



EcoNotes



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Claremont McKenna College

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Welcome to a New Year

The City of Claremont and the students of Claremont McKenna College have a long and proud history of being environmentally conscious. Recycling is part of that tradition. Recycling began in the early 80's when paper was informally collected and recycled at certain locations throughout the City and Colleges.

There are a number of reasons to Reduce, Reuse and Recycle. Pick your favorite:

- Save Our Resources-When you recycle, we chop down fewer trees, and mine for fewer resources.
- It's Easy -Recycling takes, on average, less than 3 minutes per day.
- Everybody Else Is Doing It-Over 80% of California's regularly recycle.
- Landfills Fill Up-The more we recycle, the less that goes into landfills, the fewer landfills we need.
- Reuse Resources Wisely-When you reuse, you save the resources it take to manufacture what you're using.
- Save Energy-It take much less energy to reprocess cans and paper than it takes to log trees or to mine ore and process it.
- Landfills Create Pollutants-When you mix up all that trash, a weird toxic called leachate is often created which can contaminate the water supply.

Recycle where you live, work, study and play. Be part of the solution, not part of the problem. Get involved!

--Cynthia VanHult, City of Claremont, Recycling Department

Recycle!

For the past eight years Administrative Services has been working with students, staff, and faculty to recycle as much trash as possible. Each office, residence hall, classroom, and meeting area has designated "recycle only" containers and regular trash cans. All waste placed in the "recycle only" containers is taken to the larger recyclable bins on campus and then processed by the City. Our goal is to recycle 75% of the waste on campus. Following is a list of items that can be recycled:

- Aluminum cans and foil
- Metal cans
- Glass
- Newspaper
- Cardboard
- Mixed paper (copier paper, colored paper, junk mail, catalogues, envelopes, & magazines)
- Plastics rated 1, 2, 3, 4, 5, 6 & 7 on the bottom
- Waxed drink cartons (milk, juice, etc.)
- Styrofoam

As long as these containers are not contaminated (either mixed with non-recyclable items and/or food waste), they can be placed in the "recycle only" containers and they will never reach a landfill. Unfortunately, the building attendants do not have the time to separate the bins. They must rely on you for that. The success of the recycling program depends on everyone on campus doing their part.

We thank you for your efforts and ask for your continued support.

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Rideshare Update

Relieve Stress – Rideshare!

People used to accept tension as part of driving in Southern California. If you didn't get out of your car with a queasy stomach, a headache--and your blood pressure registering through the roof--then you weren't getting into the spirit of things. Now researchers find that stress from commuting may linger long after you've slammed the car door.

That's nothing to take lightly. In fact, in a study conducted at the University of California at Irvine, researchers found that driving alone under stressful conditions can actually cause or contribute to high blood pressure. Every day that you battle traffic to and from work, you may increase the likelihood that you will have a heart attack or stroke.

You're at risk if you have an especially long drive (more than 18 miles one way). Even shorter commutes can send your pulse skyrocketing if there's a lot of stop-and-go driving and traffic tie-ups.

High blood pressure is only part of the story. In one study on driving stress, people who drove alone to work complained of

- Inability to cope with frustration,
- Trouble with short-term memory,
- Stress-related illness like headaches, colds, and flu,
- Impatience, especially right after commuting,
- Less satisfaction with where they live,
- Less satisfaction with their jobs.

Rideshare and stop driving yourself crazy!

You don't need years of therapy to get your stress in check. What you have to do is change what's causing you all that tension--your commute.¹

--Jill Nicholas

¹ Taken from the Southern California Association of Government web page <http://www.socalcommute.org/>, Commuter Tips. Stress Relief

Earth Partner Award

With the start of a new year, we have the chance to start new habits, breaking old ones that aren't necessarily "earth friendly." We also know that many of you have been steadily working in environmentally conscience ways and deserve a little recognition. Here's your chance to recognize someone who has made a positive effort to bring environmental awareness to the Claremont McKenna campus.

We are asking you to submit nominations (all students, faculty, and staff are eligible) for consideration for the "Earth Partner Award." We hope to publish a list of those who are nominated, along with the winner of the "Earth Partner Award" in the next issue of *EcoNotes*. We also plan to include the different ideas each of you has implemented.

Submit your nominations, including the person's name, title, office or dorm, and reason you feel they should be recognized, to lynn.price@claremontmckenna.edu. Nominations should be submitted by October 15 to be given full consideration.

Members of the
Environmental Concern Committee are:

Tim Lopez
Judith Merkle
Emil Morhardt
Julia McCallin
Donald McFarlane
Michael Morgan
Frederick Weis
Thomas Willett

Student Appointees to be announced

EcoNotes is published by the Environmental Concerns Committee, a group comprised of faculty, staff, and students. Any submissions or comments can be directed to the Administrative Services department. We reserve the right to edit all submissions.