



Weekly Greening

Committed to Going Greener Week by Week in Campus Life

Volume 1, Issue 21

April 6, 2009

Eco-Friendly in the Office:

Eco-Help



Just a reminder that you are not alone in your quest to become eco-certified! Please take advantage of our on-campus resources:

- **Facilities Management**
 - www1.american.edu/finance/ppo/recycling.html
- **Eco-Sense**
 - au_eco_sense@yahoo.com
 - www.ausg.org/ecosense
 - amanda.merkwae@ausg.org
- **Sustainability Binder**
 - Filled with tons of articles and information for AU, universities, and broader eco-topics like travel and make-up
 - Kept at Halley's desk

• I-Drive

- Under the Office of Campus Life folder, there is a folder with green resources and the Eco-Sense information as well

Congratulations

to our already eco-certified offices:
Housing & Dining Programs
Academic Support Center
Judicial Affairs & Mediation Services
Office of the Vice President

Eco-Friendly in the Home:

Moving Eco-nomically



As spring arrives, many individuals, especially graduating seniors, are moving. I have put together a few tips on moving "eco-nomically" that I discovered during my own moving process this past week:

1. UHaul was my moving truck of choice. Not only are they affordable and found in convenient locations throughout DC, they are "committed to sustainable development through environmental protection (permeable ground cover at sites and 100% reused materials in building self-storage units), social responsibility (linking to public transportation) and economic efficiency. One of the things I found very helpful was the

new fuel economy gauge that shows at what speed you're getting the maximum fuel efficiency.

2. I re-used everything, bought nothing, in terms of packing. Boxes had been saved to fit larger items and the bags used for shopping were used for moving. After one trip over, all boxes and bags were emptied and brought back to the old place to fill again.
3. Instead of hiring movers, I bought breakfast for friends (special 'thank you' shout-out to them here)!

The average showerhead uses 2.5 gallons of water per minute. That means a 15 minute shower uses more than 37 gallons.

www.treehugger.com

Weekly Tasks

- Make an appointment with Halley (x3308) if you'd like help in going through the Eco-Sense certification check-list
- Contact Amanda Merkwae at amanda.merkwae@ausg.org to set-up an appointment for official eco-certification

Helpful Website of the Week

www.american.com

You'd be surprised what we already have available to us.

Fact Check

If you installed a low-flow showerhead, you could save 5,000 gallons of water every year.

-www.mffeducation.org