

In this Issue:

SUSTAINABILITY RETREAT WEEKEND

Delia Bense-Kang writes about an upcoming event

PAGE 2

WATER AWARENESS MONTH RECAP

Anais Rodriguez reflects on both WAM events

PSC IS LARGER THAN LIFE

Rachael Londer shares the progress made by the new club

PAGE 3

CCN AWARD CEREMONY RECAP

Jenna Bader writes about the CCN celebration

PRESENTING AT TWTS

John Lococo writes about his experience at a conference

PAGE 4

GC CLUB AT THE ECO-FAIR

Monique Gil recaps a tabling opportunity

MAKE YOUR OWN TERRARIUM

Lindsay Loparco encourages readers to upcycle

PAGE 5

BROWSER CHOICE AND ENERGY CONSUMPTION

Akira Brathwaite questions the impacts of browsing choice

HOUR NO POWER

Guest writer Rose Kelly shares her efforts to reduce energy

PAGE 6



April 2014 Newsletter

Issue #88

Welcome to the April 2014 PSC Newsletter!

Spring is here! I will start by inviting students, staff, and faculty to our first ever Sustainability Retreat! To read more about this upcoming event, check out Delia Bense-Kang's official invitation.

In this issue we will recap a few events that occurred in March. We recap Water Awareness Month, the CCN Award Ceremony, the This Way to Sustainability conference, and the Eco-Fair. We also explore upcycling options, browser choice, and share the exciting progress made by our Green Campus Club. To wrap-up the newsletter, check out guest writer Rose Kelly's article on an event she organized at the residence halls called "Hour No Power" that encourages individuals to turn off lights and appliances for an hour to make a collective impact.

Lastly, I would like to remind our readers that April 22nd is Earth Day. All month we will keep our Facebook friends informed about upcoming celebrations and events. Stay tuned! Enjoy!

Anais Rodriguez
Newsletter Editor



ABOVE: (left to right) Delia Bense-Kang, Rachael Londer, Anais Rodriguez, John Lococo, and Jenna Bader

Upcoming Sustainability Retreat Weekend

By Delia Bense-Kang

This month the PowerSave Campus team is excited to host our very own Sustainability Retreat Weekend! The idea arose after the team attended the PowerSave Campus Summit at UC Santa Cruz in February. We met wonderful and insightful PowerSavers and did not want the networking to stop after the summit. As many team members from other campuses had expressed interest in visiting HSU because of our unique and sustainable practices on campus and in the community, we decided to invite them here to continue the knowledge-share amongst the beauty of nature! The team decided that the best way to give everyone the opportunity to experience Humboldt would be to host our own sustainability retreat.

The retreat will be held the weekend of April 25th and the schedule is packed with a variety of tours, networking, and even camping (see agenda). We will showcase our campus, the Arcata Marsh, and the Redwood forest. We want to make sure that this event is geared towards the students at HSU as well and not exclusively PowerSave Campus teams. We are extremely excited for this event and hope to see many PowerSave Campus interns in Humboldt soon!

Humboldt State University PowerSave Campus Team Hosts Sustainability Retreat Weekend!



Humboldt State University

The idea for this weekend was born when a few HSU students started discussing ways to entice our fellow colleagues to travel up to visit remote Humboldt State. Our location often discourages visitors, so we decided to plan an event that would give them a reason to come. We really want to highlight what HSU students are doing here as well as the unique sustainability practices of local businesses and the City of Arcata.

This weekend was put together by the collaboration of the PowerSave Campus Program. There are no separate tracks or concurrent sessions. The weekend will be spent as one collective group.

By staying as one collective group

- No one will have to choose between participating in one thing and missing another
- Sessions will have more diverse perspectives and questions
- The group will go through an entire learning experience together
- The "journey" will show that **all people and issues are interconnected and real solutions rely on collaboration.**

We hope this event will strengthen bioregional relationships amongst campuses and help us find new ways to work together. We will learn from each other by sharing our successes and failures and through this process make our individual programs and campuses stronger.

This weekend we encourage you to **slow down, relax, and experience** a bit of what the North Coast has to offer.

Agenda

Friday April 25th:

- 5:30pm Welcome Reception
- 7:00pm Live Music!

Saturday April 26th:

- 10:00am Walking Tour of HSU and CCAT
- 12:00pm Picnic Lunch
- 1:30pm Walking Tour of the Arcata Marsh and Wastewater Treatment Plant
- 3:00pm Leave for Patrick's Point State Park for Camping
- 6:00pm-11:00pm Dinner at Patrick's Point, night hike, story telling

***Alternative Opportunity: May Day Activities will be going on from Noon-7pm on campus**

Sunday April 27th

- 10:00am: Pack up and Farewell
- 11:30am: Optional tour of Manila Dunes



Arcata Marsh



Patrick's Point State Park



Arcata Plaza

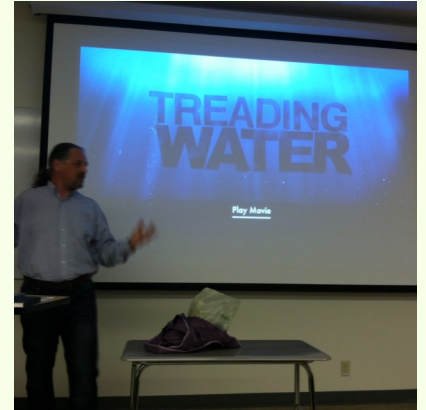
Above: Sustainability Retreat Weekend agenda, *subject to change*

Mark your calendar! April 25th—April 27th

RSVP by email

Water Awareness Month Recap By Anais Rodriguez

March was Water Awareness Month, so the PowerSave Campus team hosted two events that I hope inspired individuals to limit their energy and water consumption by addressing global issues that affect the survival of Earth and all its inhabitants. On March 26th 2014, we screened “Treading Water,” a short documentary capturing the impacts of water scarcity on the various populations in California. The film was produced in a studio available to students and professors called the Advanced Laboratory for Visual Anthropology located in Chico, California. “Treading Water” director, Jesse Dizard, was generous enough to visit HSU and allow the PowerSave Campus team to screen his film.



ABOVE: Jesse Dizard during the Q&A session

After the screening, attendees were able to ask questions regarding the issues discussed on the film. I often find myself in conversations surrounding the environmental and economic benefits of saving energy and water; the film reminded me of the social implications of destructive activities that fracking and water diversion have on marginalized populations. It is important to recognize that economic, environmental, and social aspects of any issue are intertwined. The PowerSave Campus team is happy to report that there were over 20 attendees eagerly watching the film, asking critical questions, and enjoying the free popcorn! Students, faculty and staff also had a chance to participate in our annual Water Awareness Month Photo Contest! This past Sunday was the last day to submit water-themed photos for a chance to win awesome prizes. The PowerSave Campus team received 24 submissions! Stay tuned to see the winning photos on Facebook! Winners will be contacted via email about their winning status.

For information about the Advanced Laboratory for Visual Anthropology, visit www.csuchico.edu/alva/

PowerSave Campus is Larger than Life By Rachael Londer

The PowerSave Campus team at HSU has been reaching new heights with a bigger than ever team. We currently are composed of 5 project coordinators and 4 for-credit interns. With this many PowerSavers committed to conservation, we have a major capacity to change the way HSU uses energy and water. To reach our potential, we have begun fostering a Green Campus Club, which is led by our for-credit interns and members from the Waste-Reduction & Resource Awareness Program also known as WRRAP.

The goal of the club is to promote sustainability on campus through outreach events and the completion of energy efficiency projects. Our fledgling club welcomes all students and emphasizes the importance of collaboration.

Since the creation of the club, some exciting events and projects have been completed. A group of members developed the idea of sustainable tours on campus and are now seeing these tours come to fruition. With their initiative, they are able to offer their tours for incoming freshman who come to visit the campus for Spring Preview. These tours will also be given to the international exchange students who may not be as familiar with the green features of the campus.

Another great idea that was developed from the club was the upcycling of inefficient incandescent lamps to mini plant terrariums. When you swap your incandescent lamp out for a CFL or LED, you can repurpose the lamp to keep it out of the waste stream. Repurposing an old light bulb involves a bit of know-how, check out page 5 for steps on how to make your own personal terrarium using an incandescent light bulb.

Reaching out to the entire student body for help with the Alliance to Save Energy’s goals has been fruitful and rewarding. We have been able to see how diverse our campus is and have been introduced to wonderful new club members that are full of innovative ideas. Stop by our **Green Campus Club meetings held every Wednesday at 2:00PM in Siemens Hall 2** to be a part of the green scene!

CCN Award Ceremony Recap

By Jenna Bader

Campus Conservation Nationals is an annual 21-day energy and water saving competition that we host at HSU. This year, our campus-wide savings totaled 10,772 kWh! At the end of the competition, PowerSave Campus and Anna Rhoads, Resident Sustainability Advisor for Residence Life, combined our efforts to throw an ice cream party to congratulate our awesome winners, and thank them for their participation.

The ice cream party allowed us to communicate with the residents, their Community Advocates', and ask individuals about their behavior changes during the competition. Two residents were mentioned by their peers as being sustainability champions during the competition. They turned off lights in common areas, showered without the lights on, and reminded others to save energy. We decided to award them with gift cards to local businesses at the event to show our appreciation.

The winning residence halls also received a \$100 donation to a cause of their choice through HEIFER International. HEIFER International's mission is to work with communities to end world hunger and poverty, and to care for the earth. Residents voted at the event for a specified cause that they would like the money to go to, so this month PowerSave Campus donated \$100 to provide basic needs to a family. This gift of a healthy home helps families purchase building materials like roofing and bricks, which lowers the risk of disease and improve their quality of life by providing shelter to two families in need.

The winning residence halls at HSU were Alder and Willow!

*Alder has 50 occupants who saved 1,199 kWh of electricity, equivalent to **24 kWh saved per person!**

*Willow has 60 occupants who saved a total of 11,314 gallons of water, equivalent to **189 gallons per person!**



ABOVE: John Lococo talking to CCN resident winners

Presenting at This Way to Sustainability

By John Lococo

Last month I shared an immense educational experience with hundreds of students and professionals from around the country at the 9th annual This Way to Sustainability Conference in Chico, California. The hosts of this inspiring gathering of motivated thinkers, creators and activists, CSU Chico's Institute for Sustainable Development and their army of student volunteers, are since responsible for opening my eyes to a new light of solutions to our contemporary global social, economic and environmental issues. In particular, an all-star line-up of experts deconstructed the current state of affairs of the agriculture industry and shared their profound insight on the dynamic world of food systems.

I must admit, of course, that the most exhilarating moment of the whole, absolutely fascinating weekend in Chico was my presentation on the topic of laundry energy reduction. I am honored to have been granted the liberty to speak at the conference. During my 45-minutes of fame, I briefed the global significance of energy and detailed the small-but-important energy load of heating water for washing machines in residence hall laundry facilities at HSU. I also shared my experience with developing a cold water laundry campaign in a university setting.



ABOVE: John Lococo sharing with the audience how to develop a project

Green Campus Club at the Eco-Fair on the Hill

By Monique Gil

On March 8th, 2014, Lindsay Loparco and I tabled at the “Eco-Fair on the Hill” event held on campus. Residents of Cypress and Redwood Hall organized an eco-friendly Do-It-Yourself event to teach students how to make home-made products such as natural perfumes, body scrubs and lotions. Our demonstration allowed residents to turn light bulbs into terrariums. This demonstration was a huge success! Less than an hour into the event we ran out of light bulbs because the terrariums were such a hit with residents. This was also a great opportunity to spread the word about PowerSave Campus and the Green Campus Club to many students! Keep an eye out for future events and more up-cycling ideas presented by the Green Campus Club!

How to Build Your Own Terrarium

By Lindsay Loparco

Have you recently replaced your incandescent light bulbs to CFL’s to save energy? Incandescent bulbs have shorter lives and require more energy than LEDs and CFLs. If you have made the switch and find yourself with incandescent light bulbs lying around your home, we have found a new way to repurpose and up-cycle them! Terrariums are an easy and fun way to reuse the glass bulb. Before starting this project make sure to wear protective gear to protect yourself from any material that may fly during the disassembling process. Remember to take safety precautions and have fun!

Steps:

1. Remove the metal cap off of the bottom of the bulb using needle-nose pliers then take off the first small piece of metal, exposing a small black glass area. This black glass area needs to be punctured in order to remove the main components out of the incandescent.
2. Use a needle-nose plier to push down and break the centerpiece; after this is completed you should be able to use your pliers to extract the inner pieces.
3. Flip the bulb over allowing any leftover debris to exit and be properly disposed. There may be sharp edges around the metal cap, you can file this area down to make your project safer.
4. Rinse and clean out the bulb.
5. Collect and prepare fresh material for your terrarium. Rocks are good to place in the bottom of the bulb, allowing some space for water. Next, layer in a barrier layer of some type of moss on top of the rocks. On top of the moss you can place any type of plant you desire that can be efficiently housed in the terrarium-we recommend succulents!
6. Suspend the bulb using string *or* use a hot glue gun to put 3 small dots of glue onto the bottom of the terrarium, allow them to dry, and rest the terrarium upon the tripod features.
7. Water every 2-3 days, simply spray water until the soil is moist and allow for enough sunshine to help it survive.



ABOVE: Light bulb after Steps 1-4 are completed



ABOVE: Finished product

Can Browser Choice Affect Energy Consumption?

By Akira Brathwaite

It is not something one would normally think of, but apparently what internet browser you choose to use can actually affect your computer's energy consumption. The Center for Sustainable Energy Systems recently conducted a study on 6 laptops and 4 desktop computers evaluating the impact of Chrome, Firefox, and Internet Explorer on computer power draw using a Windows 8 platform. To do this, researchers measured "the average power draw over one-second intervals for a six-minute period ... for each of the 10 most-visited websites in the U.S., Flash and HTML5." The result? Internet Explorer was crowned the most energy efficient browser, using up to 18% less energy than its competitors. According to this article, if every Google Chrome and Mozilla Firefox user in the United States switched to Internet Explorer 10 on Windows 8 for a year, they would save over 120 million kWh in electricity!

120 million kWh...

.... is enough energy to power 10,722 households in the U.S. for 1 year

.... would eliminate the release of over 85,000 metric tons of CO2 equivalent in greenhouse gas emissions

....is the equivalent to reducing the greenhouse gas emissions produced from consuming nearly 10 million less gallons of gasoline

....is equivalent to the CO2 removed by growing nearly 2.2 million tree seedlings for 10 years

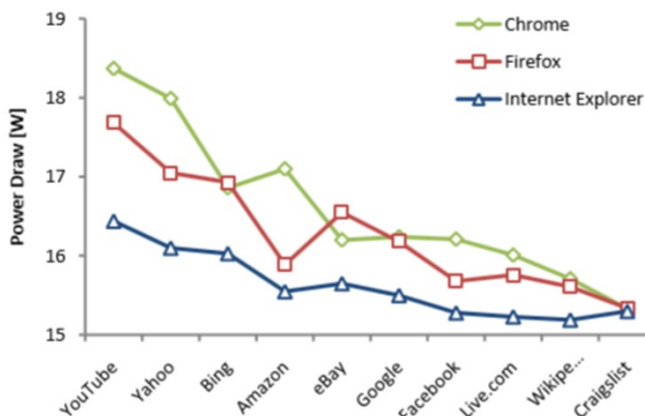


Figure 3-1: Average notebook computer power draw as a function of browser and website

Source: <http://techcrunch.com/2013/06/05/microsoft-internet-explorer-10-is-the-most-energy-efficient-browser-uses-up-to-18-less-power-than-chrome-and-firefox/>

Hour No Power!

By Rose Kelly, Living Learning Community Advisor, Natural Resources & Sciences

I work in Housing and Dining Services at HSU. Here in Residence Life, we make strong strides toward sustainability, academic success, and social justice. My job focuses squarely on the Natural Resources & Sciences Living Community. I work with over 50 first-year residents interested in science majors striving toward academic and personal success. In February, I decided to throw an 'Hour No Power' party. I figured, "Hey, I'll turn out the lights and talk about saving energy for the upcoming Campus Conservation Nationals." I have gotten pretty good at saving energy, especially after I had to start paying for it when I moved off campus!

We convened at 5 o'clock just as it was starting to get dark. It was promptly obvious how much energy was ingrained in our lives as I instructed them to turn off the lights, and disregard their cell phones. We could see in the early evening light, but it still felt uncomfortable to be un-plugged. Soon after we started chatting about washing clothes in cold water, task lighting, and phantom energy, the outdoor lights turned on. I was thankful that HSU provides a safe and lit campus, but at the same time I was amazed that we could never just sit in the dark. At the close of the program it was clear that energy surged through our lives, just as blood through our veins. Energy is great; it helps us do our homework, wash our clothes, and even keeps us safe at night - but how can we modify our daily lives to use less energy? How much can you unplug?

Picture of the Month:



ABOVE: Kimberley Henderson and Haley "Mozie" Weaver receiving their prizes from John Lococo

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Intern of the Month:



Jenna Bader has been an exceptional intern; coordinating for-credit intern projects and being awesome all around!

MARCH METRICS

42 people attended the CCN Award Ceremony, 112 commitments on our campus' building dashboard website, 317 people reached directly by class announcements, 2,750 readers reached through an AASHE newsletter article, 10,772 kWh's of actual energy savings



"The Alliance to Save Energy's PowerSave Campus Program is funded by the ratepayers of California under the auspices of SCE, PG&E, and Southern California Gas Company"