



THE Eco MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HARVARD AND BEYOND

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Although we might have a few feet of snow to melt through before it really starts to look like spring, astronomically speaking, it's right around the corner. March 20 marks the vernal equinox and the first official day of the long-awaited season!

May We Kindly Suggest That You Take the Stairs?

**Burn Calories,
Not Electricity**



Take the Stairs!

Maybe you're an over-achiever who diligently worked out all winter and now greets March with buns of steel. If so, congratulations and we hope you're enjoying your visit to the Longwood Campus! We have to presume that the majority of us students, staff, postdocs, and faculty around here are too busy to hit the gym and haven't exercised outside "on purpose" since the snow started accumulating in January. Luckily, the Green Team has the solution for sculpting your lower half just in time

to begin exposing your legs to outside air again. Join the 7th annual Take the Stairs Campaign! The campaign is intended to change at-work behavior while encouraging people campus-wide to save energy and be more healthy by taking the stairs instead of the elevator whenever possible. This year, we're going all the way, and have selected Mt. Everest for our climb! Log the stairs you take during the day to track your team's progress in summing the peak. Sign up as a team (up to 5 members) or as an individual. All participants

will receive an appreciation gift, and members of teams that make it to the top of Mt. Everest will be entered into a raffle to win fabulous prizes! Registration opens Friday, March 6 and the campaign begins Monday, March 23 at 9am. Register your team at <http://hsph.me/takethestairs>



DON'T MISS THIS

Come hear **Why Greening Museums Will Eventually Mean A Greener Planet** at the next **EcoOp Seminar Series**, presented by Sarah Sutton, author and LEED-AP for Existing Buildings by the US Green Building Council, on Tuesday, **March 10** from 12:30-1:20pm in Kresge 502 at Harvard Chan School (formerly known as HSPH).

And speaking of the **EcoOp Seminar Series**, we've got another one for you. Food Literacy Project Coordinator Margiana Peterson-Rockney presents **Hot Topics in the Food System** on **April 2** from 12:30-1:20pm in Kresge 502 at Harvard Chan School.

Come hang with us at our monthly **EcoOp meeting** on Wednesday, **March 18** from 11-12pm in the Ballard Room, Countway 5th floor.

DID YOU KNOW?

This may be old news to some of you, but we just recently discovered toilet paper rolls without cardboard tubes in our friendly neighborhood grocery store and it made us so happy! I mean, we'll have to say goodbye to some craft projects, but all in all, this is a win for trees and landfills everywhere! According to a report from USA Today: "The 17 billion toilet paper tubes produced annually in the USA account for 160 million pounds of trash...and could stretch more than a million miles placed end-to-end. That's from here to the moon and back -- twice." We're happy to report that the lack of cardboard has only improved our bathroom enjoyment experience.



Photo: Stephen Messenger

Muchísimas Gracias!

The Green Team was joined this winter by some excellent medical students from the Universidad de San Martín de Porres in Peru. They have since returned to their beautiful home city of Lima, but were a huge help while they were here and will be sorely missed! Here's what Alberto, Ana Paola, Stefano, and Gloria had to say about their experience on the Longwood Campus:

"Participating at EcoOpportunity was a very enriching experience. Not only we learned the importance of day-to-day ecologic work, but we also learned about research opportunities in public health and most importantly, how to plan and execute ecologic

campaigns. For all those reasons and much more, we are very grateful. As for what's next for us, we have decided to implement an Eco-team at our university, aiming to continue the hard work EcoOpportunity does everyday, hoping that Harvard and our university can be sister/brother universities in the pursuit of a better and greener future."

Muchas gracias a nuestros hermanos peruanos!

