

THE ECO MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HSPH AND BEYOND

ISSUE 18, FEBRUARY 2014

We can't be the only ones who have noticed that the sun is now setting past 5 o'clock. In the dead of winter, you have to take comfort in the little things. So try to take a walk during your lunch break and absorb whatever miniscule amount of vitamin D you can!

The GREEN ROOM

Has Officially Arrived!

People around HSPH are so darn good at finding things to recycle and reuse that the Green Team decided we needed a one-stop shop devoted to just that. Thanks to some help from our friends in Operations, we finally have a little slice of green in the basement of Building 1. See for yourself how *not* scary the basement is at the Grand Opening Celebration on Wednesday, February 12 from 4-6pm. Or, the next time you're in the main FXB stairwell, go down a flight of stairs and follow the signs to the Green Room. There you'll find heaps of donated office and lab supplies that are free for the taking. You can also bring items that you no longer need, like office and lab supplies/equipment that are in good, functional (and sterile, if applicable!) condition. There are also recycling stations to discard of all those things you just know are too good to send to the landfill, such as:



- Styrofoam
- Nespresso pods
- Printer ink cartridges
- Gel ice packs
- Small e-waste items such as CDs, cell phones, chargers, etc.

Since the room is not designed to be an environmental hazard or wasteland, chemicals and broken or damaged equipment will not be accepted. We like to think of it as more of a high class "shopping" center for people who like free stuff. Come see for yourself!

DON'T MISS THIS

Join us for refreshments and raffle prizes at the **Grand Opening of the Green Room**, where you can bring items for recycling and reuse and pick up some free stuff while you're at it. Follow the signs to the basement of Building 1 (near shipping and receiving) on Wednesday, **February 12** from 4-6pm.

Psssst, we just wanted to remind you that **February 14** is **Valentine's Day**. Look, we don't know your life, but if you have a romantic partner, he or she may be expecting you to do something sweet on that day. Just be aware. May we recommend a lovely potted plant to be enjoyed for months to come and planted when spring finally arrives? Or how about local chocolates, such as Taza, made right across the river in Somerville? And hey, Valentine's Day isn't just for the coupled-up. Show your friends some love that day as well!

All readers from the bathrooms and beyond are cordially invited to our next **Green Team Meeting** on Thursday, **February 20** from 11-12pm, in FXB G10.

DID YOU KNOW?

Has your boss brought up your annual Performance Management evaluation yet? Well, the good news is that the system is going green! In 2014, HSPH will launch a new paper-free process, called ePerformance. This online system is accessed through PeopleSoft, so there will be no more paper wasted as you and your supervisor talk about how great you've been in the last year and discuss career planning and professional development. Watch out for more information coming soon!



GREEN TIPSTER

After you and your journal club have polished off that last slice of Sebastian's pizza, make sure to put the box in a composting bin. Our composting facilities can handle the greasy cardboard!

Do Cars Really Need to Warm Up on Cold Days?

A frozen February morning. You are in your ice-box of a car. The bottle of water you left overnight looks like something you'd pull out of the -80 freezer. You're parked, but the engine is running to warm up. Is this really necessary? Luckily, Tom and Ray from the show Car Talk



have weighed in on the question. The answer is...no! According to Ray: "With modern cars, all you're doing with a long warm-up is wasting gas, increasing pollution, raising the temperature of the planet and making yourself 10 minutes late." You see, cars made in the last 20 years or so are fuel-injected, not carbureted, and the thinner oils require no warming up. Even if you are lucky enough to drive a 1967 Pontiac Firebird, extended time warming up can actually cause damage to the engine by diluting the oil with excess fuel. For any car, all idling does is cause the engine to run inefficiently, which over time harms your engine and reduces gas mileage. It's better to drive slowly during the first few minutes of your commute as your car heats itself up. Plus, Massachusetts actually has laws against running an engine idle for longer than 5 minutes, so save yourself the fine and the wasted gas money!

