



Recycling Statistics October 2010

Cardboard

3,260 lbs.

Paper

13,545 lbs.

Bottles and Cans

9,881 lbs.



Be on the look-out
for Outdoor
Bottles and Cans
recycling



Contact Us!

Recycling Hotline
X 1881

recycle@providence.edu

Providence College
Office of
Environmental
Health and Safety

Emily Goodman and
Kristen Montano,
Student Coordinators



Harkins Undergoes an Eco-Friendly Remodel

You may be aware that during summer 2010 Harkins Hall underwent major renovations on the first, second, and fourth floors. However, you may not be aware of the environmentally friendly measures that were taken as part of the renovation process. These include recycling demolition materials, using and installing "green" products, and energy and water conservation.

The first step in the renovation process was the demolition and removal of existing building materials. During the demolition process concrete, wood, scrap metal (including copper and copper wiring), carpet and other materials were kept separate (as much as possible) to be recycled. The recycling and reuse of old construction materials keeps it out of the landfill. Over 14 tons of scrap iron and 2 tons of copper were recycled!



The beginning of the end...

New construction included new window seal replacements that prevent air drafts from entering and exiting the building, which saves

heating and energy loss during the cold weather season.



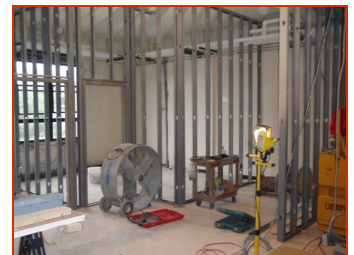
Second Floor remodel.

Additionally, room temperatures are now maintained by computers in a centralized location. Mechanical systems have an "economizer" mode which allows outdoor air to enter in spring/fall so as to not waste energy. When the outdoor air temperature is below 60°, the air is brought in as a cooling system rather than the use of chilled water. Chilled and hot water systems are now running on "Energy Star" motors and variable frequency drives that match motor speed to building demand and also conserve chilled water and energy.

Lighting was improved throughout as well. The renovated areas are now using energy efficient fluorescent light bulbs that provide the same amount of light as the older models at a much lower energy cost. (All of the older bulbs, ballasts, and light fixtures were recycled.) Also,

the three existing skylights on the fourth floor were utilized to provide for natural light to shine into the building.

Other environmentally conscious measures include using low VOC (Volatile Organic Compound) paints and adhesives, as well as installing in several locations "Cool Carpet" from InterfaceFLOR. By installing approximately 1500 square yards of these innovative recycled carpets, we actually generate environmental benefits equivalent to 2325 gallons of gasoline not being consumed!



New construction

(For more information, visit www.interfaceflor.com.)

We are also currently in the process of replacing old drinking fountains with "refilling" stations so you can refill your reusable water bottles. So, as you can see, being environmentally conscious and cost conscious actually go hand in hand. We do not have to choose one over the other, and we look forward to more of the same.



Eat A Turkey To Save A Turkey!

The History of Thanksgiving As a National Holiday

1777:

George Washington proclaimed a national Thanksgiving following the defeat of the British at Saratoga .

1820's—60's :

Sarah Josepha Hale, author of "Mary Had a Little Lamb", wrote to five U.S. presidents over 40 years urging that Thanksgiving be made a national holiday.

1863:

Upon the urging of Hale, Abraham Lincoln proclaimed the last Thursday in November to be the national holiday of Thanksgiving.

1939:

Thanksgiving became known as the kick-off to Christmas shopping season. So, President Franklin Delano Roosevelt moved the Thanksgiving holiday up one week to stimulate the economy. The holiday was rightly nicknamed "Franksgiving".

1941:

Congress officially declared Thanksgiving to be observed on the fourth Thursday of November.

A heritage turkey is one of a variety of strains of domestic turkey which retains historic characteristics that are no longer present in the majority of turkeys raised for consumption since the mid-20th century. They are traditional "standard" breed of turkeys which have not been "industrialized" for efficient factory production at the expense of flavor and the well-being of the turkeys. "Broad-Breasted White" turkeys comprise 99.99% of supermarket turkeys. Broad-Breasted Whites have been deemed more favorable to breed by farmers due to their speedy growth period (18 weeks compared to the Heritage's 24-30 weeks) and disproportionate breast which produces a

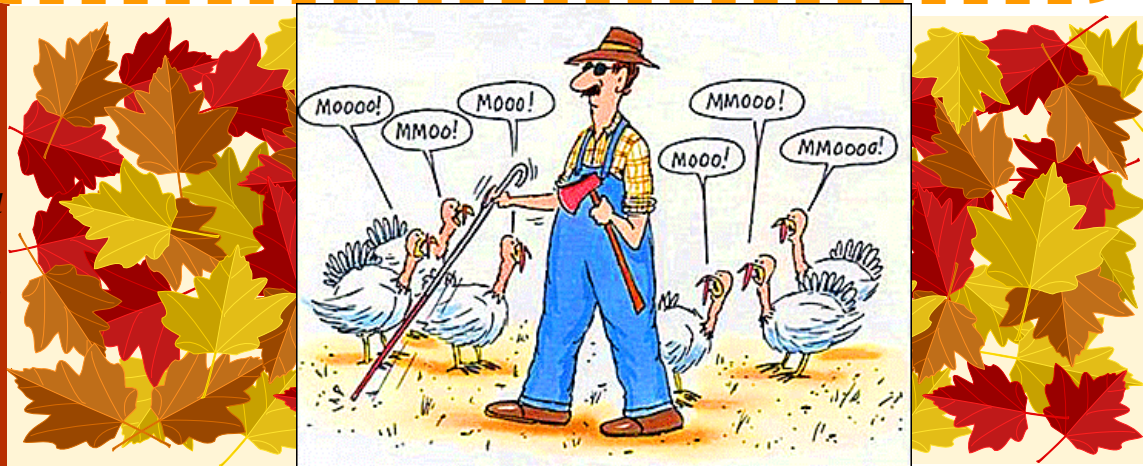
greater amount of white meat, thus making them more profitable. However, these Broad-Breasted Whites have become so genetically-altered and industrialized, they can no longer reproduce naturally and are quite disease-prone.

Heritage turkeys provide an alternative to factory breeding. Heritage turkeys are raised naturally, eating only fresh grass and insects, while exercising often. The diets, lifestyles, and slower maturity rate of heritage birds actually cause their meat to be more flavorful than Broad-Breasted Whites. And yet, Broad-Breasted Whites dominate the turkey market.

The lack of consumption of heritage turkeys has caused them to

become nearly extinct. The heritage turkey population hit a low in 1997 when only 1,300 were in existence. Although the population has since risen, heritage turkeys still run the risk of becoming extinct. Because so few people purchase heritage turkeys, farmers do not find the breeding of them to be worthwhile. So, if more people began to consume heritage turkeys, and the demand for them rose, farmers would begin to see value in raising them, and they would move further away from extinction. So this Thanksgiving, consider eating a heritage turkey! You'll be combating the trend that is rapidly causing heritage turkeys to move closer and closer to extinction. Eat a turkey to save a turkey!

Check out <http://www.localharvest.org/features/heritage-turkeys.jsp> to find a heritage turkey breeder near you!



Donate your used books!



The Providence College community is once again collecting used textbooks for the Balme Library at the University of Ghana. Please consider donating your used textbooks to this project; remember they needn't be the most current edition. Other books, including paperbacks, are also welcome; they too are donated to other villages and school libraries. There will be newly labeled bins placed in several locations on campus: Howley (1st floor), Campus Ministries, the Harkins Faculty Lounge, the Science mail room, Feinstein and the Bookstore. If you are donating a new edition text book, please email Stephan Mecca at smecca@providence.edu to arrange to have it picked up directly, or if you have any questions. Thank you!

Happy Thanksgiving

From The Office of Environmental Health and Safety

<http://www.providence.edu/EHS>

www.providence.edu/Recycling