



Green Gazette

“Sustainable practices for a sustainable future.”

Sustainability Tips:

- Wrap your hot water heater in an insulating blanket.
- Buy indoor plants to clean your indoor air.
- Reuse paper bags to line your trash can instead of using plastic bags.
- Turn the water off while brushing your teeth, and save over 2,000 gallons of water per year.

Making Your Thanksgiving Green



Thanksgiving is a wonderful time of the year. It marks the beginning of the holiday season, traditions, and family gatherings. Unfortunately, it also marks one of the worst times of the year for the environment. Due to their annual cycle, most plants naturally tend to stop growth during this time of the year. When they are not growing, they are unable to filter out carbon dioxide in the air, which is very harmful to the environment, and leads to unwanted climate change. We also tend to buy the most goods during this time of the year, which leads to a large amount of waste. This means that we need to try extra hard to reduce our impact on the environment during this time of the year. Please consider the following tips this Thanksgiving to reduce your impact on our environment. They are small tips which can make large impact!

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You hear about it all the time, but one of the most important things to remember is to Reduce, Reuse, and Recycle:

Reduce the amount of waste you throw away by composting food scraps and only buy what you know you will eat.

Reuse food containers instead of wasting more plastic bags and tin foil. Bring a few reusable containers to your next gathering to take the leftovers home in.

Recycle any paper, plastic, or glass in which you do have to use.

Carpool - there have been a series of “Spare The Air” days recently because of unsatisfactory air quality here in the Bay Area. By carpooling with family members to the same location, you are helping the local air quality by not further contributing to the problem.

Grocery Shopping - make smart choices by buying organic products when possible. Nearly everything you need for Thanksgiving has an organic alternative. Even the Turkey!

November Quote:

“Treat the Earth well. It was not given to you by your parents. It was loaned to you by your children.”

-Kenyan Proverb

Word of the Month: *Eco Anxiety*



Most people have never heard of eco anxiety, but it is actually recognized as a growing psychological condition which affects a large number of people throughout the world. Eco Anxiety is the stress that people carry about their impact and the impact of others on the environment. From leaving incandescent light bulbs on, to driving a gas guzzler, to wasting water, people have many reasons to worry. People who suffer from eco anxiety typically have a deep understanding of our environment, and the problems in which it may be faced with in the not so distant future. Eco anxiety is just one more sign that more and more people are becoming very concerned about the environment. People are worrying so much about the environment and what is going on around them that eco psychologists are now seeing people who are suffering from eco anxiety. Although this stress can be hurtful, it can also benefit people and the environment. As a way of coping, people can use their stress to educate others, and do what they can to help the environment.



Above: a bicyclist powers common electronic items by pedaling his modified stationary bicycle.

San Francisco Green Festival

Earlier this month, many Ohlone students, faculty, and staff attended the Green Festival in San Francisco, the largest sustainability event in the world. This annual event attracts individuals concerned about the environment from all around the Bay Area and the United States. Over 350 eco-friendly businesses had booths set up to sell, inform, and answer questions to attendees of the event. 125 authors, sustainability leaders, and educators were also present to answer questions. A select few had the opportunity to speak to thousands of people about issues which they are experts on.

A couple of the things from the event which Ohlone will be further perusing are wind turbines, and reusable white board markers. These products would cut ongoing costs to the college while also being less harmful to the environment.

The event was an inspiration to all, and is a reminder that many people are concerned about the environment and all share a common goal. They are interested in finding out what they can do to further protect the environment.

Checklist For An Organic Thanksgiving

Buy organic, and buy local! Here are a few ideas you may not have thought of:

- Organic Turkey
- Organic Canned Pumpkin
- Organic Sparkling Apple Cider
- Organic Potatoes
- Organic Crackers
- Organic Cooking Broth
- Organic Cranberries

Barbara Duggal: The Cyber Library Report

One should always think critically about information found, regardless of the source format. But Web sources present a special challenge. Why?

- The materials found on the Web are not selected as in a library collection;
- No standards or guidelines exist for inclusion on the World Wide Web!

Yes, we librarians urge you to take advantage of the multitude of rich resources offered within our walls and through our electronic portals. But we love the Web, too! So let me recommend a terrific source for hundreds of librarian evaluated websites:

The Librarian's Internet Index: Websites You Can Trust! at <http://lii.org/> Don't ever leave your critical thinking skills at the door, but if you find a website in this directory, you can be reasonably certain that it offers credible, authoritative information from a reliable source.

Below is a sampling of some websites from The Librarian's Internet Index directory on how to maintain the 3R's for the holidays, the latest findings on that bottled water you're swilling, the job market outlook for careers in environmental health, and a report on civic engagement among young people.

Enjoy! And... be careful out there!

Pack the 3R's While on Holiday Travel

This page suggests ways to reduce, reuse, and recycle during the holiday season, such as using electronic airline ticketing and hotel checkout systems, asking about alternative fuel when renting a car, and letting a hotel know it is not necessary to change sheets and towels every day. Also includes general holiday waste reduction tips, particularly for cooking and entertaining. From the U.S. Environmental Protection Agency (EPA).

<http://www.epa.gov/osw/inforesources/news/2007news/12-pack.htm>

Bottled Water Quality Investigation: 10 Major Brands, 38 Pollutants

Executive summary and results from 2008 "laboratory tests conducted ... at one of the country's leading water quality laboratories [that] found that 10 popular brands of bottled water ... contained 38 chemical pollutants altogether, with an average of 8 contaminants in each brand." Includes description of methodology, policy recommendations, and suggestions for consumers (including avoiding plastic bottles). From the Environmental Working Group (EWG).

<http://www.ewg.org/reports/bottledwater>

Education, Careers, and Outreach in Environmental Health and Toxicology

Collection of resources on toxicology and environmental health for those interested in careers in these fields. The site covers education, career options, continuing education, accreditation boards, and professional societies. Also includes resources for K-12 education and links to international organizations. From the National Library of Medicine.

<http://sis.nlm.nih.gov/enviro/edcotox.html>

The Center on Information & Research on Civic Learning and Engagement (CIRCLE)

CIRCLE "conducts research on the civic and political engagement of Americans between the ages of 15 and 25." Its website features quick facts on youth voting, civic education, trends (by race, ethnicity, and gender), youth demographics, non-college youth, and community service. Also includes fact sheets, reports, data sets, and links to related sites. From the Jonathan M. Tisch College of Citizenship and Public Service, Tufts University.

<http://www.civicyouth.org/>



Sustainability Spotlight: Recycling at Ohlone



At the Ohlone Newark campus, classrooms and hallways are equipped with recycling bins. One of the largest types of waste on campus are used plastic bottles and cans. Luckily, these are not going to the landfills. The Ohlone LIFE Club (Liberated Individuals For the Environment) collects these used beverage containers and brings them to a local recycling facility where they are able to cash in the plastic and aluminum for cash which they are then able to use for projects around the Ohlone campuses. Waste is prevented from entering our local landfills, and the funds can be used for projects such as planting new trees on campus. Please do your part to help the environment by bringing reusable beverage containers to school. If you must use plastic bottles or aluminum cans, please recycle them properly while on campus.

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43600 Mission Blvd.,
Fremont, CA 94539
(510) 659-6000

Online

www.ohlone.edu

Upcoming Events

November 27th-30th

Thanksgiving Break
(College closed, classes do not meet).

December 5th

LIFE Club General Meeting
www.ohlonelifeclub.com

December 12th

Last day of instruction.

December 13th-19th

Final Exam Period

January 26th, 2009

Spring Semester
instruction begins.

Contact the Editor

Do you have a question regarding sustainability or the environment? Would you like to contribute to the Green Gazette or share your favorite sustainability tips? Do you have story ideas, comments, or concerns? Would you like to see different things happening on campus?

If so, we would love to hear from you!

Please contact **David Acorn** at dacorn@ohlone.edu