitted to the atmosphere (EPA). That's a whole lot of poundage! Plus they last up to 20x longer...so you're still using an old fashioned bulb why?



9. **"Paper or plastic?" "I brought my own!"**

According to Reuseit.com, 500 billion to 1 trillion plastic bags are used every year around the world, which is about 1 million plastic bags used every minute... Americans recycle only 1 to 3 percent of them and toss the rest. Plastic bags take hundreds of years to decompose, whether they are caught in animal's stomachs, in waterways and sewers, or in landfills and lakes. Reusable cloth bags can reduce these numbers! The Thrift Store sells cloth bags and will reuse your plastic bags – if you have any.

10. **Reusable water bottles:** Americans buy 28 billion single-serving plastic water bottles every year, and 80% of those end up in landfills, according to the Container Recycling Institute. Meeting the nation's demand for bottled water requires more than 1.5 million barrels of oil annually, enough to fuel 100,000 cars for a year, the Earth Policy Institute estimates. Give up the plastic bottle habit! Don't buy bottled water! It costs more than diamonds & free tap water is actually tested much more often. Reusable water bottles can be found at the Clark Community Thrift Store and Clark Bookstore.



Need more information?

Ask your Eco-Rep: contact.EcoReps@gmail.com

or visit their website: <http://sites.google.com/site/clarkuecoreps/contact-us>.

Visit the Sustainable Clark website: <https://www.clarku.edu/offices/campussustainability>

What's your Carbon Footprint? Visit: [Terrapass](http://www.terrapass.com) www.terrapass.com

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