

- The county doesn't charge the college to pick up recycling. Did you know that, in addition to paper, water bottles, and soda cans, the county has expanded its list of acceptable plastics to include bags of plastic bags (loose bags gum up the machine) and yogurt containers? The complete list can be found at: http://www.co.ho.md.us/DPW/recycling_plastic.htm
- If you will be driving for the holidays (or any time), remember this tip – take out anything in your car you don't need, which makes it more fuel-efficient. Some people use their cars as extra storage space (golf clubs, camping gear, things you've been meaning to give to Good Will, etc.) but did you know that for every 50 pounds you get rid of, you'll get about 1% better gas mileage and pollute less? If you use chains for driving in the snow, leave them in during the winter, but take them out when the season is over!
- Howard County Executive Ken Ulman reminds us about disposing of "FOG" (fats, oils, and grease). Back in June, the County's Bureau of Utilities asked for the public's help in reducing or preventing sewage system overflows caused by the improper disposal of FOG. Here are the highlights in handling FOG:
 - Minimize the use of excess cooking oils and grease when cooking or frying.
 - Pour used cooking grease from the pan while it is still somewhat warm into a container that you can freeze. Use a rubber spatula to scrape as much of the grease out of the pan as possible, then take one disposable paper towel to wipe the pan clean.
 - Store the container in the freezer and pull it out whenever you need to add more FOG. When it gets full, dump the whole container in the trash.
 - Reuse or recycle properly stored FOG - one suggestion is to turn refrigerated FOG (now lard) into wild bird suet by mixing it with birdseed.
- You've heard that vinegar is a great alternative cleaner to some toxic products; here are five ways to use vinegar in everyday chores:
 - All-purpose countertop and mildew cleaner: mix vinegar and water 1:1 in a spray bottle.
 - Fabric softener: add 1/2 cup to the rinse cycle.
 - Toilet bowl cleaner: use pure vinegar to get rid of rings.
 - Window cleaner: mix vinegar and water 1:4 in a spray bottle.
 - Weed killer: use higher concentrations of vinegar (most household vinegar is 5%, so go for 10% or higher, available at hardware stores).

Be sure to only use white distilled vinegar.

- Disposable or refillable? It has been reported that in 2005 Bic sold its 100 **billionth** disposable ballpoint pen. And that's just one company that produces disposable pens!

Quick Facts:

- Each pen is approximately 5.5 inches long
- Multiplied by 100 billion = 8,680,555 miles
- The circumference of the earth at the equator is 24,900 miles
- 100 billion pens laid end to end would circle the earth 348 times

Environmental considerations

Disposable pens wind up in landfills and in waterways. The plastics in these pens are usually made from crude oil and don't break down quickly.

A refillable pen can last a lifetime. However, they do use cartridges. The cartridges of most nice refillable pens are metallic, so they can be recycled! Source: greenlivingtips.com

- Here's an easy way to save electricity and money - turn off your dishwasher's drying cycle, or, if there's no off switch for your dishwasher's drying cycle, just open the door when the cycle starts. According to the Ideal Bite, "If 10,000 Biters air-dry their dishes, in a year it'll have the same CO₂-reducing effect as planting 3,343 trees."

- Insulation is your home's first line of defense against the weather, right? Wrong. Before you bulk up with fiberglass blankets, seal the leaks. Inexpensive foam strips and caulking can cut your heating and cooling bills by 5 to 30 percent.
- Did you know there is a **green** TV channel? “**Planet Green**, the first and only 24-hour eco-lifestyle television network, invites you to enjoy the freshest, ecoist shows on TV. From gear to gourmet, renovation to innovation, find out what's cool, what's hot and what's next. For more ways to make your world more beautiful, watch **Planet Green** in the stunning clarity of HD. It's an eye opening experience.”

To find out if **Planet Green** is available in your area with your service provider, go to <http://planetgreen.channelfinder.net/>.

- Carbon dioxide (CO₂) emissions are a primary contributor to global warming. Below are a few ways to reduce CO₂ emissions from your car, along with how much CO₂ is “saved” (reduced), if you follow the advice, as well as how much money you can save as a bonus byproduct! This information comes from the *Consumer Reports Greener Choices* website:

Reduce driving speed and drive evenly

CO₂-savings: About 1,500 pounds

Cost-savings: About \$288

Fuel consumption is directly related to the amount of CO₂ emitted while driving no matter what vehicle you drive. In *Consumer Reports* tests of a compact family sedan and a large sport-utility vehicle, fuel economy was improved by almost 15 percent when driving 65 mph vs. 75 mph on the highway. That translates to an average annual CO₂ savings of about 1,500 pounds. Note that the CO₂ savings for the SUV were even greater than for the sedan (1,900 lbs/yr). Hard acceleration and braking can also waste fuel and lower your mileage by 33 percent on the highway and 5 percent around town.

Tune up and maintain your car

CO₂-savings: Up to 580 pounds

Cost-savings: Up to \$111

If you get your engine properly tuned and use the recommended grade of motor oil, you can cut CO₂ emissions and improve mileage by up to 6 percent, particularly if your car is noticeably in need of a tune-up. Savings are based on driving 12,000 miles per year at 20 mpg.

Combine errands or ride your bike instead of driving

CO₂-savings: About 340 pounds

Cost-savings: About \$65

The average person drives almost 2,000 miles a year to go shopping. If you cut down on driving by just 10 miles per week by combining errands—or when it’s feasible, by skipping the car altogether, and walking or riding your bike instead—you could cut your CO₂ emissions by nearly 340 pounds per year. That’s based on driving a car that gets 30 mpg, but if your car is less efficient, you’ll save even more.

Pump up your tires

CO₂-savings: About 264 pounds

Cost-savings: About \$51

According to the Department of Energy, you can improve your gas mileage by around 3.3 percent by keeping your tires properly inflated. Our own testing revealed that a tire that is under-inflated by only 2 pounds per square inch could increase fuel consumption by about 1 percent. Check your owner’s manual for inflation recommendations.

Also, if you are in the market for a new car, you might want to check out the *Consumer Reports’* website with the comparison of which ones get the best gas

mileage: <http://www.consumerreports.org/cro/cars/new-cars/buying-advice/most-fuefficient-cars-206/index.htm>

- Thanks to the diligence of the **Food Service Advisory Panel** with cooperation from **Sodexo**, our food service provider, the Café on the Quad continues to meet its sustainability goals! Last fall, Styrofoam cups and plastic straws were replaced with biodegradable cups, lids, holders, and straws. This spring, Styrofoam plates and bowls are being replaced with biodegradable and compostable plates and bowls. Most of the Styrofoam plates and bowls have already been replaced with biodegradable products. Soup cups will change over to biodegradable as soon as supplies of Styrofoam cups are depleted. Shortly, there will be no Styrofoam serving products in the Café on the Quad, or used in catering services. The benefit of switching from Styrofoam to biodegradable products is that biodegradable products disintegrate in landfills rapidly compared to Styrofoam products, which can take many years to disintegrate. Even though staff and students will continue to place cups, bowls, and plates in regular trash receptacles (not in recycling bins), you can rest assured that the biodegradable products being used are much better for the environment than are their Styrofoam counterparts!
- We have encouraged “buying local” as a greener alternative. In addition to local meaning Howard County or Maryland, **Arnette Haywood**, from the continuing education office, would like to encourage us to buy items made in the USA. Arnette received an email stating that the writer was able to find store brand light bulbs and clothes dryer fabric softener sheets in her local supermarket that were made in the USA. The only difference she found between the branded name and the store brand were the price – she even saved money by buying American-made products. As we think about our struggling economy and the unemployment soaring past seven percent, it seems like a good time to support businesses that may employ our family, friends, and neighbors. According to an article entitled *What Does Buying Local Mean To You?* from the website [5 Minutes for Going Green](http://www.5minutesforgoinggreen.com/244/what-does-buying-local-mean-to-you/) <http://www.5minutesforgoinggreen.com/244/what-does-buying-local-mean-to-you/> “Buying within your community or state helps stimulate the economy. More jobs are stabilized and created. Tax money stays in your state to help fund local programs. It helps the owners of the products you like to keep producing them. It insures that you know where your food is coming from and who is growing it and how. When you keep your money local, everyone benefits.”
- Did you know you can recycle your worn-out athletic shoes? Nike’s “Reuse-A-Shoe” program was launched in 1990. According to their website, “Recycling shoes is extremely easy. Take your old shoes to any Reuse-A-Shoe collection location, which can be found at Nike retail stores, athletic clubs, or at one of the National Recycling Coalition centers across the country.” Only athletic shoes (any brand) can be recycled. However, they can't accept shoes containing metal such as cleats or spikes. Nearly every part of the shoe gets recycled through the “Nike Grind” process. The outsole becomes Nike Grind Rubber, the midsole becomes Nike Grind foam, and the fabric upper becomes Nike Grind Upper. Industry-leading sports and playground surfacing companies utilize “Nike Grind” to manufacture high-performance athletic surfaces such as tennis and basketball courts, running tracks, athletic fields, and playgrounds. Additionally, Nike has discovered innovative uses for “Nike Grind” in various products such as footwear and apparel. To see more, go to <http://www.nikereuseashoe.com/>.
- The Green Home Guide website offers an article called, “15 Green Projects for Under \$500, Go green at home on the cheap!” http://www.greenhomeguide.org/features/15_inexpensive_green_projects.html Check out the website for all of the details, here are their suggestions:
 - Build a clothesline
 - Add a tube-type skylight
 - Put a recirculating pump under the sink
 - Insulate hot-water pipes
 - Plant deciduous trees
 - Install a programmable thermostat
 - Create a rain garden
 - Install a smart ceiling fan

- Replace can lights
 - Build a worm bin
 - Install aerators on faucets
 - Clean your refrigerator coils
 - Replace weatherstripping
 - Reduce light pollution
 - Clean green
- Did you know that the **health science department** recycles nursing supplies? The nursing faculty and lab staff had a great idea – whenever possible, why not repackage the supplies that the students use in the nursing labs and use them over again? The labs use catheterization, vascular access, tracheostomy, and suction kits that can all be repackaged. The supplies are used on manikins and don't have to be sterile in the practice setting. It's a win-win situation. The environment wins because they aren't producing as much disposable waste and HCC wins because this process has saved the college \$15,000 over a one-year period! This practice helps keep the labs more organized as well.
 - Moving? Do you send a lot of packages? For mailing or moving you can spend less cash and save trees next time you ship or move by using recycled boxes. According to the [Ideal Bite \(http://www.idealbite.com\)](http://www.idealbite.com), "Remember, it's reduce, then reuse, *then* recycle - [reusing uses less energy than recycling.](#)"
Here are some options for finding boxes to reuse:
 - <http://www.boxcycle.com/>
 - <http://www.usedcardboardboxes.com/>
 - <http://www.freecardboardboxes.com/>
 - <http://www.craigslist.org/about/sites>
 - **Joe Mason**, assistant director and instructor of the Silas Craft Collegians Program says, "I have a small 5 ½" x 6 ½" basket which I use for placing scrap paper torn into quarters from 8 ½" x 11" papers. I use the 4 ¼" x 5 ½" paper as note/scratch paper, which I believe saves on purchasing notepaper and reduces additional trash."
 - Dreaming of vacation and thinking about a cruise? Check out the [Earth911 \(http://earth911.com/blog/2009/03/23/cruise-into-recycling/?utm_medium=email&utm_source=Email+marketing+software&utm_content=558110952&utm_campaign=Earth911.com+Weekly+++3%2f25+hlkttt&utm_term=Cruise+Into+Recycling\)](http://earth911.com/blog/2009/03/23/cruise-into-recycling/?utm_medium=email&utm_source=Email+marketing+software&utm_content=558110952&utm_campaign=Earth911.com+Weekly+++3%2f25+hlkttt&utm_term=Cruise+Into+Recycling) report regarding, "some luxury liners (that) are stepping up efforts to protect the planet." The report may help you choose a greener option to cruise out of town!
 - [Ecosearch.org](http://ecosearch.org), powered by Google, is the first nonprofit search engine to donate 100% of its advertising profits to eco-charities such as the Sierra Club and the National Resource Defense Council. Go to ecosearch.org and click on "[learn more](#)" for a full list of participating organizations.
 - Just in time for the flower and grass growing season, [The Ideal Bite \(www.idealbite.com\)](http://www.idealbite.com) came out with this tip – "eco-friendlier herbicides that keep weeds away while letting your garden re-coup." They say the benefits are:
 - The majority of the herbicide you apply doesn't actually reach the target weed, and all of it eventually impacts the environment.
 - Less violence toward your plants and the earthworms that sweeten your soil - and our options are still effective.
 - There are about 110,000 human poisonings from herbicides, insecticides, and pesticides in the United States each year.
 And they suggest these products and hints:
 - [Deadeye](#) - vinegar-based spray formula (\$8/32 ounces).
 - [WOW](#) - made from corn gluten, it releases fertilizing nitrogen for your lawn after it's done killing weeds (\$9/1 pound).

- [NaturaLawn](#) - let enviro-friendly pros get rid of your weeds.
 - **DIY Bite:** Pour boiling water or white vinegar on smaller weeds (like the ones in your walkway cracks). For larger areas where you don't want any growth, [lay down old fabric or newspaper](#).
- The [Real Simple www.realsimple.com](#) website is a boon for thinking outside the box! In their article "101 New Uses for Everyday Things," you can find: [10 New Uses for Lemons](#), [10 New Uses for Newspaper](#), [10 New Uses for Olive Oil](#), [10 New Uses for Dryer Sheets](#), [10 New Uses for Coffee Filters](#), [10 New Uses for Velcro](#), [10 New Uses for Vinegar](#), [10 New Uses for Baking Soda](#), [10 New Uses for Ziploc Bags](#), and [11 New Uses for Salt](#)! You can find ideas for recycling, reusing, or substitutions that may save your wallet as well as the environment!
 - Don't throw out your favorite shoes! Instead of buying new shoes, according to the [Ideal Bite \(www.idealbite.com\)](#), "repairing them is cheaper and averts the resources needed to make new stuff." They also note that, "*some cobblers do handbags and luggage too.*" So go to the yellow pages (an online search on "shoe repair" makes it easy) and find a local source near home or near here! Bring new life to those comfy or beautiful favorites.
 - **Go Electronic!**
One of the easiest ways to reduce your household's paper consumption is by paying your bills online and receiving statements via e-mail. Taking advantage of paperless programs at your bank or utility company means you'll save money on stamps, eliminate paper waste, and always have easy access to your account information and payment history. [Earth911.com](#)
 - Eco-sunscreen? We know that we should wear sunscreen year-round, but this is the time of year when we usually start getting serious about it!
According to a [National Geographic News](#) article, "The sunscreen that you dutifully slather on before a swim on the beach may be protecting your body—but a new study finds that the chemicals are also killing coral reefs worldwide." If you want something that is more natural and eco-friendly, the [Ideal Bite](#) suggests these options:
 - [Juice Beauty SPF 30 Tinted Moisturizer](#) - a three-for-one for the face: Even out skin tone (lots of vitamin E here), hydrate (aloe vera), and protect (mineral sunscreens) at the same time (\$29/2 ounces).
 - [Lavera Family Sun Spray SPF 15](#) - a higher-end spray-on 'block that does the job right with just one application; water-resistant and contains natural skin toners such as witch hazel (\$24/6.6 ounces).
 - [Alba Botanica Mineral Sunscreen SPF 18](#) - everyday sunscreen with soothing aloe and lavender (\$8/4 ounces).
 - [Avalon Organics Baby Mineral Sunscreen](#) - sweet smelling, inexpensive option made with chamomile, especially for sensitive skin (\$6/3.5 ounces).
 - **Sustainable Bob says, "Save Paper!"**
It takes both water and energy to make every single sheet of paper. We can cut our paper usage on campus almost in half by double-sided printing and printing on the unused side of paper that has already been used. The mailroom reminds everyone that you can re-use any large envelope for campus mail. Just remember to cross out old addresses. Also, remember to use blue painters tape for posting notes and signs on walls, doors, and windows. Scotch tape damages the finish and requires a solvent to remove the residue.
 - Water leaks are wasteful of water and increase water/sewer bills. Do you know if you have a leak? Here are some suggested ways to find out from the [Ideal Bite](#):
15-minute, surefire way to find out if you've got a leak:
 - Turn off all the water inside and outside your house, and then look for your water meter. If the meter's hand is moving, you've got a leak. If it's not moving, note the position of the meter and

recheck it in 10 minutes. If it moved, you've got a slow leak.

For toilets:

- If your toilet sounds like it's running long after you flush or you have to jiggle the handle to get it to stop, it's probably wasting water.
- The dye test: Flush the toilet, then add a teaspoon of food coloring (red is probably best) to the tank - don't flush it. After an hour, check the basin. If you can see any dye, your toilet's leaking.
- Maybe it's time to ask the kids for ideas...A 5th grader in Minnesota started a business by reusing old glassware and dishes to create colorful and unique bird feeders. Her mother started selling them at her gift shop and then they expanded to a couple of other shops – she sold over 1,000 last year! To read the full story, go to the [Earth911 website](#).
- Thanks to Barbara Greenfeld from admissions and advising for this tip. Barbara says, "At some of the wild bird centers, they have kits for converting plastic soda bottles into bird feeders." That's a great way to recycle!
- "A ceiling fan can be a subtle and inexpensive way to make a room feel cooler or warmer. While it's unlikely that a ceiling fan will replace your need for an air conditioner during summer's most brutal months, it can help to circulate cooled air throughout a room. However, before you're ready to beat the heat by using a ceiling fan, you'll first need to make sure that the blades have been set to rotate in the proper direction. During the warm months of summer, the fan blades should spin counter-clockwise. **NOTE:** A ceiling fan will not alter a room's temperature in a significant way, even if it's set in the right direction for summer. The breeze a fan creates will only make a room feel cooler while you're inside it. For practical and economical reasons, it makes no sense to leave your fan running while you're not in the room." The fan blades should be changed to clockwise in the winter to bring the warm air down into the room. This information comes from [eHow](#) (www.ehow.com).
- Are you looking for eco-friendly eyewear for summer? You can find recycled plastic, bamboo, wood, or vintage items from this list published by the [Ideal Bite](#) (www.idealbite.com) :
 - [iWood Sunglasses](#) - seven styles of women's shades with sustainable wood frames (lenses provide UV protection); (\$350).
 - [Kayu Design Bamboo Sunglasses](#) - light bamboo-framed shades; (\$180).
 - [ICU Eyewear](#) - three of its trendy, unisex sunglass styles (including a [pair reminiscent of Ray Bans](#)) are made from scrap plastic that would otherwise end up in landfills (\$22).
 - [Blue Planet Eyewear](#) - recycled-plastic sunglasses with UV protection in mostly recycled packaging; 12 styles, (\$18).
 - [Vintage Sunglasses Shop](#) and [Eyeglass Boy](#) - designer vintage sunglasses.
- According to the Ideal Bite, "Houses lose up to 50% of their A/C and heating energy through windows, but tricks such as planting shade trees and window treatments help keep you cool." They suggest these tricks for helping to keep your home cooler:
 - Try putting adhesive, tinted window films on your windows. Films from companies like [Panorama](#) keep out solar heat and UV radiation while still letting in light (prices vary).
 - Plant a shade tree. Check [Lowe's](#) for advice on the best types of trees to plant for shade (hazelnut trees are a sure bet); and where to plant them for maximum shade in summer and sun in winter. Bonus: Trees eat up CO₂.
 - Get window shades. Some, including [Hunter Green](#), reduce the amount of cool air you lose through windows (\$190/typical 60-by 42-inch shade).
 - Install awnings. Check any home improvement store for styles, including metal or fabric; manual or motorized retractable; and window, door, or patio awnings (prices vary).
 - [Energy Star](#) - find federal tax rebates for window treatments.
- Have you got a stash of plastic bags just hanging around? [Earth911](#) has a suggestion – take them to the grocery store! Due to their lightweight, most curbside programs do not accept plastic bags. They can easily get stuck inside machinery when recycled as well. However, most grocery stores

throughout the U.S. now offer plastic bag recycling. However, the trick is actually remembering to take those excess bags with you next time you go to the store. Here are a couple of reminding tips:

- Hang a cloth bag in your kitchen or garage where you put excess plastic bags. It will be easy to notice when you leave the house.
 - When filling out your grocery list, make sure to add, "Recycle plastic bags!"
 - Don't forget about the other lightweight plastics – Plastic film, dry cleaning bags, newspaper bags and plastic wrap from products can be recycled at your grocery store as well!
 - Toss your leftover plastic bags in your reusable shopping bags – you'll remember both on your next trip to the store!
- Saving water is as easy as cooking pasta with less! According to the [New York Times](#), pasta can be cooked with far less than the 4-6 quarts recommended on the package directions. If you have the time to stir it more often, it says you can use as little as 1-½ to 2 quarts! Think of how many thousands of gallons of water could be saved if everyone who made pasta made this adjustment: If you used 2 quarts instead of 6 that's one gallon saved every time you make pasta. And if you make pasta once a week, that's 52 gallons per year for just one household! Click on the link above to read the whole story. This is an easy way for everyone to help the environment by saving water!
 - Paint your roofs white? Thanks to **Angel Burba**, associate professor and EMS program director, for this week's tip:
At a three-day Nobel laureate symposium in London in May, Professor Steven Chu, US Energy Secretary and Nobel Prize-winning physicist, said, "If you look at all the buildings and if you make the roofs white and if you make the pavement more of a concrete type of color rather than a black type of color and if you do that uniformly, that would be the equivalent of... reducing the carbon emissions due to all the cars in the world by 11 years – just taking them off the road for 11 years." See the full UK article online at:
<http://www.telegraph.co.uk/earth/earthnews/5389278/Obamas-green-guru-calls-for-white-roofs.html>.
 - The county has a new "[Specialty Recycling](#)" http://www.co.ho.md.us/DPW/specialty_recycling.htm website that gives tips for recycling everything from baby items and bicycles to tennis balls and Tyvek envelopes – and a lot more in between! The site contains a lot of good information on where to take items, where to send items, how to dispose of items, or how to make a few cents on collecting wrappers!
 - Thank you to **Jim Schmidt** for reminding us that plastic grocery bags can be recycled if they are bagged or bundled together.
 - "Small Things Add Up" according to [Earth911](#) (www.earth911.com), they suggest shortening showers to conserve on water and putting a bucket underneath the faucet to capture the water before it has reached the desired temperature. You can then use this "clean water for plants, washing the car, or even flushing the toilet."
 - Idling more than ten seconds takes more gas than turning your car off and starting it up again; 15 minutes of idling per weekday can cost you up to \$100 per year. Idling also creates twice the emissions of a car in motion. So if you are stuck in a line or traffic jam, consider turning your car off while you wait! <http://www.cd101.com/sections/events/GreenTeamTips.aspx>
 - Are blackboards more environmentally friendly than whiteboards? According to [Slate](#) <http://www.slate.com/id/2227692/>, the boards themselves are very similar, so it comes down to chalk versus markers. It isn't too hard to imagine that, "Dry-erase pens have a number of components—plastic barrels, caps, filaments, and ink—so they're going to have a much more complicated life cycle" and "Chalk can theoretically be a very low-waste product, especially if you use a chalk holder that allows you to keep using the sticks until the bitter end." Of course there are other factors including packaging and cleaning methods to consider. However, there are two refillable markers mentioned in the article – [AusPens](#) <http://www.ecosmartworld.com/> and [Artlines](#) [http://www.ontimesupplies.com/Artline ECO Whiteboard Marker skugroup 34545.html](http://www.ontimesupplies.com/Artline_ECO_Whiteboard_Marker_skugroup_34545.html) that may be acceptable green alternatives.

- Want to protect your pets and avoid the toxic chemicals in flea and tick collars? According to the [Natural Resources Defense Council](#) , “While some of these products are safe, others leave harmful chemical residues on our pets’ fur and in our homes.” Below are some alternatives suggested by the [IdealBite](#) to help with fleas (only one is designed to help with ticks):

[Veterinarian's Best Oatmeal Flea Relief Shampoo](#) - its oatmeal soothes your pet's skin while oils like citronella ward off fleas (\$7-\$12).

[De Flea Pet & Bedding Spray](#) - spray on your friend and his/her bedding (\$8).

[GripSoft Flea Comb](#) - flea-combing your pet regularly is a part of the solution...dip the comb in warm, soapy water between strokes (\$8).

[Sentry Natural Defense Flea & Tick Squeeze-On](#) - effective, plant-based treatment you just rub on your pet (\$14).

[Only Natural Pet All-In-One Flea Remedy](#) - sprinkle this powder on your pet, around your home, and in the yard (\$12).

[Only Natural Pet Brewer's Yeast & Garlic Tablets](#) - adding garlic and vitamin B to your pet's diet repels fleas from the inside out but takes a few weeks to work (\$8).

[Castor & Pollux Pet Works Play Dead Herbal Collar](#) - essential oils repel fleas for about 3 months (\$5).

[Vacuuming](#) your carpets daily during flea season and washing pet bedding regularly will help too.

- Do you have an emergency kit? If you don't have one already, think about including greener products. Here are some suggestions from the [Ideal Bite](#) (www.idealbite.com):

[Ech₂o Filtered Bottle](#) - stainless steel reusable water bottle with a built-in filter, so you can drink water from weird places like rivers and your backyard pool if that's all you've got. Note: it tastes fine, but don't expect Evian (\$40). *Enter the code ECO15 during checkout, and get 15% off any order.*

[Freeplay Energy Radio, Flashlight, and Cellphone Charger](#) - three-in-one contraption that you just wind to charge. Note: the light's not the brightest ever (\$30).

[Hybrid Light Solar Light](#) - solar flashlight that gives you 10 hours of light on one full charge; works with batteries too in case the panels aren't charged (\$25). *Enter the code BWC08 during checkout, and get \$7 off.*

[Ice-Qube Emergency Kits](#) - not non-synthetic, chem-free, or energy-saving, but the company makes great ready-made kits and supports the green building nonprofit [BuildClean](#) (\$20 and up). Enter the code *BUILDCLEAN* during checkout, and donate 10% of the sale to BuildClean.

Other things to pack: water; ready-to-eat, long-lasting foods like healthy [energy bars](#); [blankets](#); face shields; [matches](#); and [first aid supplies](#).

- Would you like to get [cash](#) for electronic gadgets you no longer use? Maybe you should try [Gazelle](#) <http://www.gazelle.com/>. Never heard of it? According to their website, “Gazelle is the nation's largest reCommerce company, providing a practical, responsible, rewarding way for consumers to get value for used electronics. Today, we accept products across a wide range of categories and have found a new home for more than 20,000 used electronics, while responsibly recycling thousands more.” The website says that every item gets an offer and they even pay the shipping. There is also a section called, “What’s Happening Now” and as an example, “Someone from Fontana, CA just got \$197 for their Apple iPhone 3G 8GB,” “Someone from Rochester, NY just got \$59 for their LG Vu CU920,” and “Someone from Macomb, MI just got \$110 for their Dell Laptop.” So if you have cell phones, digital cameras, MP3 players, laptops, desktops, external drives, LCD monitors, PDAs, GPS devices, gaming consoles, video games, camcorders, satellite radios, calculators, movies, or camera lenses to get rid of, you may want to check them out. They say, “Get [Green](#), Be [Green](#).”
- Would you like suggestions for additional ways to promote/be [green](#)? [Earth911](#) http://earth911.com/blog/2009/09/07/8-ways-to-get-involved/?utm_medium=email&utm_source=Email%20marketing%20software&utm_content=558110952&utm_campaign=Earth911.com+Weekly+-+9%2f9+ +kdhhd&utm_term=8+Ways+to+Get+Involved suggests these options:

- o Volunteer with the National Park Service
- o Teach Kids to Recycle
- o Be a Green Volunteer
- o Raise Funds for Green Causes
- o Green the Homes in Your Neighborhood
- o Plant Trees
- o Get Food Fresh from the Farm
- o Take Cyber-Action

Read the full article for more details.

- Want to “go green” with your hand, foot, and nail care regimen? The [Ideal Bite](http://www.idealbite.com/) <http://www.idealbite.com/> has these suggestions:
 - o [Max Green Alchemy Cuticle Rescue](#) - nontoxic cuticle treatment made from organic plant oils like moisturizing grape seed, jojoba, and sunflower (\$14/5 ounces). Enter the code *BITES* during checkout to get 20% off. Offer ends Oct. 31.
 - o [Gilden Tree Foot Scrubber](#) - two-sided terra-cotta foot scrubber with one pumice-like side to scrub away dry skin and another to smooth and polish (\$9).
 - o [Sephora Glass Nail Files](#) - just run these pretty pink or purple glass files under water after each use and they'll last forever (\$8).
 - o [EcoTools Sapphire File](#) - made from recycled steel with a smooth bamboo handle. Also, if you're stuck on disposables, try ET's [Bamboo Nail Files](#) (\$3).
 - o Check out their latest [nail polish tip](#) for healthier alternatives to color, and soften things up with [hand](#) and [foot](#) creams.
- With the holidays fast approaching, consider buying Fair Trade items as gifts. Fair Trade is a model of international trade that promotes the payment of a fair price as well as social and environmental standards in areas related to the production of goods. By adhering to social criteria and environmental principles, fair trade organizations foster a more equitable and sustainable system of production and trade that benefits people and their communities.

HCC will be holding the Global Giving Market (GGM) on **November 5**, in the **Duncan Hall lobby**, from **10:00 a.m. – 2:00 p.m.** The GGM is a service learning project in which business students market and sell Fair Trade items on campus.

Look for these Fair Trade logos where you shop:



- Starbucks has some big goals for sustainability! According to their [website](http://www.starbucks.com/sharedplanet/ourGoals-environmental.aspx) <http://www.starbucks.com/sharedplanet/ourGoals-environmental.aspx>, “Our Goal: 100% of our cups will be reusable or recyclable. We will significantly reduce our environmental footprint through energy and water conservation, recycling and green construction.” How do they plan to get there? They plan to:
 - o Develop a recyclable cup by 2012
 - o Make 25% of the cups used in stores reusable
 - o Have recycling available in their stores
 - o Derive 50% of the energy used in their company-owned stores from renewable sources by 2010
 - o Reduce greenhouse gas emissions by making their company-owned stores 25% more energy efficient by 2010

- Accomplish a significant reduction in water usage
- Certify all of their new stores will be green by 2010
- Champion tropical rainforest protection as a solution to climate change

Did you know you can receive a 10 cent discount at any Starbucks (including the one here at HCC) for every cup when you bring your own mug? Be sure to remind them to make sure you get your discount!

- Why not try a sustainable centerpiece for the holidays? You could use pinecones, pumpkins, gourds, fruit (think cornucopia), plants, or herbs. Even a bowl of nuts in their shells can be very attractive. Anything biodegradable, edible, or reusable would be great to include instead of fake, plastic arrangements or one-time-use items. Re-purpose something you already own. You may want to get inspiration from the [My Home Ideas](http://www.myhomeideas.com/holidays/25-holiday-centerpieces-10000001854725/all/) <http://www.myhomeideas.com/holidays/25-holiday-centerpieces-10000001854725/all/> website. Just be sure to keep your arrangements low enough for your guests to see over!
- According to the [IdealBite](http://www.idealbite.com/) <http://www.idealbite.com/>, there are a few eco-friendly movies you might want to check out:
 - [*The Road*](#) - based on Cormack McCarthy's novel and starring Charlize Theron, this one's set in a world likely destroyed by eco-damage; it's a dark, affecting adventure story that also follows the relationship between a father and his son. Opens Nov. 25.
 - [*Coal Country*](#) - out this week and now airing on [Planet Green](#), this film follows coal miners and the environmentalists who are fighting against mountaintop removal.
 - [*Crude*](#) - this documentary-slash-legal thriller about the battle over Amazon drilling rights will no doubt get you fired up for alternative transportation. Now playing in limited release.
 - [*Fresh*](#) - a little more hopeful than [*Food, Inc.*](#), this documentary features interviews with heavy hitters (like MacArthur Genius award-winner Will Allen) inside the local and organic farming movement. Now playing in limited release.
 - [*Avatar*](#) - the latest action flick from the director of *Titanic* fuses live action with animation, and has an anti-strip mining message; starring *Star Trek's* Zoe Saldana and *Terminator Salvation's* Sam Worthington. Opens Dec. 18.
- Instead of using artificial air fresheners during the holidays, why not use these more natural items suggested by the Ideal Bite to bring a wonderful scent to your home.
 - Whip up some **mulled wine** or **cider**. With spices like cloves and cinnamon, it tastes delicious and makes your kitchen smell amazing too.
 - Bake **cookies** or **bread** to make the whole house smell delicious.
 - Decorate with [pine wreaths](http://www.ehow.com/how_11072_make-evergreen-wreath.html) http://www.ehow.com/how_11072_make-evergreen-wreath.html. Making your own is cheap, and they're totally biodegradable.
 - Make a [pomander](http://www.instructables.com/id/OrangeClove-Pomander-airfreshner/) <http://www.instructables.com/id/OrangeClove-Pomander-airfreshner/> Use oranges and cloves to make a simple homemade air freshener with a nice citrusy aroma.
 - Create a [balsam sachet](http://www.marthastewart.com/article/balsam-sachets?rsc=also_try) http://www.marthastewart.com/article/balsam-sachets?rsc=also_try - stuff muslin bags with dried balsam and use them as table decorations, party favors, or stocking stuffers.
 - [Big Dipper Holiday Candles](http://www.bigdipperwaxworks.com/index.cfm?fuseaction=category_display&category_ID=10) http://www.bigdipperwaxworks.com/index.cfm?fuseaction=category_display&category_ID=10 - made with beeswax (we love the lavender and frankincense); 10% of the proceeds go to a sustainable beekeeping organization (\$11 and up).
- The Earth911 website has put out their "2009 Holiday Gift Guide" of 10 "earth-friendly aspirations for a green holiday season" items you might want to consider. See their suggestions at <http://earth911.com/blog/2009/11/25/2009-holiday-gift-guide/>.

- **Look to the [EarthShare](http://www.earthshare.org) website to Green Your Holiday Gatherings:** "Hosting a Hanukkah, Christmas, or New Years Eve party can be a daunting undertaking for you - and it can be hard on the environment. If you're playing host this year, consider these tips to help make your festivities earth-friendly." <http://www.earthshare.org/2009/11/green-holiday-parties.html>
- Did you know the County has a "Merry Mulch" program that allows county residents to recycle Christmas trees at garden centers, the landfill, and parks? Recycling trees is a great help to the environment since it keeps them out of landfills and makes them into mulch. If you don't live in Howard County, check to see if your county has a similar program!
- Have you "yoga'd" so much you've worn out your mat? Don't toss it, recycle it! According to [Earth911](http://earth911.com/blog/2009/12/16/hey-yoga-lovers-dont-toss-your-mat/) <http://earth911.com/blog/2009/12/16/hey-yoga-lovers-dont-toss-your-mat/>, "Made of materials such as natural rubber, plastic, PVC or latex, most yoga mats are recyclable." If you don't recycle it, you could consider donating it so someone else can get some use out of it. In the same article they say, "According to [Recycle Your Mat](http://www.recycleyourmat.com/) <http://www.recycleyourmat.com/>, 'In 2008, more than 50 percent of mats collected were upcycled into other products, and more than 30 percent of mats collected were donated to local community programs.'"
- Earth911 has ["7 Resolutions, With a Green Twist](http://earth911.com/blog/2009/12/28/7-resolutions-with-a-green-twist/) <http://earth911.com/blog/2009/12/28/7-resolutions-with-a-green-twist/> – be sure to read their article to get some suggestions for the New Year! Their resolutions include: More Family Time; Resurrect the Workout; Kick the Nic; Balance Your Budget; Up Your Volunteering Efforts; Take a Load Off!; and Train Your Brain.
- What do you do with unused/outdated medications? According to the Howard County website, "Please DO NOT flush unwanted medications down the toilet. Instead, place the pills in a plastic Ziploc bag with coffee grounds, flour, or kitty litter and dispose of the bag in your regular trash. This step prevents the medicines from entering our waterways and contaminating our drinking water. After you remove personal information, you can recycle your empty medicine bottles. For additional information, see [Federal Guidelines for Prescription Disposal](http://www.co.ho.md.us/dpw/docs/prescription%20drug%20disposal.pdf) <http://www.co.ho.md.us/dpw/docs/prescription%20drug%20disposal.pdf> and [FDA Drug Disposal](http://www.co.ho.md.us/dpw/docs/FDA%20drug%20disposal.pdf) <http://www.co.ho.md.us/dpw/docs/FDA%20drug%20disposal.pdf>"
- Terra Wellington, author of [The Mom's Guide to Growing Your Family Green: Saving the Earth Begins at Home](#) has good tips to help you green your home:

Simply Recycle

Each piece of your trash has a final destination. You have landfill trash, recyclables, compostables, green waste, and donations. Create an easy way for everyone at home to sort their trash into one of these five areas – all on the fly. Make the process painless by having a simple system in place: regular trash bins, recycling receptacles, a bowl for compost items next to the kitchen sink, the green waste bin outside, and a box for donations in the garage.

Slow the Flow

While it's great to encourage family members not to waste water, a nearly effortless way to improve on those results and also help your bottom line is to install low-flow fixtures and low-flow toilets. You can easily exchange your showerhead for a water-saving variety that saves a gallon of water a minute. A faucet aerator for the kitchen or bathroom is a cheap replacement and can immediately cut water consumption in half.

- Do you have a bunch of empty CD cases you'd like to recycle? [Earth911](http://earth911.com/news/2009/11/16/reuse-your-odd-plastic/) <http://earth911.com/news/2009/11/16/reuse-your-odd-plastic/> suggests making an amazing wall mural like the one pictured below. The website says, "We love this [example](http://www.instructables.com/id/CD-Case-Mural/) <http://www.instructables.com/id/CD-Case-Mural/> from Instructables, which breaks the process

down into six easy steps. You'll need CD cases, rulers, an x-acto knife, scotch tape, adhesive Velcro, and an image of your choice."



- [EarthShare](#) asks, "Is there an environmentally-friendly way to remove snow?"

There is, and here are a few tips:

- **Electric snow blowers:** These run cleaner thanks to an electric motor rather than a gasoline engine, and it doesn't spew CO₂ and other pollutants into the air. They're also quieter and less expensive than gas-powered versions.

- **Shoveling:** Since shoveling *is* the greenest method of snow removal, you may want to check out [the Sno Wovel](http://www.wovel.com/default.aspx) <http://www.wovel.com/default.aspx>. Named *Time Magazine's* 'Best Invention' in 2006 and earning *Popular Mechanics* Editor's Choice Award, this shovel on a wheel has been proven to reduce injuries related to snow shoveling.

- **Skip the salt** — excess salt has been found to create an environmental hazard for landscapes when it comes in contact with your flora. Although it won't melt ice, try sprinkling some regular sand on any icy patches to help create traction.

- Is your home wasting energy and money? Have you "winterized" it? The folks at [Earth911](http://earth911.com/news/2009/11/30/winterize-your-home/) <http://earth911.com/news/2009/11/30/winterize-your-home/> have put together some helpful tips for places to look for energy loss. Some of the main places in your home that you should check include: door and window frames, mail chutes, electrical and gas service entrances, cable TV and phone lines, outdoor water faucets, where dryer vents pass through walls, bricks, siding, stucco and foundation, air conditioners, and vents and fans.

You can also try these steps to help detect leaks in your home:

- Shine a flashlight at night over all potential gaps while a partner observes the house from outside. Large cracks will show up as rays of light. However, this is not an accurate way to detect small cracks.
- Shut a door or window on a piece of paper. If you can pull the paper out without tearing it, you're losing energy.
- Check the attic, walls and floors adjacent to an unheated space, like a garage or basement. The structural elements are usually exposed in these areas, which makes it easy to see what type of insulation you have and to measure its depth or thickness.

- Thanks to **Jane Scott**, academic advisor, for this week's tip. Jane says, "I would like to share the location of a business in the Columbia area where anyone can recycle most any battery. My Organic Market, known as MOM's, located in the Columbia East Marketplace at the intersection of Rt. 175 and Rt. 1 accepts all batteries for recycling. The only request they make is that a piece of tape be placed over one end of each battery. I just use masking tape. By the way, it's a great place for organic produce and other food items, as well as environmentally-friendly paper products."
- Thanks to **Brittany Budden** who supplied this tip. Brittany says this tip came from her "365 Ways to Save Our Planet" calendar. "Commercial air fresheners work by masking smells and coating nasal passages with chemicals that diminish the sense of smell by deadening the nerves, plus they

pollute the air. Houseplants act as natural air filters, so place them in areas like the kitchen and bathroom where they can counteract unpleasant odors.”

- Compact fluorescent light (CFL) bulbs use two-thirds less energy and last about 10 times longer than your standard incandescent bulb. However, disposal of these bulbs is an issue because they contain mercury. They **MUST** be recycled. There is also a problem if you break one of these bulbs. How do you clean it up? According to Earth911.com, here are the steps:

1. Air out the room before clean-up.

Open a window or door and leave the room. (Don't forget your pets!) Avoid walking through the breakage area, and shut off the central heating/air conditioning system.

2. Clean up the initial spill.

For hard surfaces, carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with a metal lid or a sealed plastic bag. Use tape to pick up any remaining fragments. Wipe the area clean with a damp paper towel or disposable wet wipe, then place that in the jar or bag. Do **NOT** use a vacuum to clean up the area on hard surfaces.

For carpeting or rugs, repeat the same steps for hard surfaces, but use a vacuum in place of a damp paper towel or wet wipe. The vacuum bag or vacuum debris should be placed in a sealed plastic bag. The next few times you vacuum after the initial cleanup, open a window and turn off central air/heat.

3. Don't forget about exposed clothing, bedding and furniture.

If clothing or bedding comes into direct contact with the broken glass or powder, you will unfortunately have to throw those items away. They should not be machine washed as mercury fragments could contaminate the machine or pollute sewage. Clothing that hasn't come into direct contact with the broken pieces can be washed. Shoes can be wiped with damp paper towels or wet wipes, and those towels should be placed in a plastic bag for disposal.

4. Dispose of your cleaning materials.

Place all cleanup materials in an outdoor trash bin for regular trash pickup. Be sure to wash your hands after disposal.

Check with your local or state government about disposal requirements as some states do not allow such trash disposal and require both broken and unbroken bulbs to be taken to local recycling center.

The good news is, there is a new product on the market called [ArmorLite bulbs](#). The new bulb isn't mercury-free, it is designed using amalgam, an alloy of mercury combined with other metals in a solid form, making the usage of liquid mercury unnecessary. In a design that looks similar to an incandescent, ArmorLite has an outer layer that protects the hazardous part of the bulb in case it is dropped. If broken, this layer will capture the shattered glass and the mercury. Listed as one of *Popular Science* magazine's "must-have" products, its manufacturers tout it as being the "safest CFL on the planet."

- **Wow, You Can Recycle That?**

[Earth911](http://Earth911.com) investigated some of the lesser-known recyclables that don't receive as much media attention as some, like the plastic bottle or the aluminum can. Their [article](http://earth911.com/news/2010/02/08/wow-you-can-recycle-that/) <http://earth911.com/news/2010/02/08/wow-you-can-recycle-that/> includes items such as:

- Blue Jeans
- Automotive Fluids
- Gift Cards, Hotel Key Cards and Wallet Waste Galore
- Cooking Oil

- Six-Pack Beverage Rings
- Makeup Containers
- Snack Wrappers, Drink Pouches and Chip Bags Galore
- Sports Items
- Appliances...Recycle Them While They're Hot
- Keys

- Thanks to the **staff of the office of public relations and marketing** for this week's green tip.

All HCC employees that reside in Howard County can contribute to sustainability by getting optimum use out of our college publications. The summer 2010 schedule of credit classes should be arriving in county homes within the next week. Bring in your mailed copy to "re-use" it at work, and thereby help reduce the number of office copies distributed.

- [Earth911](http://earth911.com/news/2010/03/29/your-top-electronics-questions/answers) <http://earth911.com/news/2010/03/29/your-top-electronics-questions/answers> the question, "Is certification required to collect electronics for recycling?"

How do you prevent your electronics from being exported overseas or put in a landfill after you did the right thing? There are actually several forms of certification that an electronics recycler can obtain, but many of them revolve around the standards of [ISO 14000](http://www.iso.org/iso/iso_14000_essentials) http://www.iso.org/iso/iso_14000_essentials. If you are talking to an e-waste recycler and they do not know what ISO 14000 is, that should raise a red flag. Here are some other questions to ask:

- What percentage of the electronics are you able to reuse or recycle?
- What is your process for disposing of heavy metals?
- Are there any materials not processed directly at your facility?

This type of information will give you the confidence that your electronics are being disposed of properly.

- Here are the LazyEnvironmental.com website's top three recommendations for recycling companies that will pay for your used electronics. All of the companies provide free shipping to their facilities, but in different ways. Gazelle.com sends you a postage paid box in which to ship your items. Greenphone.com provides you with a prepaid shipping label. Buymytronics.com reimburses you for your shipping expenses, \$5 for the first item and \$2 for additional items in the same package.
 - Gazelle.com - Send Gazelle your used cell phones, digital cameras, MP3 players, laptops, GPS units, camcorders, gaming consoles, iPhones and more, and the company will pay you for them. Where possible, Gazelle refurbishes them and makes them available to its partners for resale. It's possible to get great deals on refurbished items at major retailers like Target thanks to Gazelle.
 - Buymytronics.com - Buymytronics.com is on a mission to recycle used, new, and broken electronics. To make it worthwhile, the company pays you for them within 48 hours of receiving them. Send founder Brett Mosley and his team your old cell phones, cameras, game consoles, camcorders, and iPods, and they'll send you cash.
 - Greenphone.com - You don't have to sell your soul to prevent global warming, but you can certainly "sell your cell." Visit Greenphone.com to find out how much your used cell phone is worth and then print the free postage label and mail your phone to the company. Once Greenphone.com receives and verifies its condition, the company will cut you a check.

- **FARMERS' MARKETS TO OPEN FOR BUSINESS IN MAY**

Buy Local and Eat Fresh at Five Convenient Howard County Farmers' Markets

Howard County Farmers' Markets are special because each is a producer-only market. The vendors are only allowed to sell what they grow or produce from products raised on their farms. Each market sells products that are regionally available during harvest season. To find a list of seasonally available produce [click here http://www.hceda.org/agriculture/buyLocal.aspx?details=harvestcalendar](http://www.hceda.org/agriculture/buyLocal.aspx?details=harvestcalendar).

2010 Farmers' Market Locations and Schedule:

- **East Columbia Library**
6600 Cradlerock Way
Columbia, MD 21045
Open: Thursdays, May 6 - November 18, 2:00–6:00 p.m.
 - **Glenwood Library**
2350 Route 97
Glenwood, MD 21723
Open: Saturdays, May 8 - October 30, 9:00 a.m.-12:30 p.m.
 - **Oakland Mills Village**
5851 Robert Oliver Place
Columbia, MD 21045
Open: Sundays, May 9 - November 21, 9:00 a.m.-12:30 p.m.
 - **NEW! St. John's Episcopal Church**
9120 Frederick Road
Ellicott City, MD 21042
Open: Wednesdays, June 2 - October 27, 2:00-6:00 p.m.
 - **NEW! Howard County General Hospital**
5755 Cedar Lane
Columbia, MD 21044
Open: Fridays, June 4 - October 29, 2:00-6:00 p.m.
- **Patty Grim** from the print shop would like to remind us to save water: The average bathroom faucet flows at about 2 gallons of water per minute. Shutting off the water while brushing your teeth can save 8 gallons of water a day!
 - Earth911 encourages us to use their "8 Ways to Go Green in Spring," which includes, De-clutter your life; Spring clean the natural way; Go for an energy upgrade; Wash your dirty car; No more excuses, start your compost!; Plant the garden you've always wanted; Get your fitness on; and Have a cookout. Read the full article for more details. <http://earth911.com/news/2010/03/22/8-ways-to-go-green-in-spring/>
 - You are what you eat... Do you know what you're eating? Reading labels on fruit can help! The codes on the stickers of fruits are called PLU codes, or *price look up* codes. The PLU numbers also tell you how the fruit was grown. Conventionally grown fruit has 4 digits; organically grown fruit has 5 digits and starts with the number 9; genetically engineered fruit has 5 numbers and starts with the number 8. So, now you know!
 - According to Josh Dorfman, [The Lazy Environmentalist](#), "One of the secrets to twenty-first-century green living is discovering how to save money, reduce your consumption of new products (because consuming is what creates your eco-footprint) and still surround yourself with the products that fit your lifestyle. One of the best strategies for doing so is to embrace the concept of Reuse. But these days you don't just have to reuse your own stuff; forward-thinking internet services make it possible to reuse lots of other people's stuff too, which greatly expands your options."

Here are his top 7 recommendations for free (or nearly free) web-enabled services that enable you to swap, trade, borrow, or otherwise receive other people's goods.

- Freecycle.org - The Freecycle Network enables local community members to give away, or "gift," items like couches, cabinets, coffee tables, or Cuisinarts to others in the community who want them. You can sign up for your local email list and start participating in what founder Deron Beal calls "the global gifting economy."
- Goozex.com - Whether you're partial to Xbox, Wii, Nintendo, or other gaming platforms, the Goozex online trading community has games for you, with 2,400 of the most advanced and feature-rich video games to choose from. Instead of spending lots of money on new games, Goozex charges you just \$1 each time you receive a game from another community member. Save money and avoid the materials and greenhouse gas emissions created from consumption.
- Neighborrow.com - Here members list items that they're willing to loan. Whether you're looking for books, movies, music, power tools, tractors, or an eggbeater, Neighborrow might have just the item for you. No money exchanges hands, and you can also trade items that you're no longer interested in keeping.
- Paperbackswap.com - Bookworms can browse more than two million titles available for trade at Paperbackswap.com. Upload your own titles and send them to community members to earn credits. Use the credits to obtain books that you want. And it's not just paperbacks that are available to trade--hardcover books are on offer too.
- Swapadvd.com - Movie collectors can trade both new and classic DVD titles. More than 58,000 titles are available, and the number is growing as more people discover the cost benefits of swapping used DVDs.
- Swapstyle.com - Swap accessories, cosmetics, and shoes with fashionistas all over the globe for free. Frequently all you pay is the price of shipping. Or combine a barter plus cash to trade up for something really sweet and still avoid the full cost (both price and environmental) of consuming new products - helps avoid new materials and greenhouse gas emissions associated with growing/excavating and manufacturing.
- Zwaggle.com - Sign up to receive Zwaggle Points (Zoints) and use them to trade your items for the baby gear you need. The service is free aside from shipping costs, and shipping is made easy through Zwaggle's integrated FedEx tool. Swap with other parents for items like gently used baby and children's items like strollers, baby furniture, or toys.
- Do you need a summer project or two to keep the kids busy? How about making eco-friendly projects by recycling? Makingfriends.com has a list of projects that use cardboard tubes, empty containers, glass jars, CDs, and egg cartons, just to name a few. Who says recycling can't be fun too?



- On Saturday, **June 26, from 11:00 am – 3:00 pm**, "MOM's" is having an "E-cycling Celebration" at all of its locations. You can recycle all of your old and unwanted electronics including computers, modems, monitors, MP3 players, printers, PDAs, telephones, projection equipment, video cameras, scanners, VCRs, wireless devices, and more. The celebration will include live music, local vendors, and free samples. You can [find a location](#) on the web.
- Ethanol fuel from paperboard – what will they think of next?

According to a RecyclingToday.com article, "International Paper (IP) has begun an arrangement whereby the Maryland-based company Fiberight will convert the unusable fiber generated at IP's Cedar River, Iowa, recycled paperboard mill into ethanol. IP estimates that the mill, which produces around one million tons of recycled paperboard a year, generates around 50,000 tons of residual fiber waste each year in the process." The article goes on to say, "Fiberight plans on spending about \$25 million to convert the Blairstown, Iowa plant. The company anticipates producing up to 6 million gallons a year of renewable cellulosic ethanol when the plant reaches capacity next year."

- Solar powered trash cans save cities millions according to Earth911.

[BigBelly Solar Trash Cans](http://BigBellySolarTrashCans) are already being used in cities like Boston, Chicago, Los Angeles, and Philadelphia. These cans are able to reduce the size of the trash inside by up to 80 percent, making it possible to hold 150 gallons of waste. This reduction means fewer scheduled collection times, which reduces fuel use and air pollution from garbage trucks. The power to compress the waste comes from a 12-volt battery that is charged daily using a solar panel. It compacts automatically when the electronic eye tells it the trash has reached a target level. Each can also contains a wireless device that allows it to send a message to a computer at waste collectors' sites when it is reaching capacity and needs to be emptied. The solar trash can's enclosed design keeps raccoons, squirrels, birds and other animals out of the trash as well.

- Some interesting green gadgets are what you will find in the Earth911 article, "[Top Green Gizmos for Summer](http://TopGreenGizmosforSummer)." You can find a meter that will tell you how much energy is being used by appliances, dryerballs that can reduce your clothes drying time by 25%, and many more!
- Make a green choice when buying emergency flashlights and select ones that recharge by cranking or shaking, rather than by using battery power. You can also choose solar-powered calculators and other small devices that use light for power instead of chemical batteries.
- Earth911 asks, "Think one person can't make a difference? Think again. With every American producing 4.6 pounds of trash per day, the little things we do to reduce our impact can make a huge difference." Their article, [20 Green Things in 20 Minutes](http://20GreenThingsin20Minutes) lists 20 things you can do to help the environment.
- The Environmental Protection Agency's Green Vehicle Guide gives information about the environmental performance of vehicles and provides the user with dynamic search and sort capabilities. Side-by-side comparisons can be performed for up to three vehicles and searches can be customized based on user choices by using the Advanced Search function. Photos of models are displayed (if available) for basic searches and side-by-side comparisons. To see how your car measures up or to educate your search for a new car, visit: <http://www.epa.gov/greenvehicles/Index.do>
- The following tip was reported by *The Arizona Daily Sun (07/27/08)*. Are you shopping for a new grill this summer? Why not consider a propane-fired model? According to the Department of Energy, propane generates about half the carbon emissions of charcoal briquettes per hour of grilling, and one-third the emissions of electric grills (the emissions for which are generated at power plants). Charcoal also generates particulate matter (soot) that pollutes the air and can aggravate respiratory problems.

If you already own a charcoal grill or prefer the taste that charcoal has on your food; the Union of Concerned Scientist recommends lowering your impact by choosing lump charcoal harvested from sustainably managed forests. Avoid charcoal briquettes if possible, as they may contain coal dust or other additives as binders.

- Inconvenience is one of the top reasons people don't recycle, but some retailers are trying to make electronics recycling as easy as possible. See all of the options for bringing in the following items to the stores to be recycled:
 - [AT&T](#)
What: All brands of cell phones, smartphones, PC cards, batteries, and accessories
 - [Best Buy](#)
What: Multi-media projectors, printers, car audio, home audio, PDAs and hand-held devices, mobile electronics (GPS, cell phones, MP3 players), various game systems, televisions, monitors, laptops, ink cartridges, CDs and DVDs, and rechargeable batteries.
 - [Goodwill](#)
What: Computers, computer accessories, and televisions
 - [Sprint](#)
What: All wireless phones, batteries, accessories, and data cards, regardless of carrier or condition
 - [Staples](#)
What: Cell phones, PDAs, inkjet cartridges, and rechargeable batteries - recycling these items is free of charge; for a \$10 fee, customers can recycle computers, laptops, printers, scanners, faxes, all-in-ones, CRT monitors and LCD monitors. Computer peripherals such as keyboards, mice, speakers, and modems can be recycled for free with larger items at any Staples store.
- QUICK! Wash those reusable grocery bags! Thanks to **Paul Martin** from career services for alerting us to this important information. Be **safely green!**

According to a joint food safety research report issued by researchers at the University of Arizona and Loma Linda University, reusable grocery bags can be a breeding ground for dangerous food-borne bacteria that could pose serious health risks. The study randomly tested reusable grocery bags carried by shoppers in the Los Angeles, San Francisco, and Tucson areas. The researchers also found consumers were almost completely unaware of the need to regularly wash their bags. "consumers are alarmingly unaware of these risks and the critical need to sanitize their bags after every use."

You can read the full report on the [Environmental Protection](#) website.

- **Jane Scott**, from admissions and advising, is sharing this tip she read about in a magazine recently. "I just learned that Americans toss out enough plastic forks, knives, and spoons each year to circle the equator 300 times; and, that one Styrofoam food container takes more than a million years to decompose in a landfill. We all can help by:
 - Bringing our own knives, forks, and spoons to use as we eat our bag lunches and taking them home to be washed and reused.
 - Taking along a reusable container for leftovers when we eat out at restaurant that we know serves large portions."



- Save gas, save money, save a parking space, save the planet. FAST (Facilities and Sustainability Team) is conducting a one month trial of carpooling software. Give it a try at www.carpoolworld.com/howardcc. You must use your HCC account and we are limiting it to employees while we test. Let the team know what you think even if you don't share a ride. Contact Bob Marietta at SafetyBob@howardcc.edu
- **Eat your leftovers!** While Elizabeth Rogers' book, *Shift Your Habit*, says you can save up to \$520 a year just by eating leftovers once or twice a week, it also says about throwing out those leftovers, "Being decomposable doesn't mean it will decompose in a landfill." And according to the *Scientific American*, "Once this food gets to the landfill, it then generates methane, a greenhouse gas 23 times as potent as carbon dioxide in trapping heat within our atmosphere. According to the U.S. Environmental Protection Agency, landfills account for 34 percent of all methane emissions in the U.S.—meaning that the sandwich you made and then didn't eat yesterday is increasing your personal—and our collective—carbon footprint."
- Mark your calendars for **October 5, 2010, 10:30 am - 2:30 pm**. The office of student life will bring us the **Community Market Festival** on the quad again this year. Why buy from far away when almost everything you need is available locally? From fruits and breads to arts and crafts, see what local vendors have to offer, and take another step toward a sustainable future.
- In the Earth911 article entitled, "Oops! Eco Intentions Gone Wrong" they point out a few common mistakes to look for in your "eco journey." One of these common mistakes is tossing "biodegradable" items in the trash. The common belief that buying products labeled as "biodegradable" will reduce the amount of trash in landfills is not necessarily true.

What goes wrong

The term "biodegradable" means that these products are capable of being decomposed by the action of biological agents, especially bacteria. The common misconception is if it's biodegradable, it can be tossed or buried anywhere without consequence.

But a 2001 study proves just the opposite. A group of researchers from the University of Arizona excavated 21 landfills across North America and reported finding hundreds of undecomposed hot dogs, cornstarch, and lettuce dating back to the 1960s. They also found 2,425 newspapers – still readable – that were essentially used to date the food.

This is because for sanitary reasons, modern landfills are lined on the bottom with clay and plastic to keep waste from escaping into the soil. In order to reduce odor, landfills are covered daily with a layer of earth.

According to a 2007 Slate article, "The landfill, then, acts like a trash tomb – the garbage within receives little air, water or sunlight. This means that even readily degradable waste objects, including paper and food scraps, are more likely to mummify than decompose."

The right way to do it

Buying biodegradable items is still one step in the right direction. However, these items are sure to break down in a commercial composting system. Instead of tossing them in the trash, look for local composting outlets that have high-heat facilities that promote aerobic conditions.

If you would like to learn more about how to upgrade your "eco knowledge" take a look at the full [article http://earth911.com/news/2010/09/13/oops-eco-intentions-gone-wrong/](http://earth911.com/news/2010/09/13/oops-eco-intentions-gone-wrong/).

- It's [Battery Recycling Week](#) on Earth911.com!

Call2Recycle has set a goal to collect 1 million pounds of rechargeable batteries in support of the [MyCall2Recycle](#) campaign – they are currently up to 869,769 pounds!

"The organization is asking consumers to scour their homes and rid their attics, junk drawers and storage spaces of all used rechargeable batteries and cell phones and bring them to any of Call2Recycle's 30,000 public drop-off locations. According to the U.S. EPA, more than 350 million rechargeable batteries are purchased annually in the U.S., and recycling is mandated by law due to their makeup of heavy metals and contamination threats."

Go to the [MyCall2Recycle http://mycall2recycle.com/](#) website to find a location participating in their campaign.

- This week's tip is a reminder from **Kristin Navarro**, child care and special projects specialist. Did you know that sewage overflows are not just public health issues, but can result in serious damage to our environment, especially pollution of our streams, rivers and the Chesapeake Bay, and that nearly 50 percent of all sewage overflows nationwide are caused by homeowners who improperly dispose of everyday fats, oils, and grease (FOG)? The three largest days for disposal are coming up soon. The biggest day is "Super Bowl Sunday," the second largest is Thanksgiving and the third is Christmas. We have time to institute good disposal habits. More people would practice this handling if they knew how easy it is: http://www.howardcountymd.gov/DPW/u_fog.htm
- Thanks to **Sydney Wallace**, ESL instructor, for making us aware of a "Climate Action Day" event.

For a great day of going green, come out this **Sunday, October 10** to "Climate Action Day - Celebrate Climate Solutions" at **Hopewell Park** (9200 Rustling Leaf, Columbia, MD 21045) from **1:00-4:00 pm**. Everyone is invited to celebrate clean energy and energy conservation. Learn how to lower your carbon footprint and help build the network of people in our community working toward sustainability. Enjoy an afternoon of music, door prizes, informational booths, and guest speakers. Admission is free.

This event is sponsored by the Columbia Association and the Climate Change Initiative of Howard County with the Howard County Office of Environmental Sustainability and many others.

HCC will have a booth at this event to showcase their sustainability contributions and **Phil Riggins** is on the schedule to speak. For more details and information go to: <http://www.hococlimatechange.org/events/10-10-10>

- October is National Energy Awareness Month! [Earth911](#) gives us, "7 Surprising Ways to Save Energy."
 1. **Get a home energy audit** – an energy auditor will point out the biggest problem-areas, suggest affordable ways to repair them, and help you get tax breaks and incentives.
 2. **Pack smarter** – your fridge and freezer improperly packed can cause a huge energy drain. In general, full is good - the more empty space you have, the more warm air will enter your fridge when opened, and the more energy your fridge will use.

3. **Redecorate with the planet in mind** – look at all the heating and cooling vents in your home and make sure there is no furniture, drapery, or other obstructions blocking the airflow.
 4. **Don't let vampire power suck you dry** – power your electrical devices use when they are plugged in but turned off or in standby mode can also account for a huge portion of your energy bill.
 5. **Get smart in the kitchen** – match the size of the pot to the size of the burner, and try to avoid using a small pot on a large burner. Only boil as much water as you need, and remember to use a lid so your water will boil faster. A pinch of salt helps, too. If you are using the oven for multiple dishes, try to cook them all at once whenever possible, and use your oven's self-clean setting while the oven is still hot. Use a microwave or toaster oven whenever you can - they use much less energy than a standard oven, and your microwave's defrost setting is a great alternative to running water.
 6. **Fix up your furnace** – make sure all the ducts connecting your furnace to the wall are tightly sealed. Clean your filter - dirty filters can restrict airflow and increase energy use.
 7. **Drop those dishes** – drop them into the dishwasher! Stop doing dishes by hand. Using the dishwasher actually wastes much less heated water than washing dishes in your sink. Only run the dishwasher with a full load, and skip the pre-rinsing.
- For the little ones in your life, PBS Kids has a group of videos that talk about “the STUFF in your life” at <http://pbskids.org/loopscoops/>. It's a fun way to introduce them to the idea that their juice boxes will last for 300 years and maybe there's a better alternative, among other ways their stuff affects the planet. Maybe it's not just for kids?
 - How about some [Halloween Tips](#)?
 - **Hand out organic goodies** - From lollipops to gummy bears, many companies specialize in making healthier alternatives to traditional candy.
 - **LED the way** - Consider using LED lights or solar-powered lamps to light the path to your front door for those trick-or-treaters.
 - **Host a costume swap** - if you're still looking for that perfect costume, skip the Halloween mega store and host a small costume swap party with your neighbors and friends.
 - **Use what you already have** - guaranteed there's something in your home that can double as a trick-or-treat bag.
 - **Don't toss the pumpkin seeds** - instead of throwing away the “insides” of the pumpkin you scoop out, toast the seeds for a snack, or even make oil out of them. They also make a great addition to a compost pile.
 - **Donate your costume on November 1** - There's probably a school, local theater troupe, shelter or center that just might love those fairy wings or firemen's hats.
 - The leaves might be changing colors, but there are simple steps you can take to ensure your fall stays green. Here are ten easy tips for a green fall season.
 1. Eat local food – check out local farmers' markets for fall produce.
 2. Compost your leaves and yard waste now for organic, rich soil in the spring.
 3. Visit a farm/apple orchard and pick your own produce.
 4. Take a class at your local co-op.
 5. Plant bulbs now for beautiful flowers in the spring.

6. Buy recycled clothing/Give away what you don't need.
7. Check out the fall colors.
8. Take bike rides.
9. Caulk the windows.
10. Do annual furnace maintenance and replace the filter.

- **America Recycles Day (ARD) [America Recycles Day \(ARD\)](#) - November 15**

America Recycles Day, held every year on November 15, is a national campaign to raise awareness about the benefits of recycling and buying products made with recycled materials. Buying recycled is the step that closes the recycling loop.

10 Great Ways to Celebrate America Recycles Day:

1. Commit to recycle and buy recycled products both at home and at work.
2. Learn what materials you can recycle in your community and recycle all you can.
3. Purchase products that are packaged in materials you can recycle.
4. Visit a recycling center in your area. See how your recycled paper and containers are sorted and prepared for manufacturing into new products.
5. Read product labels. At your local grocery, department store, or home improvement center, look for products with recycled content, and buy some. Look for “safe bets” that always have recycled content: steel, aluminum, glass, or molded paper pulp containers (like egg cartons).
6. Ask your local retailer to stock more products with recycled content, or write to the manufacturer of your favorite products asking them to use recycled materials.
7. Organize an event such as a display of recycled content products at your school, office, store, or church, or a tour of a facility that manufactures recycled-content products.
8. Learn more about how recycling helps preserve resources, protects the environment and benefits the economy, then teach some kids about the importance of recycling and buying recycled.
9. Don't forget waste reduction is important too. Look for ways to avoid making garbage — try composting.
10. Visit the great outdoors and enjoy the clear air, clean water, and litter-free landscapes that recycling helps make possible.

- **Good Reasons to Plant Trees**

- **Trees can pay your "carbon debt."** Planting just 30 Global ReLeaf trees will absorb the amount of carbon dioxide that is generated in the production of energy for the average American lifestyle each year.
- **Trees save energy and money.** Just three trees strategically planted around your home can cut your air conditioning bill in half.
- **Trees clean our water and air.** From low-level ozone in our cities to pesticide and fertilizer runoff from our farms, trees absorb harmful pollutants.
- **Trees provide clean water and natural flood control.** Forests act as natural reservoirs, and they protect watersheds, providing clean water for cities, bays, and rivers.
- **Trees protect soil.** By holding soil in place with their root systems, by deflecting pounding rain with their canopies, and by adding nutrients each fall with their leaves, trees are crucial to keeping and improving our soil.
- **Trees save tax dollars.** Trees in a city slow stormwater runoff and reduce the need for storm sewers. Tree shade also helps cool municipal buildings, lowering electricity bills.
- AmericanForests.org

- With “Black Friday” in sight, maybe we should start thinking about eco-friendly gifts or stocking-stuffers this year:

- [Feelgoodz](#) – biodegradable flip-flops that come straight from the yang para latex rubber trees of Thailand. Their claim is “natural, comfortable, ethical.” They come in fun colors too!
- [Swaddlebees](#) – decorated diapers made from organic cotton fabrics, latex-free elastics, and oil-based-free dyes.
- [Preserve](#) – personal care, tableware, and kitchen products made from recycled #5 plastic, which can also be recycled again!
- Need more holiday gift-giving ideas? Earth911 has published its “2010 Holiday Gift Guide” with many different options. Some ideas include, a [portable solar power charger](#), [recycled saris made into throw blankets](#), [recycled tire book bags](#), [vintage book cover journals](#), [coasters made from old records](#), or a [backpack with a solar panel that will charge hand-held electronics](#).
- Still not done shopping? [Eco-artware.com](#) is a web-based store out of Washington, D.C. with some unusual offerings you might be interested in investigating. They carry everything from [bags/totes](#), [bowls](#), [toys](#), [accessories](#), and [cuff links](#), to [clocks](#), [desk accessories](#), [furniture](#), and [more!](#) Items are made from recycled cutlery, recycled sweaters, old computer motherboards, old vinyl records, and other reclaimed materials.
- Instead of using CDs to transfer files from computer-to-computer, use a USB thumb drive, MP3 player, or ftp site. You’ll save on the waste created by one-time use and eliminate the environmental cost of manufacturing the CDs.
- Since 1993, the Merry Mulch Christmas tree-recycling program has kept thousands of trees out of the landfill, helping to save money and the environment. All collected trees are delivered to a compost facility and will be recycled into compost and mulch. This service is FREE. Beginning Monday, **January 3** and continuing through Friday, **January 21**, Christmas trees may be recycled seven days a week, 7:30 a.m. to 5:00 p.m., at the drop-off sites listed below, except for the Alpha Ridge Landfill, which is open Monday through Saturday, 8:00 a.m. to 4:00 p.m. Look for Merry Mulch signs at the drop-off areas:

Clarksville: Kendall Hardware, 12260 Route 108 or River Hill Garden Center, 12165 Route 108

Columbia: Cedar Lane Park, 5081 Cedar Lane or Grandfather's Garden Center, 5320 Phelps Luck Drive

Elkridge: Rockburn Park, 5400 Landing Road

Ellicott City: Small Circuit Court parking lot on upper Court House Drive (just past Ellicott Mills Drive, on the right)

Highland: Schooley Mill Park, 12975 Hall Shop Road

Marriottsville: Alpha Ridge Landfill Wood Waste Area, 2350 Marriottsville Road

Savage: Savage Park, 8400 Fair Street

Woodbine: Western Regional Park, 14800 Carrs Mill Road

Howard County residents with curbside yardwaste collection can set their Christmas trees out on their regular curbside recycling days between January 3 and January 21. **Trees will not be accepted on trash collection days.** Please remove all decorations, including tinsel, garland, ornaments, lights, tree stands, and plastic bags. Trees must be cut into less than four-foot lengths and tied. Each bundle must weigh less than 40 pounds. Set your tree out the night before your collection day. Trees may be picked up as early as 6:00 a.m. or as late as 7:00 p.m.

After January 21, residents can continue to bring their Christmas trees to the Alpha Ridge Landfill Wood Waste Area – open Monday through Saturday, 8 a.m. to 4 p.m.

Artificial Christmas trees, wreaths, and garland can also be recycled year-round at the Alpha Ridge Landfill Residents' Convenience Area.

- Did you know that refrigerators work most efficiently when stocked about three-quarters full? Instead of heating water on the stove or in the microwave, use an electric kettle – it uses half as much energy to heat the same amount of water.

- **Throw monthly reuse parties**

How often have you cleaned out the garage and just thrown out what you don't want or can't use anymore? Remember, one man's trash is another man's treasure.

Set up clothing and item swaps with your friends once a month. Invite everyone over for an afternoon and have them bring usable items and clothes to trade or give away. It's fun to get together, and you can feel good knowing the things you don't want won't go to waste. (Suggested by [Earth911](#).)

- Ever heard of Sparks, Tilt, Joose, Four Loko, Liquid Charge, or Torque beverages or wonder what happened to them? These alcoholic drinks have all been discontinued since the U.S. Food and Drug Administration determined the caffeine added to these adult beverages is an "unsafe food additive." However, instead of landfilling or incinerating the thousands of cases that already exist, three ethanol-recycling facilities in the U.S. are turning the alcohol contained in the drinks into ethanol. MXI Environmental Services, a Virginia-based ethanol recycling company, operates a distilled spirits plant as well as a materials recovery plant. This dual plant ownership means that not only is the alcohol recycled into fuel-grade ethanol, but also all the glass, cardboard, aluminum and plastic used in the beverage packaging is also recycled. It sounds like they are turning "lemons into lemonade" so to speak! To read more about this subject, go to [Banned Caffeinated Alcoholic Drinks Now Used For Ethanol](#).
- According to [EarthShare](#), a growing number of companies are producing "tree-free" paper alternatives. Here are some ingredients to look for the next time you buy stationery, envelopes, notepads, or folders:

Post-Consumer Waste. "Post-consumer waste" is the paper you throw out or recycle. Buying paper made from a high percentage of post-consumer waste helps reduce the number of trees needed to make paper "from scratch." It also saves energy and keeps paper out of the landfill.

Hemp. Hemp produces its own natural pesticide, and grows so quickly it produces twice as much fiber per acre as pine. Hemp was originally banned in the United States because it comes from the same botanical species as marijuana (even though it cannot be smoked). Paper, clothing, and other materials made from hemp are increasingly available from many manufacturers in the U.S.; hemp continues to be grown in several countries around the world.

Kenaf. Kenaf, a cousin to the cotton plant, uses 15-25% less energy than pine to make pulp.

Bamboo. This fast-growing grass produces 4 to 5 times the fiber of the fastest-growing commercial tree species.

Agri-Pulp. Agri-pulp combines agricultural waste along with post-consumer waste to make paper.

Cotton. Another new paper option is made from organically grown cotton that grows in several colors, including green, brown, and white.

- With all of the different products in stores claiming to be safe, healthy, and sustainable, wouldn't it be nice if you could just wave a magic wand and figure out if what you are buying is really good stuff? Well guess what, there's an App for that! If you have an iPhone, you can download the application and scan the barcode. The folks at GoodGuide say, "GoodGuide's iPhone Application delivers the information you need, where and when you need it most, helping you find safe and

healthy products." If you don't have an iPhone, you can use their text messaging application instead. To find out more, go to <http://www.goodguide.com/about/mobile>.

- Soiled glass and plastic – is it recyclable? Can you recycle a beer bottle with a lime wedge in the bottom? What about the last bits of something stuck in a jar? The answer to both is a qualified yes - the recycling plant should be able to remove most contaminants. In general, the cleaner the recyclables are, the less energy it takes to process them. For the Howard County recycling program, their [website](#) says, "Please empty containers and rinse lightly, but you don't need to remove lids, caps, labels or rings." Paper recycling is a much more delicate process, paper needs to be clean, which is why pizza boxes are not allowed.

- **Some Highlights for GreenFest 2011**

Date: April 2, 2011

Location: Howard Community College

Time: 10:00 am to 4:00 pm

Paper Shredding: 10:00 am to 2:00 pm (parking lot A)

Goodwill Collection: 10:00 am to 4:00 pm (parking lot A)

Bikes For The World collection. In the spirit of reusing, bring your outgrown or old bikes, even if missing parts, to be fixed up and donated across the world. Spare bike parts, helmets, etc. also welcomed. Visit [Bikes For The World](#) for more info about the program.

FREE Rain Barrel Workshops There will be 3 workshops, giving away 100 rain barrels to residents! [Click HERE to sign up TODAY before space runs out.](#)

For more information, go to <http://www.co.ho.md.us/OES/greenfest.htm>.

- **Help While Recycling**

Did you know that cell phones are collected at HCC for recycling? The phones that are collected are donated to a Howard County Sheriff Department affiliate, the Triad Society. The [TRIAD](#) program gives cell phones to senior citizens and victims of domestic violence in the hope that they will have the ability to dial 911 if they should find themselves in a difficult situation. The collection box is located in CL119.

- Making foods last longer means less waste thrown away and saved money. Here are a few hints from [Country Living](#) you may not know:
 1. Did you know that honey is the only nonperishable food substance? Don't get rid of the stuff if it crystallizes or becomes cloudy. Microwave on medium heat, in 30-second increments, to make honey clear again.
 2. Line the bottom of your refrigerator's crisper drawer with paper towels. They'll absorb the excess moisture that causes vegetables to rot.
 3. When radishes, celery, or carrots have lost their crunch, simply pop them in a bowl of iced water along with a slice of raw potato and watch the limp vegetables freshen up right before your eyes.
 4. To keep herbs tasting fresh for up to a month, store whole bunches, washed and sealed in plastic bags, in the freezer. When you need them, they'll be easier to chop, and they'll defrost the minute they hit a hot pan.
 5. Avoid separating bananas until you plan to eat them – they spoil less quickly in a bunch.
 6. In order to make cottage cheese or sour cream last longer, place the container upside down in the fridge. Inverting the tub creates a vacuum that inhibits the growth of bacteria that causes food to spoil.
 7. If you only need a few drops of lemon juice, avoid cutting the lemon in half – it will dry out quickly. Instead, puncture the fruit with a metal skewer and squeeze out exactly what you require.
 8. Keeping brown sugar in the freezer will stop it from hardening. But if you already have hardened sugar on your shelf, soften it by sealing in a bag with a slice of bread – or by microwaving on high for 30 seconds.

9. If you're unsure of an egg's freshness, see how it behaves in a cup of water: Fresh eggs sink; bad ones float.

10. A bay leaf slipped into a container of flour, pasta, or rice will help repel bugs.

- Choose bamboo for window blinds, flooring, and other household items. Bamboo is a great green choice because it is fast growing, sustainable, and grows without the use of pesticides or fertilizers.

- **Participate in HCC's Student Program Board Free Store!**

In the spirit of "Reduce-Reuse-Recycle," you have the opportunity to participate in "reuse" of items you don't want or no longer need and you can find items you DO want or need! **Collections are going on now.** Please bring unwanted, gently-used items to "Free Store" boxes in the Burrill Galleria, Duncan Hall, the game room, and the student life office. The items you donate become the inventory of the "HCC Free Store!" Clothing, accessories, appliances, home décor items – everything except large furniture is welcome. Clean out your closets, save money, and help the environment by giving new life to unwanted goods instead of throwing them in the trash. On **April 14, 2011, 12:30–2:30 pm, in the Burrill Galleria**, come shop at the HCC Free Store. Everything will be FREE! For more information, please contact SPB@howardcc.edu or 443-518-4845. Remember, one person's junk is another person's treasure!

- You can learn about the Mid-Atlantic Bight and what we can do to meet our need for clean, renewable energy in Maryland at the presentation, "[The Power of Offshore Wind: Blowing Maryland's Way?](#)" on **Tuesday, March 29, 7:00-8:30 pm, George Howard Building, Banneker Room.**

Presenters will be Hugh Haskell, Ph.D., Senior Science Fellow, Institute for Energy and Environmental Research, and Keith Harrington, Maryland Grassroots Organizer, Chesapeake Climate Action Network. This event is presented by the Howard County League of Women Voters, and co-sponsored by The Climate Change Initiative of Howard County.

- *Seasonal curbside yardwaste collection begins in Howard County TODAY, April 1!*
Help the environment...Recycle your yard trimmings!

From April 1 through the third week in the following January, Howard County collects unlimited grass, leaves, and light brush from residents who receive curbside yardwaste collection. If you're not sure if you receive yardwaste service, call 410-313-6444. There is a separate truck that picks up yardwaste, so don't panic if your household recyclables were picked up and your yardwaste wasn't. The truck can come anywhere from 6 a.m. to 6 p.m.

Howard County encourages residents to use paper bags or reusable containers for yardwaste. Plastic bags do not breakdown and actually reduce the quality of the composted material. You can obtain two free bags per family from the Recycling Division at 6751 Columbia Gateway Drive, Suite 514 or the Alpha Ridge Landfill at 2350 Marriottsville Road.

[Click here](#) for an information sheet that includes retail locations that sell paper yardwaste bags.

- According to the California Energy Commission:

Wasting water wastes electricity. Why? Because the biggest use of electricity in most cities is supplying water and cleaning it up after it's been used!

About 75 percent of the water we use in our homes is used in the bathroom. Unless you have a low flush toilet, for example, you use about five gallons to seven gallons of water with every flush! A leaky toilet can waste more than 10,000 gallons of water a year.

Drippy faucets are bad, too. A faucet that leaks enough water to fill a soda bottle every 30 minutes will waste 2,192 gallons of water a year.

Another simple way to save water AND energy is to take shorter showers. You'll use less hot water - and water heaters account for nearly 1/4 of your home's energy use.

- In the book *1001 All-Natural Secrets to Pest Control* by Dr. Myles H. Bader, it says for stinkbugs you can use a spray made from 4 drops of liquid soap, ¼ cup of lime, and 1 gallon of water. This green remedy sounds better than poison or the parasite, *Trissolcus Basilis*, which the book says kills them. Thanks to **Farida Guzdar** for submitting this tip.
- The [Postal Service](#) is trying to do its part to encourage going green by providing eco-friendly mailing materials and stamps. As part of its "Go Green" commitment, they've designed a series of 16 stamps showing what each of us can do to promote the health of our environment. The stamps say: GO GREEN, plant trees, adjust the thermostat, use public transportation, fix water leaks, share rides, turn off lights not in use, choose to walk, compost, let nature do the work, recycle more, ride a bike, insulate the home, use efficient light bulbs, maintain tire pressure, and buy local produce reuse bags. Maybe sending mail with these stamps will encourage others to be a little more sustainable too!
- **Can I get a smaller or larger recycling cart or bin?**



Yes! According to the [Bureau of Environmental Services](#) web page, Howard County residents can call (410) 313-6444 to exchange a container for a different size. Instructions: "leave your bin/cart out and available until the exchange is made. If you live in a townhome community, please leave your bin/cart by your house for exchange and not in a grouping area. Residents do not need to be home for the swap. There are three sizes of recycling containers available."

- For people who are planning to move, they can try doing so with less waste by contacting one of the vendors at Greenfest promoting "Green Moving," like Office Movers, the company we use on campus that uses crates for moving, but for home use. Zero waste, no hunting for cardboard boxes, they deliver and pick up the crates when done. They claim it's cheaper than buying boxes. Example, 1 week rental (their 3 bedroom bundle), includes 50 crates, 3 dollies, for \$150. (There is a surcharge for areas outside of the beltway.)

Here is the website URL for the vendor exhibited at Greenfest: www.repax.com. However, in the interest of not promoting one business, I found another local vendor with a similar concept. http://www.goodguysrelocation.com/Moving_101.html.

- [Earth911](#) Quick Guide to Metal Water Bottles

Aluminum bottles are lightweight and tend to be less expensive than steel ones, but require a lining to be food safe, which poses health questions. Under current law, the EPA does not require chemical companies to demonstrate the safety of their products before using them in the marketplace. Liners can also flake or peel after time, exposing the aluminum interior. U.S. aluminum products contain about a third recycled content.

Stainless steel bottles are marginally heavier and pricier than aluminum ones, but need no lining. Steel is also stronger and harder than aluminum, which means the bottles better resist denting or other damage. Stainless steel wins on at least one resource front; new stainless steel contains 65 percent to 80 percent recycled steel, about 40 percent of which is post-consumer.

- Have you heard about the “Ask for Glass” campaign? Since glass is 100-percent recyclable, this is an effort you might want to support.

The [Glass Packaging Institute](#) (GPI) has kicked off “Ask for Glass,” a social media campaign to help consumers use social media to let their voice be heard. They say, “There are many popular brands offered in packages of all shapes and sizes, but some do not offer an option in glass. We believe consumers want the choice to buy their favorite brands in glass jars and bottles, and it’s the intent of this program to let consumers’ voices be heard using social media.” As part of the campaign, consumers can use Facebook and Twitter to connect with their favorite brands’ social media pages and request that products be offered in glass. Interested brands can take a simple pledge affirming that they will offer consumers the choice of buying their product in glass.

If you want to support glass, [Heinz](#) is reintroducing its ketchup in a glass bottle as a limited edition to “bring some nostalgia to the summer barbecue season.” The product, a 14-oz bottle, will only be available until August at Wal-Mart and Safeway.



- A “Soda Bottle Conference Room?” – That’s how they roll at [TerraCycle](#), a company committed to “creating collection and solution programs for all kinds of typically non-recyclable waste.” Founded in 2001 by Tom Szaky, a then 20-year-old Princeton University freshman, TerraCycle’s slogan is “Outsmart Waste.” They are accomplishing this goal by having folks collect certain items (what they call “[Brigades](#)”) and send them in, many are free, where they pay the shipping, and for every unit of waste sent at least \$0.02 goes to a charity or school of your choice. TerraCycle upcycles and recycles traditionally non-recyclable waste (including drink pouches, chip bags, toothbrushes and many more) into a large variety of consumer products. They are making everything from kites to Adirondack chairs! They say, “As with all of our recycled plastic products, this chair is eco-friendly, non-toxic and contains no chemicals capable of leaching into the environment.” These products keep waste out of our landfills and contribute to a cleaner world.
- With the high cost of gasoline and its impact on the environment, it’s a good time to review the gas savings tips suggested by [MonsterAuto.ca](#).
 1. *Empty Your Trunk:* The more you carry in your car, the heavier it is, the heavier it is, the more energy it takes to carry, meaning that your engine has to work harder and burn more fuel. If you want to haul a lot of really heavy items, a trailer is probably better than a roof rack and filling the trunk. Not only is a trailer likely to create less “wind drag,” but your engine works harder and burns more fuel carrying than pulling.
 2. *Carpool:* As mentioned above, four people in a car would cost more to transport than one person in a car, but four people in a car costs way less than four people in four cars! Carpooling will not only save on fuel, but also on tires and engine wear.
 3. *Slow Down:* The faster you drive, the faster your car presses against the air, creating wind resistance. Typically, a car drives most efficiently at 50 - 60 miles per hour.

4. *Mix and Match Errands:* Go to the store. Return home. Pick up a video. Return home. Take your daughter to piano lessons. Return home. You'll probably put several miles fewer on your vehicle each time you combine errands, saving you fuel and wear and tear on your vehicle.
 5. *Tune it up:* When a vehicle runs inefficiently, it wastes fuel and spews out a lot more pollution. Is it time for a regular tune-up? Also, check your gas cap: How much gasoline is escaping from your tank in the form of vapor? An old, leaky gas cap does not cost much to replace, but can cost you a lot to keep.
 6. *Tire Inflation:* Inflate the tires to the pressure suggested by your vehicle manufacturer (usually found on the inside of the door panel). You can reduce your fuel bill by up to 4% just by keeping your tires properly inflated.
 7. *Advance Deceleration:* Due to wind and road surface resistance, your vehicle will naturally slow down for a stop sign or traffic light...if you just let it. Anticipate stops ahead, take your foot off of the accelerator and let your vehicle slow to a gentle stop with minimal need for using the brakes.
 8. *Use Foot Power:* Suppose you left the car at home and used your feet instead. You could walk or cycle. How much do you think you would save?
- On Tuesday, County Executive Ken Ulman announced the launch of a program to provide 1,669 free energy audits to Howard County residents.

Homeowners can apply for a free audit by going to www.livegreenhoward.com and filling out an application. Winners will be selected through drawings that select a broad cross section of homes based on location, age, size, building material, and type of home. Selections will be made weekly for the next six months. Residents who are selected for the program must agree to provide a 12-month history of energy usage for their home, be present at the audit, and complete a survey 6 months after the audit to report efficiency measures they implemented.

- Is your air conditioner set for summer? Are you being as energy efficient as possible? According to [Earth911](#), "One of the ways many consumers miss out is by not properly maintaining their air conditioning units." Here are some of their tips:
 - **Replace the air filter** – The standard recommendation is once a month, but if you have pets or live in a dusty area, it's better to do it more frequently. The clogged filter will cause poor air circulation, thus making your unit work harder and use more energy.
 - **Clean the coils** – Over time, the coils collect dust, thus reducing the airflow and insulating the coils, which reduces their ability to absorb heat.
 - **Hire a professional** – Consider hiring a professional to come out and do a thorough inspection. Ensure that they check the refrigerant to make sure it is not leaking and that it is filled to manufacturer specifications.
- What to find out how "green" you are? Visit <http://practicallygreen.com/> and take the quiz to give yourself an overview of how you stack up. The quiz will generate an individualized "to do" list of simple switches you can make and it also provides helpful information on how these switches positively impact the environment.
- Don't miss Howard County's 2nd Annual Film "Festival" and Restaurant Week Kick-off. The Film "Festival" will be held on Tuesday, July 19th from 6:00 to 8:30 pm at Clark's Elioak Farm, 10500 Clarksville Pike, Ellicott City, MD 21042.

Celebrate Howard County agriculture by enjoying local foods and tastes from Howard County restaurants and farms. Learn more about living locally in Howard County. View the feature film "Local Foods, Local Farms." The event is free; however, advance registration at <http://www.howardcountyag.org/agevents.aspx> is required and is limited to 300 guests.

The event serves as the kick off to Howard County's Farm-2-Table Restaurant Weeks (July 25 - August 8), the annual food extravaganza when restaurants across Howard County incorporate

locally grown products to serve farm fresh meals at attractive prices. It will also promote the start of the weeklong "Buy Local Maryland Challenge" from July 23-31, 2011.

For more information, see the attached announcement, visit the link www.hceda.org/agriculture/agEvents.aspx, or call 410-313-2707.

- To get rid of ants without using chemicals, use half lemon juice and half water in a spray bottle and spray everywhere ants are seen and anywhere they can enter your home. Ants are also known to retreat from lines of talcum powder, chalk, and cayenne pepper.
- The practicallygreen.com website has a section for "actions" that gives a long list of things you can commit to in your efforts to be more sustainable. The site breaks down the sustainability items into four categories: energy, health, stuff, and water. You can sort by those categories or by the action name or "committees" to see what other people are doing. For example, 99% of the committees recycle glass bottles, aluminum cans, and other metals, wash only full loads of laundry, wash laundry in cold water, replace bottled water with filtered water, switched to reusable coffee mugs, signed up for e-bills, recycle paper, etc. On the other end of the spectrum, only 1% have switched to push mowers! See where your actions stack up and you can even suggest new actions to be added to the list.
- As many of us travel this summer, we may want to consider how sustainable the places we stay are in their practices. Visit <http://greenhotels.com/index.php> for a list of member hotels in the areas to which you are traveling.
- Interested in composting but not sure how to get started? Earth911 has a "Cheat Sheet" to help, which includes information on what composting is; the do's and don'ts (what to add and what to leave out); and some tips to make your efforts successful and easy. See the link below for all the details:

http://earth911.com/news/2009/08/31/cheat-sheet-composting/?utm_source=Earth911.com+Weekly+Newsletter&utm_campaign=5a4600f969-Weekly_Guide_Composting_8_3_2011&utm_medium=email

- The folks from inhabitat.com went to the 2011 International Housewares Show and brought back information on their top favorite items that are "well thought-out green products that set the standard for sustainable houseware design." You can read about everything from a potato brush to a laundry pod. The potato brush cleans and easily removes "eyes." The laundry pod is designed to manually wash small loads of clothes at home, while camping, or during power outages. There are a dozen other items highlighted too!
- Why throw it away if you can fix it and keep it out of the landfill? Repair manuals and maintenance guides for everything from cars to iPhones are available at ifixit.com. Also, if you are already a talented "Mr. or Ms. Fixit," you can help by contributing your repair knowledge so others can benefit from your expertise and keep things useful longer!
- Do you know about Apple's recycling program? You can send an iPhone, iPad, or computer (Mac or PC) you're not using anymore and they will determine if it qualifies for reuse. If it does, that means your device has monetary value that will be applied to an Apple gift card, which can be used for purchases at any Apple retail or Apple online store. If your iPhone, iPad, Mac, or PC does not qualify for reuse, they will recycle it responsibly at no cost to you. For more information, go to: <http://www.apple.com/recycling/gift-card/>.
- Overwhelmed with junk mail? Earth911 has written an article entitled, "8 Ways to Reduce your Junk Mail," which gives tips to help stop a lot of unwanted mail. Did you know you can hire others to help? For tips and links to help stop the onslaught of catalogs, credit card offers, direct mail, phone books, and more, go to <http://earth911.com/news/2011/08/18/8-ways-to-reduce-your-junk-mail/>

- Even crayons are being recycled! Crazycrayons.com has stopped, “more than 73,000 pounds of unwanted crayons from going into landfills with the help from schools, organization educators and kids across this country.” They take unwanted crayons in any condition and recycle them into new crayons. You don’t have to do anything to the crayons, they prefer the wrappers are left on. They accept all crayons but note that those made in foreign countries that may have “questionable content” are discarded. According to the website, “more than 120,000 pounds of crayons are made every day in this country and crayons are a petroleum-based product.” For more information, visit the website or email crayonrecycleprogram@gmail.com.
- The Environmental Protection Agency has an “[OnCampus ecoAmbassadors](http://www.epa.gov/oncampus/activities.html)” program. The program “activities are environmental themed events or eco-implementation projects. Students are encouraged to select and complete one activity at a time.” Topics for projects are grouped under the headings, “Air/Water,” “Energy,” “Health/Advocacy,” “Land,” and “Waste.” For more information go to <http://www.epa.gov/oncampus/activities.html>
- CVS/pharmacy announced last month that all 7,200 of its locations now offer the “Sharps Compliance Corporation's Environmental Return System” that provides customers with the ability to safely dispose of their unused, expired, or unwanted drugs using affordable medication disposal envelopes. The postage-paid envelopes cost \$3.99 and allow customers to mail their unwanted prescription and over-the-counter medications through the U.S. Postal Service to a licensed, secure facility for safe disposal.
- Howard County’s newest and greenest facility, one of only three LEED Certified Platinum buildings in the State upon certification, is just down the road at the Robinson Nature Center at 6692 Cedar Lane in Columbia. Enjoy the exhibits, wooded trail, rooftop outdoor nature viewing area and many more activities; more information at <http://www.co.ho.md.us/RobinsonNatureCenter.htm>.
- The county is having its paper shredding and e-cycling event this Saturday, October 15 from 9:00 a.m. to 1:00 p.m. in the Meadowbrook Park & Ride. For more information go to: <http://www.howardcountymd.gov/>.
- The Consumer Electronics Association recently unveiled GreenerGadgets.org – a new online resource for consumers that highlights the industry trend toward “greener gadgets” – smaller, smarter, more energy efficient devices that can do more than ever before.

Tech-savvy shoppers now have more eco-friendly options:

A powerful energy use calculator with the most up-to-date products and energy use figures to help consumers better understand their energy usage. Research indicates the more you know about your use, the more likely you are to consume less and save more.

An electronics recycling locator tool. When it comes to end-of-life electronics, many people are concerned with what happens after they drop off their products. The recycling locator database includes industry programs, which use strict standards, and third-party certified recyclers, so rest assured your device will be safely recycled!

Visit GreenerGadgets.org for information on how to use devices efficiently, shop for the most sustainable products, and understand the energy-saving trends in the industry.

- Earth911 has a “[Guide to Greening Your Halloween](http://www.earth911.com/guide-to-greening-your-halloween),” which includes ideas such as choosing reusable décor, using secondhand costumes, or making them yourself, as well as ideas for getting crafty with all those candy wrappers that may accumulate.

You can also bone up on “[10 Uses for Your Pumpkin!](http://www.earth911.com/10-uses-for-your-pumpkin)”

- If you are thinking about buying a hybrid vehicle, you may want to check out the Union of Concerned Scientists' [Hybridcenter.org](http://HybridScorecard.org) and its “[Hybrid Scorecard](http://HybridScorecard.org)” that gives a list of 20 non-luxury or 14 luxury models and their results in categories such as combined miles per gallon, environmental improvement score, hybrid value, and forced features.

- On Monday, Howard County Executive Ken Ulman unveiled the new 2012 Chevy VOLT and the county's new electric vehicle charging station. The VOLT offers drivers the option of either driving gas free on an electrically charged battery or driving via gas -- or both. The VOLT that was unveiled had gone over 750 miles while using only 5.5 gallons of gas. The charging station will be located next to the main entrance of the Thomas Dorsey Building at 9250 Bendix Road in Columbia, and is equipped with five, 240V charge outlets for use by county employees and county residents FREE of charge. The charging station is made available through a grant from the Maryland Energy Administration's Electric Vehicle Infrastructure Program.
- Have you ever thought about trying to buy everything locally? One family from Arizona has been doing it all year this year and has been blogging about their experiences. If you are thinking about trying to "go local" or at least trying to incorporate more local purchases into your lifestyle, you might be interested in reading about the Levitch family's successes and challenges encountered over the past eleven months. Go to <http://onelocalfamily.com/> to see what they've given up (Taco Bell, Target, PetSmart, and Macy's just to name a few) and how they've done it.
- One of the things we've learned about being greener is not throwing away leftovers. If you are tired of turkey sandwiches and need inspiration after Thanksgiving for recipes that won't bore your taste buds, try the foodnetwork.com website for "Next-Day Feasting: Top Thanksgiving Leftovers." You will find everything from Turkey Bolognese to Turkey and Sweet Potato Quesadillas as well as 3 ways for ham leftovers or "How to Reinvent Mashed Potatoes" plus many, many more. Let's try not to send our leftovers to the landfill!
- Do you have a great idea for CRT glass? If so, it could earn you up to \$5,000! According to [INNOCENTIVE.com](http://innocentive.com), "As CRT (Cathode Ray Tube) displays are replaced with newer TV and display technologies, there is a short-term, but immediate environmental need to create new markets for recycled CRT glass. In the past, most used CRT glass collected for recycling was recycled for use in new CRT displays; however, the demand for glass-to-glass recycling of CRT glass has diminished." Ideas are being sought for "viable and environmentally sound business models that involve the reuse of used CRT glass." Hurry, the deadline is this Sunday. <https://www.innocentive.com/ar/challenge/9932968>
- The county is now accepting applications for vendors for GreenFest, which will be held here at HCC on Saturday, April 14, 2012. The Fifth Annual GreenFest will include: tree planting, a nature walk, children's activities, workshops and speakers, free shredding, free compost bin and rain barrel giveaway, and more.
- If you are stuck trying to think of last minute gift ideas or you're just tired of giving "stuff," you might consider an experiential holiday gift suggested by practicallygreen.com.

How to give experiential holiday gifts:

If you're not sure how to shop for an experiential gift—or even what it means—here are some great ideas from The City of New York:

- Homemade items (cookies, crafts, artwork)
- Entertainment (tickets to show, museum memberships)
- Learning (language lessons, an art class, dance class)
- Time/talent (babysitting, home repairs, pick up and drop off day)
- Fitness (gym membership, personal trainer, classes)
- Pampering (spa treatment, massage)
- The greater good (charity, such as the [Howard Community College Educational Foundation](http://HowardCommunityCollegeEducationalFoundation.org), which provides financial assistance to needy HCC students)
- The FAST group will host its first lunch and learn of 2012 on Wednesday, January 18. The presentation will be on community-supported agriculture. Casey Caulder Todd of Breezy Willow Farm will be the speaker for this month. The presentation will be held from 12:00-1:30 p.m. in the Kittleman Room (DH100). Bring your own lunch and complimentary desserts and drinks will be

provided. This series highlights master gardeners and community supported agriculture in Howard County. For more information go to <http://www.howardcc.edu/Visitors/green/Events/index.html>

- The Chesapeake Bay Foundation has developed a one-sheet helpful guide titled DE-TOX YOUR HOME – Alternatives to TOXIC Household Products. The guide gives you tips and alternatives for greener cleaners, deodorizers, disinfectants, and drain cleaners, just to name a few. Please visit <http://www.howardcc.edu/Visitors/green/greentips/index.html>
- Soup's On! [Earth911](#) says, "There's nothing like a hearty bowl of soup to warm you up on a cold winter's day. We've rounded up these five simple soup recipes that are not only delicious and healthy, but also good for the planet. They incorporate seasonal vegetables and can be made vegan or vegetarian. Plus, we give you tips on how to reduce, recycle, and compost waste while prepping and cooking." Bon Appetit!
- Reusable shopping bags are great...if you remember to use them! [Earth911](#) asked Twitter and Facebook followers to share tips on how they remember to bring the bags every time they shop. Here are a few that may be helpful if you have trouble remembering. "I keep some in the car, some in the kitchen, and a roll-up one in my purse as a back up." "I put them right back in the trunk after I empty them, and have a sticky note on the dash of my car to remember." "I just make sure to cut my coupons, make my list, and grab my green bags." "When I forget, I take bags from the bag recycling bin at the front of the store to reuse." "I keep them in the car, put them back right after emptying them at home, and make a commitment if I forget to bring them into the store to walk all the way back out to the car to retrieve them. Make yourself do that 2 or 3 times and you are much less likely to forget them in the car."
- [Treehugger.com](#) tells us to encourage artists with our recycling efforts! "If you know someone interested in making art from recycled materials, offer to provide supplies. Many school children need items like paper towel tubes for art projects. Older artists use everything from rubber bands to oven doors. If you know someone who teaches art classes, suggest that an emphasis be put on making art from trash. While you're at it, remind them to use recycled paper and biodegradable, earth-friendly glues, paints, and pencils whenever possible."