

THE **Eco Mosquito**

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

ISSUE 23, JULY 2014

It's July, birth month of the USA, a great month for going on vacation and for summer barbecues. Next time, when you host a summer barbecue or go to a picnic, consider using reusable cups and plates. It's less wasteful and better for the environment. In the long run, it'll save you money.

DID YOU KNOW?

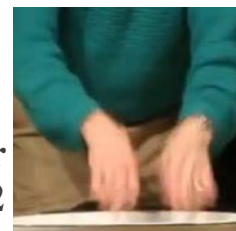
It may seem cold in buildings during the summer, but we're really saving energy, although that might sound counterintuitive. Recently, the Eco Mosquito asked Danny Beaudoin, Deputy Director in HSPH Operations, to explain this. He said that ventilation air is cooled to dehumidify the air at the central system. The air is then re-heated before it enters the space. On hot/humid days, the secondary reheat systems are turned off as a means of saving energy, so keep that sweater handy. Danny still recommends calling 432-1152 (HSPH) or 432-1901 (HMS) if you feel too hot/cold.



HOW TO USE A PAPER TOWEL (resourcefully!)

TED Talks: Joe Smith

TED talks are great. We at the Eco-mosquito especially love this one, about how to dry your hands with just one paper towel. As you're reading this in the bathroom, why not give it a go? It works!



1. After washing your hands, shake them 12 times.

2. Pull off 1 paper towel from the dispenser.

3. Fold the towel and dry your hands.



mindful eating corner

discover the joy of eating

Have you noticed the mindful eating corner at Sebastian's? It's located in the back corner of the cafeteria. The table offers a space for people to unwind and experience their food through a "do-it-yourself" mindful eating experience. Mindful eating is a way to connect with food in a way that takes some skill to perfect, avoid distractions, no reading or checking your phone or computer. Take a few moments to savor your food, take a mouthful and then see how the food tastes. Then (this is the hard part) don't rush to put the next mouthful in. See how it goes. As with many things it takes practice.

Eating sustainably for your own health and the health of the planet is a key tenet of mindful eating. You can combine this with a meat-free meal for a truly sustainable alternative to eating a rushed lunch at your desk.

GREEN TIPSTER

Next time you're at a party or picnic, remember, you can recycle those Solo cups.



DON'T MISS THIS!

EcoOp Meeting July 23rd at 11:15am, Folin Wu Room at HMS (Building C).

Volunteer Fridays Green Room, Basement of Building 1 (12-1pm).

Harvard Longwood Bicyclists OPEN Meetings: **July 17th** at 11am, Landmark Center (403Q West) and on Main Campus at 3pm, Kresge Courtyard (or Kresge 439 in case of rain).

City Safari, to Kevin W. Fitzgerald Park (Park behind Stop & Shop) **July 16th** at 12:30pm. Meet at Kresge Entrance.

