

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 or 'vampires' refers to electronics that suck energy even when they are not in use. Anything with a black box or that gets hot (chargers, laptops, etc); and anything with an LED display (like microwaves or coffeepots) is a vampire! Tip: Kill the energy sucker with a power strip that you **turn off** when not needed or simply unplug all suspect electronics when they are not in active use.



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

2. Too hot in your room? When it's hot out, keep windows covered during the day to reduce room temp by up to 10° and you save energy by not using the AC! More than 1,500kg of carbon dioxide is emitted each year by air-conditioning the average US home (commondreams.org). Tip: In winter a towel draped over the top of the radiator while you are in the room will keep it cooler, the heat is contained. For real impact open the door to let the heat escape and air circulate! Don't open the window unless you want to heat the whole world; your poor little heater trying to do that...

3. Too cold in your room? Dorm heaters function by convection, so a heater with boxes and things stacked in front or under it cannot work properly. Let it convect! Tip: open the shades to let the sunshine in during the day (passive solar!) and close them as soon as the sun leaves to reduce heat loss and keep the cold out. Clark's heating system is controlled by a computerized energy management system with pre-set average temperature points for entire floors. YMMV. There's an info card on your door. If there are serious or continual problems, call Physical Plant @ 508.793.7566.

4. Wash in cold water because #1 Cold wash is free in the laundry rooms! #2 Washing clothes in cold instead of hot saves 500 pounds of carbon dioxide a year, according to climatecrisis.net. #3 It's better for your clothes. Tip: 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 our Community Thrift Store and many other local stores. Tip: No rack? Do 15 minute increments in the dryer, you'll save \$ and energy!

6. Try Alternative Transportation in the Woo. Tips: Use Clark's free Bike Share 'Cycles of Change' (web.clarku.edu/students/cyclesofchange), Clark Escort service (ext. 7777), sign up to carpool for points (www.nuride.com), go to the Clark Craigslist on Facebook to find & offer rides, share a Zipcar (Clark has 3!), walk (!!), or take the bus (WRTA schedules available at the info desk in the UC). Going green saves money, reduces pollution, is healthier and bonus - it's far more fun to go places with new friends than driving alone!



7. Turn off dorm room, lounge and bathroom lights when you leave. It saves money and reduces carbon emissions from electricity plants and Clark's Power Plant. Does it make a difference? YES. Motion and occupancy sensors that automatically turn off lights when there is no one in a room save 35-40% of energy costs, according to the CA Energy Commission. But why wait for a unit to do what your one powerful finger can do so easily? Just do it! The next person who uses the space can turn the light on again (and hopefully off!) Tip: Say "hello?" before switching off the bathroom light in case there's a quiet person in there 😊



7a. Turn off lights everywhere. This is your campus. Somebody's paying the bills...hmmm... If you see unnecessary lights on in a classroom, meeting room, bathroom, *anywhere* and there is no one using the space, find the switch and turn them off. It's a good habit to have, and others will copy your action. The power of collective change! Saving the CU CO2, energy and money.

8. Regular light bulbs can be replaced with a CFL (Compact Fluorescent Lamp).
Tip: 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 (508.793.7566). Replacing one incandescent light bulb with an energy-saving CFL 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 20 times longer. LED bulbs are even better for energy saving and life expectancy, if you can afford them. Get a free CFL at Physical Plant!



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 = insane. Americans recycle only 1 to 3 % 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, lakes and the ocean. Reusable cloth bags can reduce these numbers! The Thrift Store and Bookstore and just about every other store around sells cloth bags. Tip: Supermarkets recycle plastic bags, and duh you can reuse them too. BTW, Clark is plastic-bag free. Until you bring one here.

10. Reusable water bottles: Americans buy 28 year, and 80% of those end up in landfills, Institute. Meeting the nation's demand for ridiculously expensive ordinary tap water) oil annually, enough to fuel 100,000 cars for a Give up the plastic bottle habit! Don't buy diamonds & free **safe** tap water is actually tested much more often than packaged water (one is FDA regulated, the other EPA regulated). Reusable water bottles can be found at the Community Thrift Store and Clark Bookstore. You probably got one at Orientation. Tip: Water bottle filling stations with chilled & filtered water are all over campus, in your dorm and in every building. Easy.



single-serving plastic water bottles every according to the Container Recycling those bottles (that often contain requires more than 1.5 million barrels of year, the Earth Policy Inst. estimates. bottled water! It costs more than

Need more information?

Ask the Clark Sustainability Collaborative csc_eboard@lists.clarku.edu or your RA!

Resources & so much good info on the Sustainable Clark website: clarku.edu/sustainability

Email SustainableClarkGA@clarku.edu with specific questions, ideas, requests

So what's your Carbon Footprint? Visit: Terrapass www.terrapass.com

