



Weekly Greening

Committed to Going Greener Week by Week in Campus Life

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Eco-Friendly in the Office: Cubicle Companions



For those who become lonely sitting at their desk, staring at their computer screen, here are a few suggestions for eco-friendly ways to liven up your space.

1. **Fish** are a fun way to go when looking for both color and entertainment. Beta fish require less oxygen than other pet fish and therefore do not absolutely need a filtration system (saving on energy). However, you will have to remember to change the water more frequently to ensure that oxygen and clean water is available at all times.
2. Go green with **plants!** Plants are great for cutting down on indoor air pollution. For those who lack a green thumb, try one of these highly recommended, more resilient green plants.

- **Spider Plant*** 
- **Jade Plant**
- **Peace Lily*** 
- **Ivy *** (see the Dean of Students Office)

*On the list of top 10 plants that are most effective in removing formaldehyde, benzene, and carbon monoxide from the air (plant-care.com)



Courtesy of
www.thedailygreen.com
www.planetgreen.discovery.com

Indoor air quality (IAQ) at the office is affected by many things that we can control such as space heaters, copy machines and air fresheners.

Weekly Tasks

When deciding to add a plant or university-approved pet to your work area, do your research. Choose plants and animals that require low maintenance to cut down on any extra use of energy.

Eco-Friendly in the Home: Family Friends



If you have pets, you probably want what's best for them (as long as it's affordable). Below are some eco-friendly pet care products (along with their sites) that are similar to ones you may already purchase:

Birds

Organic food (ecopetlife.com)
 Natural cages (totallybirds.com)

Cats

Recycled cardboard scratchers (catclaws.com)
 Eco-Me Cat Kit (ecopetlife.com)
 100% organic catnip

Dogs

Recycled Fleece Dog Leash (target.com)
 Treats (olivegreendog.com)
 Biodegradable No. 2 Bags (harrybarker.com)

Guinea Pigs

Carefresh Bedding (nibblenest.com)

Courtesy of
www.thedailygreen.com

*Special thanks to Cynthia Fairbanks for inspiring this week's topic

Helpful Website of the Week

www.harrybarker.com

Committed to quality pet products that are eco-friendly

Fact Check

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The rank of the DC-Baltimore-Northern Virginia area on the list of 25 cities most polluted by short-term particle pollution

www.lungaction.org