

THE Eco MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HSPH AND BEYOND

ISSUE 8, MARCH 2013

You might still be a little groggy from “springing forward” for daylight savings time, but now it’s time to wake up and smell the flowers! Okay, they might not be here *quite* yet, but they’re on their way!

DID YOU KNOW?

The Green Carpet Awards will now be held every other year and will recognize team projects only, so Harvard Heroes has added a Green Hero nomination! HSPH is full of people making heroic green efforts, large and small. We would be mighty proud to see someone from HSPH honored for going above and beyond to make our campus more sustainable. Nominations can be submitted online through the [HR website](#) or [Harvie](#) now through April 1.



Time to Take the Stairs (Say Your Thighs)

Burn Calories,
Not Electricity



It's time to stretch your legs out of winter hibernation! Registration will begin mid-March for the annual HSPH Take the Stairs campaign. This is the time of year when people around the School shun the elevators and get re-acquainted with the stairwells. You never know who you might see on your way up to the 14th floor, and it's a lot less awkward than being trapped in the elevator together! The 2013 Take the Stairs campaign challenges your team to climb 18,510 feet to the top of Mount Elbrus, the highest mountain in Europe, by April 22. With each upstairs flight counting for 15 vertical feet, that's a mere 1,234 flights of stairs climbed between you and your three favorite colleagues/workout buddies. Are you up to the challenge? See the rule and register your team online at: hsp.harvard.edu/ecoopportunity/take-the-stairs-campaign.

GREEN TIPSTER

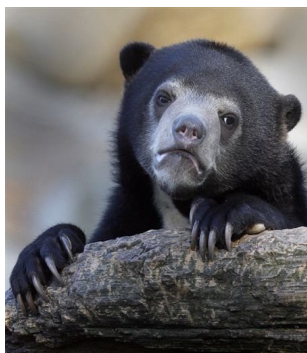


You probably know that single use batteries contain toxic materials, like heavy metals, which can damage the environment. But did you know that there's an easy way for you to safely recycle them? Scattered around the School you'll find little bins labeled as “battery recycling stations.” Feel free to bring your dead batteries from home and recycle away!



Putting the buzz in your ear since 2012

Confessions of a Green Sinner



There's been something on my mind and I have to let it out. This shouldn't be too hard, since I'm writing this anonymously. So here it goes: I am a green sinner. I have committed unsustainable acts, with full knowledge that my actions have been detrimental to the Earth. I have broken my own ethical code of green conduct. I confess that several times this winter, upon returning home in a frozen (but clean) state, I was tempted by a hot shower in a steamy bathroom. Yes, I took extra show-

ers this winter just for the immediate warmth and gratification. Whew! I feel so much lighter now that I'm no longer living a lie as both a Green Team member and a secret water waster. I fully repent, and my penance will be to fast from long, hot showers for the month leading up to Earth Day on April 22. Now, who among us has not committed a green sin? I don't believe that any of us are completely innocent, and that's okay. Perhaps you got tired of looking at your seemingly ever-growing bag full of plastic bags one day and just threw it in the trash. Or maybe you lost your water bottle and have been buying bottled water ever since. We're not here to judge one another. Instead, let's fast together. The Green Team challenges you to give up an unsustainable practice for a month, from March 22 through Earth Day on April 22. Send your confessions and resolutions to us at ecoop@hsp.harvard.edu. We'll provide sweet catharsis by anonymously sharing your confessions on our Facebook page and getting everyone to think about their own Earth Week resolutions. At the end of your fast, you might find that life is better when you live clean and green! Or you just might really miss those 20 minute hot showers...like I said, no judgment.

DON'T MISS THIS!

If you find yourself reading the Eco Mosquito out of enjoyment instead of simply the fact that you're in a bathroom stall and need something to look at, the **Green Team** would love to have you join us. We'll be meeting on Wednesday, **March 20** from 11-12 in FXB G10.

Get rid of those computers, monitors, TVs, microwaves, phones, and printers collecting dust at your house. The City of Boston is providing free **electronic waste recycling** at the West Roxbury Public Works Yard on Saturday, **March 23** from 9AM-2PM.

Students! Get ready for the **Spring Challenge**, an intensive 8-day event designed to bring together students from across HSPH to address a current public health issue. This year's Challenge will be held from **April 8-19** at HSPH and will focus on bicycle safety in Boston. Collaborate with the relevant agencies to analyze the current situation and develop a real working proposal to help make cycling in Boston safer!

Contact us at ecoop@hsp.harvard.edu

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