

Ten Tips for Going Green at Clark

How many Clarkies does it take to reduce the University's carbon footprint?

Just one. Just you.

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



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

2. Too hot in your room? In *summer* keep windows shaded during the day to reduce room temp by up to 10° - saving energy by not using the AC! More than 1,500kg of carbon dioxide is emitted each year by air-conditioning the average US home (commondreams.org). In *winter* a towel draped over the top of the radiator while you are in the room will keep it cooler, the heat is contained. Radiators need to be free of blockage in front and underneath to work properly (convection), otherwise they just keep pumping it out. For real impact open the door to let the heat escape and air circulate! **Don't** open the window unless you want to heat the whole world; your poor little heater can't even...

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

4. Wash in cold water because #1 Cold wash is free in the laundry rooms! #2 Washing clothes in cold instead of hot saves 500 pounds of carbon dioxide a year, according to climatecrisis.net. #3 It's better for your clothes. #4 It cleans as good as hot. Tip: Drying your clothes on a clothesline six months out of the year would save another 700 pounds (Chicago Tribune). Sooo...try out cold wash and see for yourself!



5. Skip the dryer, reduce carbon emissions and help favorite items last longer at the same time: "The heat weakens and even breaks down fibers, especially synthetics and elastic fabrics..." (energy-efficient-homes.com). What's good for people is often good for the environment. Drying racks are available at many local stores. Tip: Use the 15 minute increments in the dryer, you will be surprised how quick things dry plus you'll save \$ and energy!

6. Try Alternative Transportation in the Woo. Tips: Use Clark's free Bike Share 'Cycles of Change' (web.clarku.edu/students/cyclesofchange), Clark Escort service (508.793.7777), sign up to carpool for points (www.baystatecommute.com), go to the Clark social media ride boards, to find & offer rides, share one of our 3 ZipCars (google ZipCar Clark to join for \$25), walk (!!), or take the bus (WRTA schedules in the UC) & online. Going green saves money, reduces pollution, is healthier and bonus - it's far more fun to go places with new friends than driving alone!



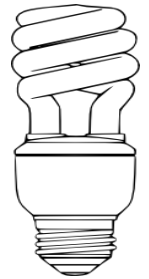
7. Turn off dorm room, lounge and bathroom lights when you leave. It saves money and reduces carbon emissions from electricity plants and Clark's power plant. Does it make a difference? **YES**. Motion and occupancy sensors that automatically turn off lights when there is no one in a room save 35-40% of energy costs, according to the CA Energy Commission. But why wait for a machine to do what your one powerful finger can do so easily? Switch it off! The next person in the space can turn the light on again (and hopefully off!) Tip: Say "hello?" before switching off the bathroom light in case there's a quiet person in there ☺ NOTE: due to COVID-19, please use safety precautions with switches.



7a. Turn off lights everywhere. This is your campus. Somebody's paying the bills...hmmm... If you see unnecessary lights on in a classroom, meeting room, bathroom, *anywhere* and there is no one using the space, find the switch and turn them off. It's a good habit to have, and others will copy your action. The power of collective change! Saving the CU CO2, energy and money. NOTE: due to COVID-19, please use safety precautions with switches.

8. Regular light bulbs can be replaced with a CFL (Compact Fluorescent Lamp). Tip: Get a free CFL at Facilities Management! Bring the old bulb to Facilities Management's main office at 501 Park Ave. and receive a CFL for FREE.

Replacing one old-style light bulb with an energy-saving CFL means 1,000 pounds less carbon dioxide is emitted to the atmosphere (EPA). That's a whole lot of poundage! Plus they last up to 20 times longer. LED bulbs are even better for energy saving and life expectancy. Most of Clark is all-LED now!



9. "Paper or plastic? I brought my own!" BTW, Clark is plastic-bag free. Until you bring one here.

According to Reuseit.com, 500 billion to 1 **trillion** plastic bags are used every year around the world, which is about 1 million plastic bags used every minute = insane. Americans recycle only 1 to 3 % of them and toss the rest. Plastic bags take hundreds of years to decompose, whether they are caught in animal's stomachs, in waterways and sewers, or in landfills, lakes and the ocean. Reusable cloth bags can reduce these numbers! The Clark Bookstore and all the markets sell reusable bags. Tip: PLEASE DO NOT put plastic bags in the recycling at Clark. Supermarkets recycle plastic bags, tho. NOTE: due to Covid-19, reusable bags are not welcome everywhere.

10. Reusable water bottles: Americans buy 28 year, and 80% of those end up in landfills, Institute. Meeting the nation's demand for ridiculously expensive ordinary tap water) oil annually, enough to fuel 100,000 cars for a Give up the plastic bottle habit! Don't buy diamonds & free **safe** tap water is actually tested much more often than packaged water (one is FDA regulated, the other EPA regulated). Reusable water bottles can be found at the Clark Bookstore. You probably got one at Orientation. Tip: There are 25 Water Bottle Filling Stations with chilled & filtered water across campus. Refill & chill - Easy.



single-serving plastic water bottles every according to the Container Recycling those bottles (that often contain requires more than 1.5 million barrels of year, the Earth Policy Inst. estimates. bottled water! It costs more than one is FDA regulated, the other EPA regulated). Reusable water bottles can be found at the Clark Bookstore. You probably got one at Orientation. Tip: There are 25 Water Bottle Filling Stations with chilled & filtered water across campus. Refill & chill - Easy.



Want more information?

- Ask the knowledgeable students in the Clark Sustainability Action csc_eboard@lists.clarku.edu, your Peer Mentor, or your RA!
- Share your own Green Tips with us via SustainableClarkGA@clarku.edu for questions, ideas, requests
- Resources & so much good info on the Sustainable Clark website: clarku.edu/sustainability



You can also reach out to Facilities Management for questions or problems with buildings and grounds
Email: Facilities@clarku.edu

Location: 501 Park Avenue (next to Health Services)
Office Hours: Monday - Friday 7:30am-5:00pm
Phone: 508-793-7566

Submit a Work Order via the ClarkU Portal: <http://tmaweb.clarku.edu/>

- o Cable issues? Contact Residence Life & Housing at 508-793-7453
- o Laundry Machine Issues? Submit an issue online [Automatic Laundry](#) at 617-969-4340