

# THE UTICA COLLEGE GREEN-TRAX GAZETTE

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Today is nationwide CAMPUS SUSTAINABILITY DAY! It is a day for us to be reminded of how we can reduce our use of resources so that we can live productive lives while protecting the environment for future generations.

## The Three R's – Still One of the Best Ways to Establish a Sustainable Lifestyle

Look for the Recycling Bins across campus with signs similar to those below to recycle white and colored paper, cardboard, and plastic, glass, and metal containers. Please do your part to recycle and be careful not to add unrecyclable trash to these containers! It couldn't be more convenient! REDUCE-REUSE-RECYCLE!

### Please Recycle CONTAINERS Here

Plastic bottles (remove lids)  
and plastics with codes:



Glass Bottles and Jars



Milk/Juice Cartons



Cans (Aluminum &  
Aerosol) & Foil



Please make sure they are not full.

Please do not put plastic bags,  
straws, or bottle caps in bin.

### Please Recycle PAPER Here

White &  
Colored Paper



Junk Mail &  
Envelopes



Newspapers &  
Magazines



Paperback Books



Please do not put napkins, tissue,  
paper towels, or paper plates in bin.

Cardboard (including empty pizza  
boxes) may be left on floor near bin.

See <http://utica.edu/finance/environment/sustain/index.cfm> for recycling guidelines.

**Green Changes on Campus.** Utica College is a greener and more sustainable community for all of us. Here are just some of the changes around campus:

- More convenient recycling with the addition of blue paper recycling baskets for offices and recycling stations for paper and containers in administrative and academic buildings.
- A clothing and canned food drive during residence hall cleanouts in May 2009 resulted in over 200 bags of clothing being donated to the Salvation Army.
- More and more UC publications, including telephone directories, paystubs, catalogs, and class schedules have gone paperless.
- The new St. Lukes Hospital natural gas cogeneration power project is on line! About 70% of the power for Utica College is being produced by this project, which is more efficient than 'grid' power.
- Aramark went "trayless" in the cafeteria November 2008. This saves water and electricity necessary to wash these trays and wastes less food which would end up in the landfill and took resources to produce. Aramark has also eliminated all Styrofoam serving containers, plates, and cups replacing them all with biodegradable materials made from corn!
- The "UC Mug Club" was created to reduce waste. By using refillable mugs there is less trash and it only costs \$1 to get a cup of coffee! Mugs are available at the Pioneer café, LeBistro, and the Mello Moose.
- The bookstore sells "green" products including totes, organic tee shirts, water bottles made from recycled material, post consumer printer and loose leaf paper, and notebooks.
- UC's custodial group is using Greenseal approved cleaning chemicals.
- Additional bike racks have been placed around campus to encourage riding.
- Campus Safety purchased a golf cart in 2008 to use in place of a large patrol vehicle, saving hundreds of gallons of gas and reducing carbon emissions.
- UC's Copy Center provides 'recycled' note pads made from discarded paper...they are free for the asking.
- IITS is replacing old copiers and printers with ones having 2-sided printing capability.
- Sustainability and UC's recycling guidelines are part of RA/RD training each year and part of new employee and faculty orientation.
- The Day Sheet includes Green-Trax Facts of the Day!
- A dwarf Crispin apple tree was planted on campus for Earth Day on April 22, 2009.
- Recycling guidelines are presented to many first-year students in UCC101.

## How Much Does UC Recycle? UC recycles approximately:

- 450 pounds of Styrofoam peanuts and packaging material have been kept out of the local landfill by taking it to Meyda Tyffany!
- 60 cubic yards of plastic bottles, food containers, and soda cans per month – that's the contents of two construction-size dumpsters per month!
- 200 cubic yards of cardboard, office paper, magazines, and envelopes per month. That's the contents of almost seven construction-size dumpsters per month!
- 45 tons of old hard-cover books in the last 18 months!
- 10.7 miles of overhead fluorescent light bulbs in the last 5-1/2 years!!!
- 1,400 sidewalk, stadium, and compact fluorescent bulbs in the last 5-1/2 years!
- 750 pounds of chemical waste from laboratories every year.
- 600 pounds of old batteries per year!
- 4,000 pounds, or 2 tons, of old computers and electronic equipment per year.

## UC Recycles Other Items as Well:

Other items that UC recycles include used tires, old paint, scrap metal, used oil and filters from our vehicle fleet, parts cleaner, and aerosol cans!

## What Can You Do to Help?

- Got old ink cartridges? Give to a good cause – G.R.R.O.W.L.S. (Golden Retriever Rescue Operated With Love Statewide) and take your old cartridges to Carol Downing's collection box, outside her office, room 214 Faculty Center. Donated cartridges help raise money for this great cause!
- Start saving your water bottles! It is expected that water bottles will become returnable for 5 cents starting October 22, 2009.
- Carry a reusable water bottle with you. Not only are you reducing energy and water consumption (used to make and recycle plastics), but you can save a whole lot of money too! And, municipal water is often better for you than the water you buy in plastic bottles.
- Turn off your room or office lights, computers, printers, and other electronic equipment when you're out.
- Save water and energy! Report all leaky faucets, toilets, showers to Facilities Management. Call x 3191, or use the work request form (faculty and staff) by going to

[www.utica.edu/finance/facilities/request.cfm](http://www.utica.edu/finance/facilities/request.cfm) on your computer, but you'll have to sign in first with your email user name and password.

- Sign up for direct deposit pay! This will save on paper, ink, and time.
- Use the 2-sided copying option available on most copiers – it uses HALF the paper and if you are a student, it only counts as a single sheet of paper for your yearly allotment.

**Have a Great Idea? Need More Information?** Feel free to contact anyone on the committee if you have any suggestions, comments, or concerns about sustainability. *We encourage students, faculty, and staff to join or simply sit in on one our meetings – your ideas and opinions matter!*

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**Making Sustainability a Way of Life!** Making small changes in the way you think about the impact you have on the environment and act to reduce your consumption of resources and recycle used materials can make a huge difference in bringing us closer to a sustainable way of life and preserving our planet for future generations.