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# February 2014 Newsletter

## Issue #86

Welcome to the February 2014 PSC Newsletter!

Welcome back to school! First off, on-campus residents at HSU will be participating in Campus Conservation Nationals (CCN) February 12th to March 5<sup>th</sup>. Shortly after the competition starts, the PSC team will be attending the HSU Career and Volunteering Expo being held on Thursday, February 13<sup>th</sup> in the West Gym. PSC will recognize employers with sustainable practices to help students easily identify green job opportunities. For more information about the event, check out our website. Lastly, we would like to invite everyone to join us at CSU, Chico for This Way To Sustainability Conference where Rachael Londer and Anais Rodriguez will be presenting about green internships.

In this issue, Anais Rodrigues and John Lococo share some information about upcoming events, Delia Bense-Kang and Jenna Bader recap previous events, Rachael Londer shares some best travel practices, and our spectacular for-credit interns suggest creative ways to use less energy.

Enjoy!

Anais Rodriguez

*Newsletter Editor*



ABOVE: (Top row, left to right) Matthew Ware, Akira Brathwaite, and Lindsay Loparco  
(Bottom row, left to right) John Lococo, Anais Rodriguez, Rachael Londer, Delia Bense-Kang, and Jenna Bader

# Compete to Reduce!

By John Lococo

This month my teammates and I are working with the Resident Sustainability Advisor on campus, Anna Rhoads, to coordinate HSU's participation in Campus Conservation Nationals (CCN), the world's largest energy and water reduction competition for college campuses. Now in its 4th year, CCN involves hundreds of colleges in the U.S. and Canada competing against each other to achieve the highest percentage of electricity and water reduction during one's three-week competition window. **HSU will be competing to reduce electricity and water consumption between February 12th and March 5th**, and, as always, PowerSave Campus is seeing to it that students are empowered to and engaged in reducing resource consumption.

**CCN is not only a competition between colleges; it is also a competition within colleges.** As a means for igniting positive environmental behavior change among students, the competition framework encourages colleges to host an electricity and water reduction competition between its on-campus buildings. My teammates and I will be pitting the university residence halls against each other. Residence halls that are metered individually for electricity or water will compete individually; those that are metered in groups will compete as a group.

For example, Alder, a small hall in Canyon that is metered individually for electricity, will compete for electricity reduction against each of its Canyon kin, Redwood, Sunset, each hall in College Creek, and Creekview, which consists of four halls that share an electricity meter. In the water reduction competition, the four halls in Creekview will compete individually, for they each have an individual water meter. This way, there are two competitions within Housing, one for electricity reduction and one for water reduction. **Prizes will be awarded to residents based on the performance of their respective hall and on the merit and creativity of their reduction efforts.**

In the big picture, each participating residence hall is competing on behalf of the entire university. If HSU's electricity and water reductions are among the top ten of competing college campuses, then the university will be entered to win a real-time resource consumption monitoring package. This prize includes building energy and water monitoring software by Lucid, a one-year software license to Lucid's BuildingOS, and all the necessary hardware to bring two buildings (of the university's choice) online. This type of resource consumption monitoring and feedback technology allows consumers to be more educated about consumption and strengthens the ability to achieve measurable energy savings.

My teammates and I hope to use CCN as a means not only to achieve energy savings, but also to foster conservation leadership within the campus community and to teach positive environmental behaviors that can be employed by students now and throughout their careers.



The poster features a central banner that reads "CAMPUS CONSERVATION NATIONALS 2014". To the left is a circular logo with a person and the text "Compete to Reduce!". To the right is an illustration of a person standing by a door with a dog. Below the banner, it states: "Campus Conservation Nationals (CCN) is the largest electricity and water reduction competition program for colleges and universities in the world. HSU will participate in the competition between February 12 – March 5". A box contains the text: "Who competes? All on-campus residents! The resident hall with the most energy and water reduction during the competition window will receive energy-saving swag and be crowned 2014 HSU CCN Winners!". At the bottom, it says: "For more information visit powersavehsu.com or LIKE us on Facebook!". Logos for Powersave Campus, Alliance to Save Energy, Edison, Pacific Gas and Electric Company, and SDGE are also present.

To find out more, visit the official CCN website at [competetoreduce.org](http://competetoreduce.org)

You can see how much energy your building is using (and saving!) compared to others on campus by visiting HSU's building dashboard at [buildingdashboard.net/humboldt](http://buildingdashboard.net/humboldt)

*The building dashboard will be updated twice a week during the competition*

# This Way To Sustainability Conference

By Anais Rodriguez

This Way To Sustainability Conference is a student-run conference that hosts over 100 speakers and 1,400 participants at CSU, Chico every year. The conference includes events, presentations, keynote speakers, workshops, and receptions. The conference will be held March 6th-8th, 2014.

This year Rachael Londer and I will be leading a workshop titled “How to Cultivate Your Career” and will uncover the first steps in building a green career and we will provide tips for locating and securing an internship. We also plan to share our experiences in obtaining green internships. My teammate, John Lococo will also be presenting at the conference. The workshop is titled “Developing a Cold Water Laundering Program at Humboldt State University” and will discuss the efforts to reduce natural gas consumption on campus. John Lococo plans to share his experience developing an initiative that would educate campus residents about the costs and benefits of hot and cold water laundering.

## Friday Schedule:

- “Developing a Cold Water Laundering Program at HSU”  
by John Lococo at 11am in BMU 303
- “How to Cultivate Your Career ”  
by Rachael Londer, Anais Rodriguez at 1pm in BMU 209



Students are FREE, general admission is \$25 a day.

To register or for event schedule visit <http://www.csuchico.edu/sustainablefuture/conference/index.shtml>

## Electric Blankets...Worth the Investment?

By Matthew Ware



Its winter time, we want to stay warm but sometimes this seems like an impossible task to complete when I am trying to use less or no energy. I discovered that many electric blankets (including Sunbeam Bedding, eCare, and Softheat) are beginning to manufacture what they call “low-voltage electric blankets.” These are electric blankets that produce significantly less voltage, and run on direct current (which is similar to a vehicle battery) instead of the previous alternating current.

First, they are beneficial because these often come with a timer that will automatically turn off when it gets too warm. Second, since they operate at a lower voltage, they create less of an electromagnetic field (which has been linked to health issues).

So, if you are compelled to use an electric blanket, then keep in mind that there are energy efficient options on the market. Buyers of high-efficiency blankets may receive a return on investment between 2 and 3 months. Be sure to do your research and know your electric blanket's energy demand. And most importantly, remember to use it only when absolutely necessary and turn it off when not in use.



# Ready, Set, Network!

By Delia Bense-Kang



The Green Speed Networking event was a success! On November 4<sup>th</sup> 2013, we hosted our first ever speed networking event. PSC wanted to give students the opportunity to meet and connect with local professionals in the environmental field. The event also allowed students to meet with each other and campus professionals.

We modeled the event after speed dating events. Professionals sat at different stations and students rotated to meet with each of them. There were 5 rounds of 7 minute interactions followed by additional time at the end for socializing. We were pleased and privileged to have had a large student and professional turn out with 35 students and 15 professionals that attended this event. The diversity of professionals was great and employers ranged from the City of Arcata, the North Coast Environmental Center, Mckeever Electric, Surfrider Foundation, Redwood Coast Energy Authority, Plan It Green, as well as staff and faculty from campus.

The most exciting and rewarding part of this event was to witness the positive conversations being made. Students were engaged with the professionals and everyone enjoyed and benefited from the professional interactions. Based on the success, HSU PSC plans to host a similar event in the future.



ABOVE: Students interacting with community professional



ABOVE: Rachael Londer participating in the networking process

## California Student Sustainability Coalition

by Jenna Bader

The California Student Sustainability Coalition (CSSC) holds a student convergence every semester at a different college campus, uniting and empowering students to be sustainability leaders in their communities. Last semester, the Fall Convergence was held in HSU on November 9<sup>th</sup>-10<sup>th</sup>, 2013. Over 500 students from 30 different schools were in attendance, participating in workshops, events, and speaker panels. The theme of the event was "Building Sustainable Communities." The PSC team hosted an "Energy 101" workshop, teaching interested students about energy basics, energy auditing, followed by a discussion regarding sustainable communities. During meal-times, the UC Quad was overflowing with love-filled vibes, smiles, laughter, and "sustainabilibuddies." Break-out sessions allowed students to make new friends, chat about workshops, and share ideas.



ABOVE: Event attendees

My favorite part of the Fall Convergence was the performance by Sambamore, HSU's famous percussion band. The event was held in the Kate Buchanan Room, wrapping up the weekend on the last night of the convergence. The energy was electrifying and it was amazing to see every one letting loose, including all the hard-working volunteers who helped make the event a complete success.

# Planes, Trains, and Automobiles: Carbon Efficient Travels

By Rachael Londer

Whether it be for Grandma's famous fruitcake or for a tropical getaway, you are likely to travel sometime this year with little or no consideration about the potential greenhouse gas emissions. In order to make your travels relaxing and with a small carbon footprint, it is important to evaluate the different modes of travel available to find the most time, cost and fuel efficient means.

There are a few options for traveling around the state. There are trains, planes, and automobiles that can get you from Humboldt County all the way to San Diego. If time is not of the essence, it is best to use an automobile and train combination to get you to where you need to be. If possible, it is best to take the bus or ride share for the remaining of your journey in locations where there are no train tracks.

I calculated the impact of five different modes of transportation that could be used on the 806 mile stretch from the north end of the state to the south end. This can easily be replicated to personalize your travels. So, next time you are planning a trip be sure to do your research about all traveling methods. Evaluating the carbon efficiency of your trip beforehand can help reduce your carbon debt.

*In order of largest carbon emitters to smallest, per person:*

Type of transportation	Metric tons of CO2 emitted per person	# of hypothetical balloons filled with CO2 released
Flying coach on an airplane	.45	45,000
Driving a car, 30mpg	.23	23,000
Riding a motorcycle	.16	16,000
Taking the bus	.15	15,000
Taking the train	.06	6,000

Sources: [www.mapquest.com](http://www.mapquest.com), <http://www.leics.gov.uk/>



To calculate your travel carbon footprint, visit <http://calculator.carbonfootprint.com/calculator.aspx>

## Heat your Room without using Electricity!

by Lindsay Loparco

There is a chill in the air felt by all. Using space heaters and central heating can be misused and quite pricy. In an attempt to reduce energy use, we have taken the time to find ways that we can heat our rooms without using electricity.

The most simple and effective approach to keeping a room warm is proper insulation. Hanging thick material and or insulated curtains on your windows helps to reduce heat loss and keep your room nice and toasty. Simply hang clear shower curtains over your windows to allow heat from the sun to resonate into your room while disallowing cold air to enter. Also, making sure that doors are properly sealed can greatly establish a warm room. Door sweeps or towels can help prevent heat loss through the small openings around the door structure.

In an effort to reduce heat loss through the floor, lay down a rug and add some aesthetics to your energy saving techniques. Draping fabric from a central point over your bed, mimicking a bug net, can also keep you warm while sleeping. The heat from your breath will accumulate in your makeshift tent and allow for a warm and comfy slumber. Individuals lucky enough to have a wood burning stove or fireplace, USE IT!

For those adventurous ones, run down to the store and grab yourself a bread tin, two terracotta planting pots (1 smaller than the other), and tea lights. Place the tea lights into the bread tin and light them, then place a small terracotta pot over the tin. Lastly, place the larger terracotta planting pot over the small one and heat will circulate out and into your room.

We can all make a difference by being mindful of our energy consumption. Be creative and inventive and if you find a new creative way to heat your room without electricity, let us know!

# Energy-Saving Treats

By Akira Brathwaite

How long do you have your oven on in preparation for the big meal? What about your range, your microwave, your electric timers, your stovetop fan, your food processors? A lot of energy can go into one dinner! Thankfully, each of the following recipes can be done completely energy-free, with the exception of the work you put in yourself and the time the food spends in the fridge.

## *Peppermint Candy*

Source: Food.com Recipe #134636 (edited)

Servings: 60



### **Ingredients**

4 ounces cream cheese, softened  
1 tablespoon butter  
1 tablespoon light corn syrup  
1/4 teaspoon peppermint extract (or few drops peppermint oil)  
4 cups powdered sugar  
sifted powdered sugar  
green decorating icing (optional)  
red decorating icing (optional)  
white decorating icing (optional)  
melted chocolate (to garnish) (optional)

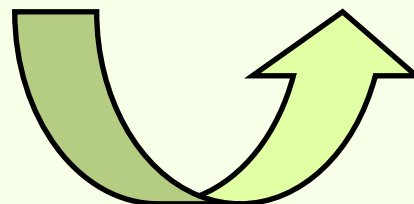
### **Directions**

Beat cream cheese, butter, corn syrup and extract in large mixing bowl until well blended.  
Gradually add 4 cups powdered sugar; mix well.  
Shape into 3/4-inch balls.  
Place on waxed paper-lined cookie sheet.  
Flatten each ball with bottom of glass that has been lightly dipped in confectioner's sugar.  
Decorate with icing or melted chocolate.  
Chill.

## *Blow-Your-Mind Banana Pudding*

Source: Food.com Recipe #46690 (edited)

Servings: 6-8



## *Dee-Licious Bruschetta*

Source: Food.com Recipe #37718

Servings: 8



### **Ingredients**

2 (15 ounce) cans plain diced tomatoes, drained, rinsed  
5 -6 garlic cloves, crushed  
1/3 cup olive oil  
1 teaspoon lemon juice  
1 dash lemon pepper  
fresh basil, chiffonade (about a handful)

### **Directions**

Mix all together and refrigerate at least 2 hours, longer is preferable.  
Serve with fresh or toasted French bread.

### **Ingredients**

1 (14 ounce) can condensed milk  
1 1/2 cups cold water  
3 1/2 ounces instant banana pudding mix  
1 pint heavy whipping cream  
sliced banana  
vanilla wafer

### **Directions**

Combine the condensed milk; water and pudding mix in a bowl.  
Mix thoroughly and chill in the refrigerator.  
Pour heavy whipping cream in a bowl and beat until stiff.  
Combine your whipping cream and the pudding mixture together.  
Place a layer of vanilla wafers on the bottom of your dish and then layer your bananas on top of the wafers and then spoon your creamy pudding mixture on top and continue this process until all of your ingredients are gone.  
Refrigerate until ready to serve.



# Spring 2014 PSC Team



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

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[facebook.com/HSUpowersave](https://www.facebook.com/HSUpowersave) // Instagram: "powersavehsu"

## Stakeholder of the Month:



**Team Advisor Tall Chief Comet**  
at the Green Speed Networking  
Event eager to talk to students

## JANUARY METRICS

**2**

New Newsletter Recipients

**3**

For-Credit Interns

**1,506**

Website Hits



*"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"*