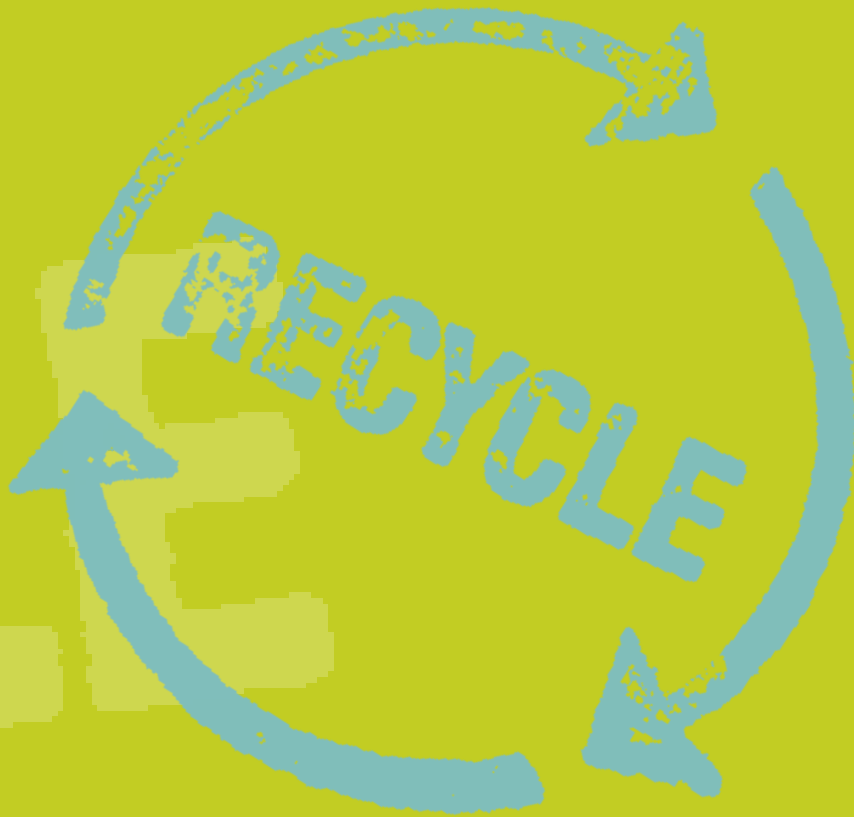


# Green Living at Connecticut College

an environmental sustainability handbook  
for the Connecticut College community



Production of this handbook was sponsored by the Connecticut College Arboretum, The Goodwin-Niering Center for Conservation Biology and Environmental Studies, Connecticut College Environmental Model Committee and the Office of College Relations.

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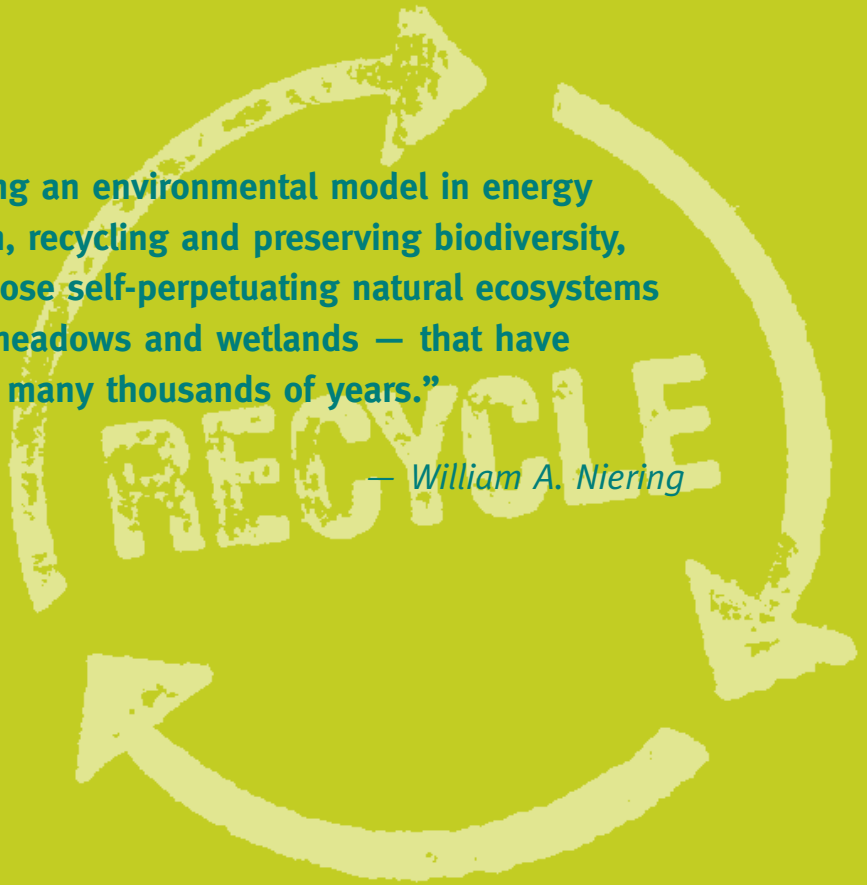


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**“By becoming an environmental model in energy conservation, recycling and preserving biodiversity, we mimic those self-perpetuating natural ecosystems — forests, meadows and wetlands — that have survived for many thousands of years.”**

*— William A. Niering*



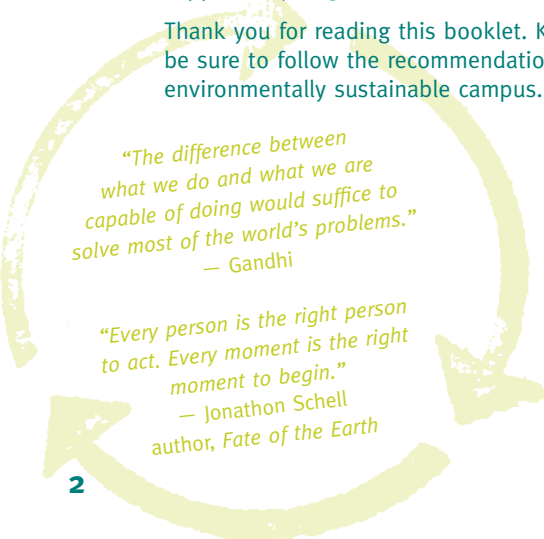
# Environmental Sustainability

Welcome to the Green Living Handbook on environmental sustainability. This booklet is designed to provide Connecticut College community members with recommendations for energy conservation, waste reduction and recycling, best management practices for common hazardous materials and information on campus environmental groups and activities. This is most important at CC because, like other colleges and universities, we are a microcosm of society. We house and feed people, consume energy, maintain facilities, purchase goods and services and administer projects. In so doing, we consume a tremendous amount of resources and generate a great deal of waste. Sustainable living, i.e. minimizing resource use and waste production, benefits us environmentally, economically and socially.

Connecticut College has been a leader amongst colleges and universities on environmental issues for many years. The campus boasts an Environmental Model Committee comprised of dedicated students, faculty and staff; energy conservation and renewable energy efforts; Building and House Environmental Representatives; student environmental groups; conservation and green building policies; recycling and more. However, to be satisfied with our current standing is to accept the status quo, ignore room for improvement and essentially fall behind in achieving sustainability and providing exemplary leadership to other institutions and the broader community.

With your participation and that of others you know, we can continue to systematically integrate sustainable practices into everyday campus life. Small steps such as turning a light off when leaving an unoccupied room or turning off the computer when you're going to be away for more than 15 minutes, can save energy. When multiplied by many, the savings become greater. In addition to saving money that could be better spent on other things, it decreases our reliance on nuclear energy and fossil fuels and benefits the environment. Recycling is a practice that saves disposal costs and reuses resources. In addition to awareness of the costs associated with waste production, you likely know that aluminum production requires bauxite mining, and plastic production relies on non-renewable petroleum products. It makes sense to support recycling instead of these unsustainable practices.

Thank you for reading this booklet. Keep it handy for reference when you need it and please be sure to follow the recommendations so that individually and collectively we can enjoy an environmentally sustainable campus.



*"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."*  
— Gandhi

*"Every person is the right person to act. Every moment is the right moment to begin."*  
— Jonathon Schell  
author, *Fate of the Earth*

Amy Cabaniss  
Campus Environmental Coordinator  
Spring 2006

# Connecticut College as an Environmental Model

Connecticut College is primarily a residential college where students live for nine months each year. We have developed a system of shared governance between students, faculty, staff and the administration in an effort to create a model civil society. In a similar way, we also have a tradition of operating the college as an Environmental Model. By initiating and implementing innovative policies and programs that promote environmental sustainability, we strive to set a good example. The hope is that upon leaving the college, students will continue to consider the consequences of their actions, and continue to live in an environmentally sustainable fashion. The College has been a national leader among colleges and universities in environmental issues for many years. Here is a short list of highlights:

## The Arboretum

Beginning in 1931, the Arboretum has grown from 60 acres west of campus to include the entire 750 acres of College property. The campus grounds crew and the arboretum staff collaborate to maintain the entirety of the campus using environmentally sound techniques. The Arboretum was one of the first to be dedicated to growing and studying native plants and it now protects hundreds of acres of wild lands including tidal and freshwater marshes, swamps, fields and forests. The Arboretum serves as a “living laboratory” and classroom for teaching and research, as well as a place for recreation.

For more on the Arboretum, visit Olin 103 or go to <http://www.arboretum.conncoll.edu>

## The Environmental Studies Major

In 1969, Connecticut College became one of the first undergraduate schools in the nation to offer a major in Human Ecology. Over time this program has evolved into the Environmental Studies Program. The focus is to encourage an examination of environmental science and policy using a multidisciplinary approach integrating classroom, laboratory, field and study-away experiences.

For more on the Environmental Studies major, visit <http://www.conncoll.edu/academics/departments/envstudies/index.html>

## The Goodwin-Niering Center for Conservation Biology and Environmental Studies (CCBES)

In 1993, the Goodwin-Niering Center for Conservation Biology and Environmental Studies was established to promote more effective and cohesive collaboration between many different people and departments concerned with environmental issues. As an academic center, CCBES supports research and education, oversees an undergraduate certificate program, and sponsors conferences and lectures.

For more information on CCBES visit the office in Olin 109 or the web site at <http://ccbес.сonnсoll.edu/>

## The Carbon Offset Project

In August 1999, CC became the first college or university in the United States to deal with its carbon emissions, a primary cause of global warming, by joining the “Klinki Program.” In collaboration with a non-profit organization based in Mystic, Connecticut called Reforest the Tropics, Inc., the college agreed to work with farmers in Costa Rica to plant enough fast growing trees, including the Klinki (*Araucaria huntsteinii*), to compensate for the 593 tons of carbon dioxide emitted annually by the electricity use in the Crozier-Williams College Center over the next 30 years.

If you would like additional information about the Carbon Offset Project, see the related page on the Goodwin-Niering Web site <http://ccbес.сonnсoll.edu/klinki.html> or visit the Reforest the Tropics, Inc. site at <http://www.reforestthetropics.org>

## The Park Solar Array

When Park residence hall was renovated in 1999, a 10 kW array of solar panels was installed on the roof. The electricity generated by these solar panels is used to offset the power required by a boiler plant that was installed that same year. Savings from the combined reduction of having a new smaller, more efficient boiler plant and from the solar array amounts to 90,769 kWh per year. The amount saved is approximately what one dorm would use in an academic year.

For more information on the Park solar array contact the Engineering Services Manager at x2294.

## Green Building Policy

In 2000, Connecticut College adopted a policy that supports incorporation of sound environmental practices into siting, design, construction, maintenance, renovation, and eventual demolition of campus buildings. By implementing this policy the college will be able to provide a better quality of life, while at the same time saving money and conserving resources such as water and energy.

## Renewable energy

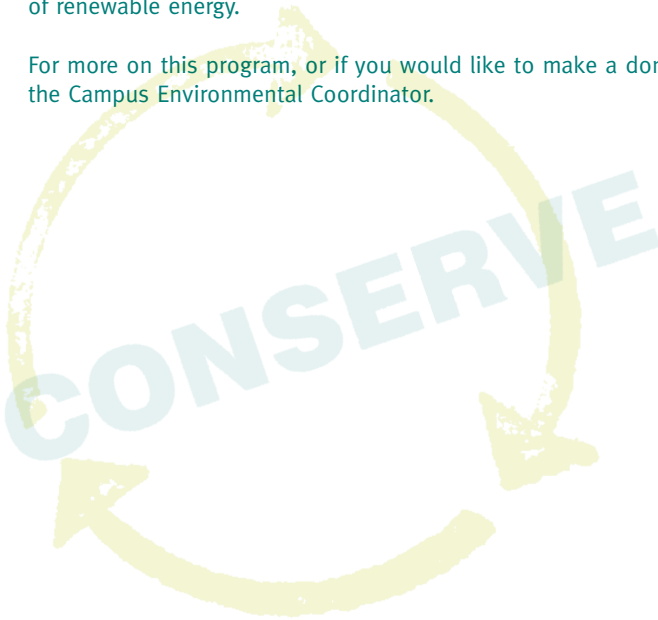
In the spring of 2001, Connecticut College students led a campaign to switch the campus to 22% renewable energy from the standard supply which includes a high percentage of nuclear power. The student body agreed that each would pay an extra \$25 a year in their tuition in order to make this happen. This made CC the first school in the country to purchase a significant portion of its energy from clean, renewable sources through Renewable Energy Credits (RECs). In 2005, a purchase of RECs offset 50% of CC energy use.

To learn more about renewable energy at Connecticut College, contact the Renewable Energy Club or Campus Environmental Coordinator at x5218.

## Tradable Renewable Energy Credits (TREC's) Program

As part of their class gift, the class of 2002 purchased metering equipment for the Park solar array. These meters allowed the school to enroll in a newly established renewable energy credits trading program. The revenue received from the sale of these credits is put into a fund to promote energy conservation and efficiency on campus, as well as to purchase new sources of renewable energy.

For more on this program, or if you would like to make a donation to this fund, please contact the Campus Environmental Coordinator.



# Energy

It is important that we all make an effort to minimize our energy usage here at the college. We must realize that every time we flip the light switch on, not only are we using energy, we are contributing to emissions from coal and oil plants, maintaining the need for a nuclear power plant in nearby Waterford, and burning through valuable, non-renewable resources. Energy costs can also increase the cost of tuition. These are high prices to pay.

Here are some easy **DO's** and Please **DON'Ts** that can help us save money and live more sustainably:

- DO** use natural lighting wherever possible.
- DO** use compact fluorescent bulbs in place of regular incandescent bulbs. They usually cost a little more up front however over the life of the bulb they actually save a lot of money in reduced energy costs and longer bulb life. These bulbs are just as bright and fit in almost any light fixtures.
- DON'T** use halogen lamps in your room. Not only are they energy hogs, they are a fire hazard. Halogen lamps are illegal at CC because of this hazard.
- DON'T** use space heaters. They pose a risk of fire.
- DO** turn off unused or unnecessary lights, computers, printers, stereos, TVs and other electric devices when they are not in use or if you are leaving the room for more than 15 min. They don't take long to come back on line.
- DO** take advantage of the power management features on your computers so that it will go into a low power "sleep mode" with a blank screen rather than using screen savers.
- DO** turn off the lights when leaving an unoccupied room.
- DO** buy low-wattage electronic devices that are certified by the EPA "ENERGY STAR" program. Make sure to push the button that activates the energy efficient mode if necessary.
- DO** unplug and defrost your fridge when leaving for extended periods of time, such as winter break or spring break. Leave the refrigerator door open so that mold doesn't start growing while you are gone.
- DON'T** drive a car around campus. It is a beautiful and rather small campus. Take the time to walk to where you are going. It's good for your health and the health of the environment. If you really don't want to walk or you are in a hurry, use a bicycle.
- DON'T** prop doors open. It lets the hot air in during the summer and the cold air in during the winter. And, it is a security risk.

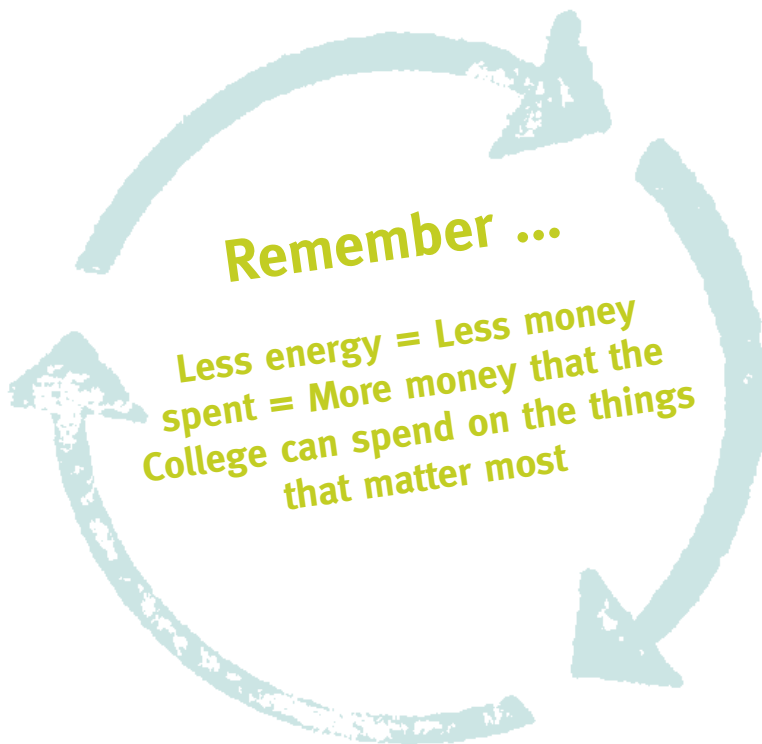
**DON'T** open windows and doors in heated or air-conditioned rooms. DO call Physical Plant at x2253 if there is a heating or cooling problem and they will deal with it. After hours, call x2293.

**DON'T** use the automatic handicapped door openers unless you are handicapped.

Thank you.

For more about what the college is doing to conserve energy and foster environmental sustainability, visit <http://greenliving.conncoll.edu/history.html>.

Of course, conservation and energy efficiency are only part of the picture. We still need to use electricity. Fortunately, we have some choice about the source of that electricity. Wind and other renewable energy services currently generate some of the electricity the college buys and there is a 10 kW solar array on the roof of Park. CC is exploring other renewable energy options. These are big steps in the right direction. For more information on our efforts to use clean, renewable energy, please contact the Renewable Energy Club or Campus Environmental Coordinator.



# Reduce, Reuse, Recycle

Each year the college produces more than 350 tons of waste. On average it costs the college more than \$50,000 annually to dispose of it. There are many ways that we can reduce this amount of waste, increase our environmental sustainability and reduce the cost of living at Connecticut College. Be creative.

## Paper Waste

Paper is one of the biggest sources of waste at CC. Here are some ways that we can cut down on paper waste:

- **THINK BEFORE YOU PRINT OR PHOTOCOPY!** Use the print preview feature to select only the pages that you need to print.
- When you photocopy, use double-sided copying. There are instructions on how to do this next to most machines.
- If you only need a small section of an article, print just that section.
- If your document is not printing, make sure to check the print queue before you print again.
- If you are using your own printer, buy and use post-consumer recycled paper.
- Save scrap paper (paper printed only on one side) to print on the other side.
- Edit work on the computer rather than on paper.
- Use a smaller font and thinner margins for fewer pages.
- Circulate a single copy of a paper or e-mail to groups rather than printing separate copies for everyone.
- Use scrap paper note pads. They are usually available in the print shop.
- Actively participate in recycling drives on campus such as RecycleMania.

## Did You Know...?

- To make one ton of paper, it takes 1600 lbs. of wood pulp, 400 lbs. of inorganic fillers (like clay), 25 lbs. of dyes, 30 lbs. of miscellaneous organic chemicals, 80 lbs. of starch coating, and 8,000 gallons of water.
- Connecticut College has a Policy on the Reduction of Paper Use. Please reduce, reuse and recycle paper. Place it in the appropriate recycling bins. Buy recycled, too.

## Recycling

Once you have used and re-used a recyclable item, it is important to remember to recycle it. Thanks to increased efforts by students, faculty and staff, the college's total weight of trash has been reduced and the percentage of material recycled has increased. However, a survey of the college's trash showed that about 37% of what was typically thrown away could have been recycled. Why trash a resource? Recycling is easy to do, it reuses materials instead of using virgin materials, it can save money and it is one of the ways we can benefit the environment.

### What can be recycled and how do we recycle it?

#### **glass and plastic (#1 and #2) bottles**

place in short **blue rectangular recycling bins**

#### **aluminum beverage cans and steel (tin) cans**

place in short **blue rectangular recycling bins**

#### **empty aerosol cans**

place in short **blue rectangular recycling bins**  
(for aerosol cans with content, see next pages)

#### **mixed paper (includes office paper, newspapers and magazines)**

place in the **tall (20-gallon) blue bins**

#### **corrugated cardboard**

flatten and stack neatly by the **'mixed paper' recycling bin**

#### **polystyrene (styrofoam) packaging material**

bring it to the Post Office and place it in the **30-gallon black barrel**. You can also take packaging material from the barrel and use it for your own packing purposes.

If you have any questions please talk to your House or Building Environmental Representative or contact the Campus Environmental Coordinator (x5218).

#### **PLEASE DO NOT THROW PAPER TOWELS, CUPS OR NAPKINS IN THE RECYCLING BIN!**

If you do, the whole bin of recyclables is considered contaminated and becomes trash. Please make the effort to put trash in the trash can and recyclables in the recycling bins. It is easy, considerate, and beneficial.



# Hazardous Materials

Connecticut College is engaged in responsible hazardous waste management. There are some products that you use every day that SHOULD NOT be thrown in the regular trash.

## Mercury Thermometers

Most standard fever thermometers have mercury which is a toxic substance. Please DON'T bring mercury thermometers to school. Buy a mercury-free digital one. They are accurate and inexpensive. If you break a mercury thermometer, go to this Web site before cleaning it up: <http://www.conncoll.edu/offices/envhealth/Documents/Universalwastemgmtplan.html> Carefully follow the instructions for cleanup on that page. You must also immediately contact the Director of Environmental Health and Safety at x2252.

## Batteries That Contain Nickel, Cadmium, Silver, Lead or Lithium

These batteries include rechargeable batteries in portable phones, most camera batteries and some small 'button cell' batteries that are used in things like watches. Anything that is not the standard alkaline battery has special disposal requirements. Do not throw these in the trash! Bring them to your custodian to dispose of them properly.

## Aerosol Cans

Most aerosol cans are made of steel and therefore can be recycled when empty. However, aerosol cans are considered hazardous waste if one or more of the following conditions exist:

- The can is pressurized and still has content.
- The propellant is chlorinated (hydrochlorofluorocarbons [HCFC's], or chlorinated hydrocarbons [CHC's] )
- The propellant is isobutane, propane, ether or some other flammable gas.
- The material contains pesticides or other material with hazardous properties (i.e. flammable, toxic, corrosive, reactive, or an oxidizer). A rule of thumb is if the aerosol can label has the signal words, "Warning," "Danger" or "Poison," consider it hazardous waste and bring it to your custodian to properly dispose.

Even aerosol cans that contained only food products or other non-harmful substances can pose a problem if there is any remaining pressure in them. That pressure can cause the container to explode if exposed to heat or punctured, presenting an obvious problem for trash incinerator operators. Discard empty or unwanted aerosol cans in the short blue rectangular bins. They will be collected and taken to Physical Plant where they will be de-pressurized, drained and deposited in the "metals dumpster" for recycling. Call the Director of Environmental Health and Safety at x2252 if you have any questions.

## Fluorescent Light Bulbs

Although these bulbs are much more energy efficient than incandescent bulbs, they do contain a small amount of mercury and are therefore considered hazardous waste. To dispose any fluorescent light fixture or tube, please bring it to your custodian or contact Physical Plant for proper waste management.

- If a fluorescent light bulb breaks in your room, before cleaning it up go to: <http://www.conncoll.edu/offices/envhealth/Documents/Universalwastemgmtplan.html> and carefully follow the instructions for cleanup. You should also contact the Director of Environmental Health and Safety at x2252.

## Washing Your Car and Changing the Oil

**DO NOT CHANGE YOUR OIL OR WASH YOUR CAR ON CAMPUS.** Spilled oil and/or soapy water flows into the storm drains that flow into the Thames River impacting water quality for marine life and recreation. When the DEP or EPA catches someone changing their oil or washing a car on campus, the college is subject to a fine. And when the college pays more, so do you. Please go off campus to wash your car. Used motor oil should be properly disposed. Contact a quick lube, oil and filter service provider before changing the oil yourself to ensure they will accept it for recycling, or better yet, have the facility perform the oil change. They may also accept your dead lead-acid (“wet cell”) battery from your car. If not, a store that sells car batteries may accept it.



# Get Involved!

If you are interested in getting involved in environmental issues on campus, there are many things that you can do. Here are some contacts:

## Environmental Coordinators

The Campus Environmental Coordinator (x5218) leads the college on non-academic environmental activities including recycling, energy conservation and more. House Environmental Representatives provide assistance in residence halls, as do Building Environmental Representatives in other campus buildings.

## Environmental Model Committee (EMC)

The EMC is a college committee of appointed students, faculty, and staff who are concerned with environmental issues. The EMC develops programs and policies that integrate environmental sustainability into the daily operations of the college. Their meetings are open to the college community ("Friends of EMC") and they welcome student involvement. <http://emc.conncoll.edu>

## Students Against Violence to the Environment (SAVE)

SAVE is the school's main environmental activist group. Students work on a wide array of environmental issues ranging from protection of rainforests to actions against drilling for oil in the Arctic National Wildlife Refuge. Their activities include educating the campus, clean-up projects, and organizing petition drives and letter-writing campaigns to government officials about issues of concern. SAVE hosts an Earth Day celebration on campus each April to increase environmental awareness in the CC and surrounding communities.

## Renewable Energy Club

The Renewable Energy Club was formed in spring 2001 during the efforts to persuade the college to purchase some of its electricity from clean, renewable sources. Today, the group works on energy efficiency and conservation efforts and on increasing campus use of renewable energy sources with the goal of switching the campus electric load from dependence on non-renewable energy sources.

## Earth House

Earth House is a residential house for seven students attempting to live more sustainably and to set an example for their peers. Earth House students cook all-vegetarian meals, have a heightened awareness of energy and resource conservation, and actively work to create a naturalistic landscape by the house.

## Goodwin-Niering Center for Conservation Biology and Environmental Studies

An academic center that sponsors a certificate program in environmental studies for students of any major. Stop by Olin 109 for information about environmental studies at the college. <http://ccbес.conncoll.edu>





CONNECTICUT COLLEGE

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