



# CRC's GREEN SCENE

A bimonthly newsletter of the Sustainability Committee at Cosumnes River College

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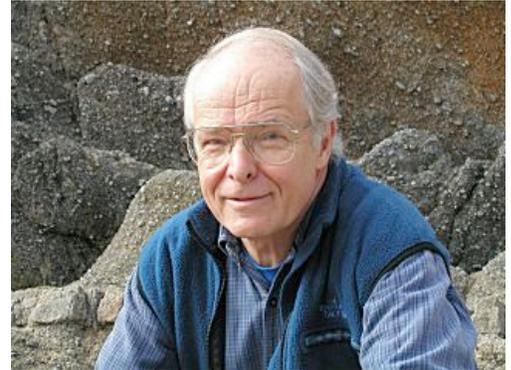
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## Dr. George Somero to Speak During Earth Week

Andrea Salmi reports...

The Earth Week Committee is pleased to welcome Dr. George Somero as this year's keynote speaker. Dr. Somero is the Associate Director of Hopkins Marine Station, a Professor of Marine Science at Stanford University, and a former professor at Scripps Institution of Oceanography, UCSD. Among his many honors, he is a member of the U.S. National Academy of Sciences and a Fellow of the American Association for the Advancement of Science.

Dr. Somero's talk, entitled "Climate Change and Antarctic Ecosystems: A Pole in Peril," will address a variety of issues that relate



to the dramatic effects that climate change is having on Antarctic marine and terrestrial ecosystems. Dr. Somero has conducted extensive research in Antarctica over the years, focusing on adaptations of organisms to changing environments, including temperature changes.

Don't miss this unique opportunity to hear from a world-renowned scientist and an engaging speaker. Dr. Somero will speak Thursday, April 14, at 1:30 pm in the Library Forum (L-111).

## Respect and Responsibility Theme for Earth Week at CRC

Julie Oliver reports...

CRC will celebrate Earth Week April 11-15 with a variety of activities that will develop our students' "ability to engage in the ethical reasoning necessary to exercise responsibility as an ethical individual, professional, local, and global citizen" (College-Wide Student Learning

Outcome 5d). The Earth Week committee hopes everyone participating in the week's events will learn more about our responsibility to the Earth.

In addition to our keynote speaker Dr. George Somero, Anthropology professor Amanda Wolcott Paskey will give a lecture on the collapse of civilizations on Tuesday (9:00 – 10:20 am in LRC 105). On Thursday (10:00 am –

1:00 pm), you'll find a wide variety of displays on the quad provided by governmental agencies, non-profit groups, CRC students and clubs, and faculty committees.

There'll be musical entertainment and art displays as well.

Come out and enjoy all the Earth Week activities!





# CRC strives to reduce e-waste using efficient computer renewal plan

Ever wonder what happens to your old computer after it is replaced, or what happens to the 'tech junk' that accumulates on campus over time? **Jon Cornelison**, CRC's College IT Systems Supervisor, provides an overview of campus e-waste and its disposal in a series of articles starting today.

With 1,690 computer workstations on campus and growing, CRC strives to extend the life of its computer systems. Our PC renewal plan reuses computer systems and parts efficiently, not only saving the college money, but also reflecting responsible green behavior by minimizing e-waste.

If one computer is no longer meeting the needs of an employee, it is generally 'repurposed' somewhere else.

Only when a machine is clearly at the end of its life cycle (i.e. dead, unusable, or unreliable) is it disposed of or 'surplused' in accordance with the District's surplus policy, which essentially consists of itemizing on official forms the property to be surplus and then obtaining Board approval.



Meanwhile, the dead systems are stored in the IT storage container. IT removes the hard drive from each system

and physically destroys it to prevent unauthorized recovery of data but removes and reuses memory as appropriate. CD-ROMs, DVD drives, and peripheral cards are also removed and reused or placed in e-waste containers. Leftover computer cases, monitors, and printers are also stored in the IT storage container until a third-party company comes to pick up the approved surplus items.

In addition to computer CPU units and monitors, other forms of e-waste, including wires, keyboards, mice, and speakers, are collected in special e-waste containers, sorted, and removed by the third-party company.

*Next time... What happens after the e-waste leaves our campus?*

## From Plastic Bags to Sleeping Mats

Linda Neal, Administrative Assistant to CRC's College President, is looking for a few good bags (actually, more than a few).

In Linda's latest crocheting project, she will turn old plastic shopping bags into thick sleeping mats to be used by homeless people as protection against the cold. Each 30-by-60 inch sleeping mat takes 500-700 plastic bags to make.

Surprisingly, according to women from the Chico church who will distribute the one-inch-thick mats to the homeless, the cold does not penetrate the mats—even when laid out on cold

winter concrete. During the summer months, when cold is not as much an issue in California, the group plans to send the mats to developing countries.

Retired Allied Health Professor Patricia Goshorn will assist Linda in making the mats.

If you have bags to contribute, please send them to Linda Neal via intercampus mail. For more information, contact Linda at 691-7321 or [neall@crc.losrios.edu](mailto:neall@crc.losrios.edu).





## Students for a Sustainable Future: New CRC Club Has Admirable Goals

Leticia Padilla reports...

The CRC Students for a Sustainable Future Club (SSFC) was created as an advocacy tool in order to promote awareness about the critical roles we play as temporary caretakers of the Earth and to prompt students not only to focus on their own personal change but also to engage in on-campus activism.

Essentially, the club's mission is to engage CRC students in constructive dialogue about how we can create an environmental

movement at Cosumnes River College.

A few of SSFC's proposed projects include

- banning the sale of plastic-bottled water on campus,
- creating a campus community garden,
- adding compost bins on campus,
- promoting volunteerism,
- helping bookstore patrons to reduce their use of plastic bags,
- creating a more bicycle-friendly campus by adding more bike racks and bike lockers.



If you'd like to get involved, email SSFC Club President Leticia Padilla at [Nnny516@aol.com](mailto:Nnny516@aol.com) or SSFC Staff Advisor Debra Sharkey at [sharked@crc.losrios.edu](mailto:sharked@crc.losrios.edu).



*Leticia Padilla, student member of the CRC Sustainability Committee, hikes near Saddlebag Lake in the Eastern Sierra Nevada in June 2010.*

### Meet our Student Members

## Leticia Padilla: Individual Action is Not Enough

*Editor's Note:* In this continuing series, we feature one of our CRC Sustainability Committee student members.

After switching from majoring in astrophysics, philosophy, early childhood education, and psychology, Leticia Padilla, 25, has finally settled on becoming an environmental studies and geography major.

Fascinated by world-wide effects of globalization, water privatization, over-consumption, and natural resource depletion, Leticia decided to take Debra Sharkey's Geography 302 course, Environmental Studies and

Sustainability. While attending the "This Way to Sustainability Conference VI" at CSU, Chico State, she learned the mantra "Individual action is not enough." As she put it, "The conference served as my own personal catalyst to seek and work for change on campus, as so many others have and succeeded."

Since then, Leticia has been instrumental in forming CRC's Students for a Sustainable Future Club, of which she is the president. She is excited about becoming an environmental scientist—or at least exploring the limitless career possibilities that her major represents.



## New Year's Resolutions

Last year, we asked Green Scene contributors to make 'green' New Year's resolutions. This year we asked them to revisit those resolutions. Here's what they had to say:

**Prof. Cindy Erickson** resolved to "walk or ride my bike to get places near my house."

*Did she keep her resolution?* "I walked more but didn't ride my bike enough."

*Other actions?* "I've been bringing fabric bags to the grocery store for several years. Lately, though, I've been bringing my own produce bags too."

**Prof. Ryan Connally** resolved to take shorter showers.

*Did he?* "No, but I kept my low-flow shower head and talked my wife out of one of those high-volume, overhead, rain-storm kind of shower heads."

*Other green changes?* "I bought a toilet retro-fit device at Costco for under \$30 that replaces the old handle and flapper system with a 'low or super-low flow' option. No more lever to flush, just two buttons. I also drained and unplugged my above-ground hot tub. It'll seem like a fresh new treat in March or April, and I won't have used the electricity to keep 500 gallons of water at 100 degrees, 24 hours a day, during the coldest portion of the year."

*And for this year?* "I'm finally going to get rid of that old college-dorm mini-fridge out in the garage

for keeping beer cold. With less beer consumption, I can keep a few in the house fridge—a new Energy Star model."

**Prof. Debra Sharkey** resolved to "compost the majority of our biodegradable waste."

*Did she keep her resolution?* "YES! We love our new Nature Mill™ composter (*Green Scene* Issue 11) and have been faithfully using it to compost most of our food waste. For people short on the time or space for regular composting, it's a winner!"

*Anything else?* "We were wasting water by letting the hot tap run, so we bought a Chili Pepper™—an inexpensive pump that circulates water through the system until it reaches 90°F. Then we turn on the hot water tap, and voilà, we have hot water!"

**Prof. Andi Salmi** resolved to "bring my fabric shopping bags to the grocery store all of the time."

*Did she keep her resolution?* "I didn't bring them all the time, but I did improve."

*New resolution?* "Keep trying!"

**Lizz Gaylord** (student member) resolved to "move into a smaller house—mine is too big for two people, so we waste energy."

*Did she keep her resolution?* "Yes! We reduced our square footage by half. We don't have vaulted 20-foot ceilings any more, so our bills are about a sixth of what they once were. Now when

the heater kicks on, it stays on for only 5-10 minutes, compared with an hour at the old place."

*2011 Resolution?* "Make my new company as green as I can. We have already purchased a hybrid as well as an electric car, so two of my company's three vehicles are hybrid or electric. We also use 100% recycled paper for copies and all other literature, including our business cards."

**Prof. Fred Deneke** resolved to "increase my consumption of non-processed foods by eating more locally-grown produce."

*Did he keep his resolution?* "Yes, I now subscribe to a home delivery CSA (Community Supported Agriculture) produce box twice per month as well as purchase more vegetables and fruits from local sources."

*This year?* "Don't back-slide!"

**Prof. Cath Hooper** resolved "to eat more locally-grown foods."

*How did that go?* "We faithfully attended the farmers market for organic beef and chicken as well as fruit and veg we weren't producing ourselves. Perhaps coincidentally, the meat suppliers became no-shows around the time Henry's opened nearby. As a result, we have rather backslid since then."

*This year?* "Find another convenient source for locally grown meat. Maybe start (rather than just talk about) raising our own bees and chickens..."



## Reader Reviews

### Product Review: *The Chevrolet Volt*

I've been waiting to see the Chevy Volt for about three years now. With the recession and the government bailout of GM, it took quite some time to make it to market. Now it's finally here—and, in my view, a perfect solution to our emissions problem. While it can use gas if needed, the Volt is primarily battery-operated, running 40 miles on one charge—enough for errands around town or a short commute. Beyond that, the gas engine kicks in at a respectable 37 mpg.

The battery is also a “regenerative braking battery,” which means that braking generates electricity as you drive. What distinguishes the Volt from most current hybrids is its plug-in ability: plugged into a conventional three-hole 120V outlet, the standard charger will charge the battery in 8-10 hours (the optional 240V charger in just 6 hours) for about \$1.50 (depending on the time of day you charge), much less than the cost of a gallon of gas.



The Volt is equipped with OnStar, the car safety device that even sends monthly email updates about how your vehicle is performing. This ‘Vehicle

Diagnostics Report’ will tell you if your tires need inflating (low tires create drag, depleting the battery sooner) and if other maintenance issues need attention. My favorite report is the ‘Estimated CO<sub>2</sub> Avoided,’ which tells you how many pounds of CO<sub>2</sub> your car kept from the atmosphere. The ‘Estimated Gallons of Fuel Saved’ is exactly as it sounds, awesome!

The goodies on this car include navigation, Bluetooth, back-up assist cameras, heated seats, push-to-start ignition, remote start, and even an application to start the car from your cell phone! Not surprisingly, the Chevrolet Volt won the 2011 Motor Trend Car of the Year award.

After test-driving the car, I was ready to buy—and did a few days later. It is a pricey car (about \$41,000 before warranty and extras), but in my opinion, well worth the expense. Experience trumps assumption, however, so we'll see if my Volt can stand the test of time. I hope it is worth all the hype and longing!

--Lizz Gaylord,  
Sustainability student

### Professor Supports Local Sustainable Eateries

When I dine out I try to eat at places that make an effort to do some combination of the following: (1) serve locally-sourced food, (2) replace

Styrofoam take-out containers with recyclable ones, and (3) make efforts to reduce waste in the operation of their business. Here is a list of Sacramento eateries doing some, or all, of these things.



**Magpie Cafe** (1409 R Street #102): my hands-down favorite. A bit pricey but worth every penny. Owners Ed and Janel seem to do everything right. Note the menu sign on the wall that says “Sacramento Water—Free.” No bottled water sold here!

**Café Capricho** (3269 Folsom Blvd): inexpensive and good Mexican/American food, recyclable take-out containers, bulk condiments.

**Chipotle** (various locations): increasingly serving sustainably-raised meats, minimal takeout packaging—impressive for a chain.

**Dos Coyotes** (various locations): recyclable take-out containers, wild (not farmed) salmon burritos, locally-owned small chain whose owner is trying to start a composting operation with restaurants in Davis.

Let's give our money to the people who feed us healthy, delicious food and who try to do business in a manner that reduces their operation's environmental impact.

--Debra Sharkey, Geography



## More Reader Reviews

### Henry's Farmer's Market Comes to Elk Grove

Henry's Farmers Market, a small Southern California chain, has earned many accolades, including 'Best Health Food Store' (San Diego Union-Tribune Readers), 'Favorite Natural Food Store' (Daily News Best 2009 Readers' Choice issue), and 'Retailer of the Year' (Produce Merchandiser Magazine). Henry's opened last year in Elk Grove—currently its only Northern California location.

Henry's strives to bring its customers fresh, wholesome foods and products. You'll find many natural items for sale, including meats, such as

poultry, pork, and grass-fed beef, and fish. Henry's also seeks to bring you fresh, local produce and meat and a large selection of California wines. It carries dozens of bulk food items and whole grains as well as an extensive selection of natural and organic personal and health care items.



Henry's Farmers Market is also involved in several other sustainable practices. The Henry's in Laguna Niguel, CA is a part of the Laguna Niguel Pilot Food Waste Program, which seeks to gather and compost food leftovers.

Knowing that many people consider Nugget Markets to be the cream-of-the-crop, I have done several price comparisons between the two stores, leading me to several dollars in savings at Henry's: \$10 on a health care product and another \$8 on a cosmetic product.

While Henry's carries some conventional products that other markets do, it is what they carry that is unconventional that makes this market worth stopping by. You can visit the Elk Grove store at 8211 Laguna Blvd., or visit the website (which also advertises the sale items of the week) at [www.henrysmarkets.com](http://www.henrysmarkets.com).

--Lizz Gaylord,  
Sustainability student

### Organic or Conventional? Healthy Eating on a Budget

Cindy Erickson reports...

The Environmental Working Group (EWG), a non-profit that works to protect public health and the environment, has published **EWG's 2010 Shopper's Guide to Pesticides™** to help consumers decide how to limit pesticide exposure when money is tight.

To avoid pesticides, buying organic might seem the only choice, but many shoppers can't find or afford organic produce. What then? Should we stop eating fruits and vegetables?

Of course not! The health benefits of a diet rich in vegetables and fruits outweigh the risks of pesticide exposure. Eating conventionally grown produce is far better than skipping fruits and vegetables. But with EWG's Shopper's Guide, consumers don't have to choose between pesticides and healthy diets.

EWG's analysis found that consumers who buy conventional produce can reduce their pesticide exposure by 80% by avoiding the most contaminated fruits and vegetables (the Dirty Dozen™) and eating only the cleanest (the Clean 15™).

**EWG'S SHOPPER'S GUIDE TO PESTICIDES™**

DIRTY DOZEN™ <i>Buy These Organic</i>		CLEAN 15™ <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
	13 Grapefruit		
	14 Sweet Potato		
	15 Honeydew Melon		

ENVIRONMENTAL WORKING GROUP  
[www.foodnews.org](http://www.foodnews.org)

For more information and a full list of 49 fruits and vegetables, go to <http://www.foodnews.org/>



News In Brief...



Fowl-Weather Fun at Second Annual Tour de Cluck

Interested in raising chickens in your backyard, or just finding out more? Or just looking to enjoy the spring weather at a fun, quirky event?

Davis' second annual Tour de Cluck offers a variety of light-hearted activities, including the Bicycle Chicken Coop Crawl, a self-guided bicycle tour of backyard chicken coops in neighborhoods around Davis on Saturday, May 14.

Festivities begin at Davis' Central Park with a wacky Kick-off Clucking Exhibition and a Fowl Food Fair. Listen in at Chicken Wizards Workshops featuring backyard poultry experts on breed selection, feeding options, coop design and construction. Also check out the Tour de Cluck Art Exhibit and Silent Auction. Activities will be available from 9 am to 4 pm.

Proceeds from the event benefit Davis Farm to School Connection.

Laguna Creek High School Solar Suitcase Program

Laguna Creek High School in Elk Grove is training its students for green careers while helping international communities with its Solar Suitcase program.

The program, overseen by science teacher Eric Johnson, is one of several student projects in Laguna Creek's Green Energy Technology Academy (GETA). GETA exposes students to various alternative energy sources and technologies to better

prepare them for future careers in developing green sectors.

The solar suitcases are designed and assembled by students using schematics developed by Johnson. Through collaboration with international non-profit agencies, GETA ships the finished suitcases to Nigeria, where medical doctors use them to administer treatment in areas without electricity. The suitcases are shipped with a portable solar array that can be assembled quickly. Included in each suitcase is a portable inverter and lithium ion battery, allowing enough energy storage to power an LED light for up to 6 hours.



The Green Screen: An Environmental Film Series

Coming soon, free and open to the public, the Green Screen Environmental Film Series!

The Sustainability Committee, the Students for a Sustainable Future Club, and the Geography/Environmental Studies Program will sponsor the series.

Tapped (2010), the first Green Screen film, offers a "behind-the-scenes look into the hidden and unregulated world of the bottled water industry." Dates, times, and future titles will be announced soon.

Green Scene Awards:



Kudos to...

- Nancy Edmonson and the Professional Development Committee for continuing to save paper by providing electronic versions of PD brochures and offerings.

Cosumnes River College Sustainability Committee

Members:

- Steven Coughran
Julie Elliott
John Ellis
Cindy Erickson
Cath Hooper
Christina Ocrant
Julie Oliver
Torence Powell
Andrea Salmi (Chair)
Susan Scott
Debra Sharkey
Linn Violett

Student Members:

- Chrystia Cabral
Elizabeth Gaylord
Leticia Padilla
Jesse Rodriguez
Veronica Vogan

Newsletter:

- Cindy Erickson
Cath Hooper

We're on the Web!

Look for archived issues of the GREEN SCENE on the CRC homepage.