

# Westshore Health Environment Workgroup



## Earth Day Activities Planned

To help celebrate Earth Day and the College's commitment to sustainability, the Westshore Health Environment Workgroup (WHEW) is planning Earth Week activities in April. Students, faculty, staff and community members are all invited to participate! Please stop by during your lunch hour to learn more about greening your office, joining City Fresh, or vermiculture (composting).

Tuesday, April 19:

12 -2 p.m. - Showing of *The 11<sup>th</sup> Hour*, WSHCS 132 (see page 4)

Wednesday, April 20:

12 -1 p.m. - Greening Your Office Space with Tracey Kastelic  
WSHCS 140 (see page 4)

Thursday, April 21:

12 – 1:15 p.m. - City Fresh presentation and cooking  
demonstration – Front patio (see page 2)  
1:30 – 2:30 p.m. - Vermiculture demonstration - WSHCS 203 (see  
page 4)

## Westshore Smoking Policy

We would like to remind everyone that the Westshore Health Careers & Sciences Building is a smoke-free building. Smoking is permitted **outside** on the west side of the building, down the hall past Barnes and Noble. Smoking is not permitted by the front or side entrances. Please help us keep the grounds of the new campus clean by using the butt-cans provided.

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## Fuel Efficient Parking Spaces

You may have noticed the parking spaces on the south side of the building that are marked off for fuel efficient vehicles only. These spaces are part of our LEED Gold certification. But what does fuel efficient really mean? The following vehicle types are eligible to park in these special spaces:

1. Hybrid vehicles or vehicles marked ULEV or SULEV (Ultra Low Emissions Vehicle or Super Low Emissions Vehicle sticker w/ label can generally be found on passenger window) such as a Honda Fit or Toyota Prius.

2. Vehicles that have the EPA's Smart Way designation. Check these links for more information:

<http://www.epa.gov/greenvehicles/Index.do>  
<http://www.epa.gov/greenvehicles/Aboutrating.do>

3. A vehicle that runs on an alternative fuel such as propane, compressed natural gas, electric or biodiesel.

Dashboard permits are required for these spaces. Please see the Enrollment Center for an application. Campus Police and Security Services will ticket unauthorized vehicles.

*Sustainability at Cuyahoga Community College means achieving the College's educational and community missions with a sense of responsibility for preserving the environment, promoting the economy and improving society as a whole.*



## City Fresh Stop at Westshore

Tri-C's Westshore Campus is partnering with the New Agrarian Center of Oberlin to provide a City Fresh Stop in Westlake. Beginning in June 2011, patrons will be able to come to the Westshore Health Careers and Science Building to pick up fresh, locally grown food through a "food share" program. Fresh Stop shareholders make advance weekly payments and come back to pick up share bags featuring seasonally available foods from local farms.

Purchasing a City Fresh share allows community members to:

- Support local farmers in Northeast Ohio
- Reduce carbon in the atmosphere
- Improve your health and nutrition
- Connect with neighbors in your community

The suppliers of Fresh Stops are not giant mega farms from halfway across the world with genetically-modified crops, heavy chemicals, or poor working conditions. The suppliers of City Fresh are in your neighborhood, in your city and in your region. They include youth, recent college graduates, Amish farmers, fifth generation family farmers, and retirees. They include traditional farmers and urban growers.

Tri-C is planning to have cooking demonstrations, building tours and information, and possibly entertainment during Fresh Stop pick-ups. We hope that this partnership will allow community members to not only obtain fresh, local foods but also to visit the new campus and experience what we have to offer.

For more information on City Fresh, please visit their website at <http://cityfresh.org/>. Stay tuned for more information on dates, times and activities for the Westshore City Fresh Stop!



City Fresh

...GET FRESH!



## Love our Green Building!

Designed as Phase 1 of the Westshore Campus, the Health Careers and Sciences Building is intended to be the first of an anticipated three LEED (Leadership in Energy and Environmental Design) certified buildings on the property, creating a “Green Campus” for Tri-C. The College has committed to all new construction achieving a minimum rating of LEED Silver, but with WSHCS we are applying for LEED gold certification. From the site work to plumbing layout to building materials to HVAC systems, each design decision was made with an emphasis on the long term effects they would have for the project, including:

- 90% of construction waste diverted from landfills
- 40% less water usage
- 100% reduction in landscape watering
- 90% of the building has access to natural light
- Storm water control through bioswales and catch basins
- Use of local materials
- 35% Energy cost savings

And much more! If you would like a LEED tour our new facility, please contact Brenda Pongracz at 216-987-3897 or [brenda.pongracz@tri-c.edu](mailto:brenda.pongracz@tri-c.edu).



### Recycling Update

Thank you for participating in Tri-C's recycling program. Recycling not only helps the College save money, and keeps unnecessary items out of the landfill, it's also good for Ohio's economy, supplying the third largest number of jobs in the state.

Tri-C utilizes co-mingled or single-stream recycling. All of our recyclables go into a recycling only dumpster, are picked-up by our recycling company, Allied Waste/Republic and taken to a recycling sorting facility (called a MERF) in Oberlin, where bags are broken apart and items are sorted partly by hand and by a sophisticated automated system.

#### What Tri-C Recycles

##### Plastic:

Plastic bottles and containers, any no. 1-7 plastic

##### Metal:

Metal food or beverage containers

- Aluminum cans

##### Paper:

Accounting ledgers

- Blueprints
- Bond and ledger paper

Cereal boxes or thin cardboard packaging

Colored paper

Computer paper

Copier paper

Envelopes with or without windows

Fax paper

Magazines and catalogs

Manila or colored file folders

Newspaper

Folders

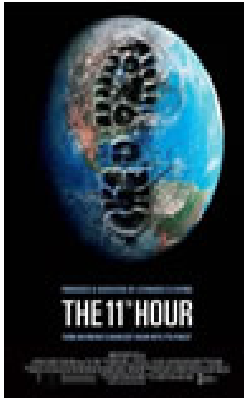
Post-It notes

White paper

##### Cardboard:

Corrugated cardboard boxes may also be recycled, but please break them down and flatten them

##### Any Unbroken Glass



## *The 11<sup>th</sup> Hour*

With contributions from over 50 politicians, scientists, and environmental activists, including former Soviet leader Mikhail Gorbachev, physicist Stephen Hawking, Nobel Prize winner Wangari Maathai, and journalist Paul Hawken, the film documents the grave problems facing the planet's life systems.

Global warming, deforestation, mass species extinction, and depletion of the oceans' habitats are all addressed. The film's premise is that the future of humanity is in jeopardy. The film proposes potential solutions to these problems by calling for restorative action by the reshaping and rethinking of global human activity through technology, social responsibility and conservation.

## *Greening Your Office Space*

Did you know that the typical office worker uses about 10,000 sheets of paper per year AND loses 45 minutes a day looking for things? What's the connection? Organization! Learn how can you reduce your consumption and get your time back!



In this seminar, you'll learn how being more organized IS being more sustainable. You'll learn tools to evaluate what you have accumulated and what you typically consume in your workspace. By simplifying and clarifying what you have, what you do, and what you need, you'll be better able to make conscious decisions that can lessen your daily impact on the environment and increase your efficiency and effectiveness. Knowing what you have, what you need, and how you work can increase your sustainability – both in the workplace and on the Earth.

Tracey Kastelic, Owner of Kastelic Consulting, LLC studied Strategic Workplace Planning and Design at the Melbourne School of Design at the University of Melbourne, Australia. Tracey brings a comprehensive understanding of the interrelationship between how organizations and individuals work, what drives their success, how strategic change is implemented and the importance of a sustainable and well-designed workplace.

## *Vermiculture*

(Also known as worm composting)



Instead of throwing away pounds and pounds of vegetable and fruit matter every week, from apple cores and banana peels to onion skins and carrot tops, you can now feed what you don't need back to your garden. Learn how to make rich fertilizer using your kitchen scrapes, which are ideal for your worm-compost and your garden. Watch your houseplants and garden thrive through the use of worm castings and worm tea. It will amaze you! Composting can also reduce environmental problems, such as groundwater contamination and methane gas generation at landfills by keeping food scraps out of your garbage disposal and trash.