Earth and Wellness Day

Thursday is the day!!! Our annual Earth and Wellness Day will take place in the Campus Center Ballroom from 11 am to 2 pm on April 19th. This year’s theme is “Eat Smart, Live Green.” We’ll have a variety of demonstrations (see schedule below) along with healthy snacks, a farmer’s market and our traditional clothing exchange. And come back to the ballroom at 6 pm when the UAlbany Students for Sustainability group will host Earth Love 101, an evening of discussion, food and music.

**Demonstration Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 am</td>
<td>President Philip kicks off the day by signing the UN Global Compact for Higher Education</td>
</tr>
<tr>
<td>11:20 − 11:30</td>
<td>Honest Weight Food Coop — Reading and Understanding Food Labels</td>
</tr>
<tr>
<td>11:40 − 11:50</td>
<td>Sandy Varno, Cornell Cooperative Extension — Eating Well on the Go</td>
</tr>
<tr>
<td>12:00 − 12:10</td>
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<td>Asian Arts Group Tai Chi Demo</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>Announcement of Recyclemania contest winners</td>
</tr>
</tbody>
</table>
President Philip to Sign UN Commitment to Sustainable Practices in Higher Education

As part of our Earth and Wellness Day celebration on April 19th, President Philip will sign a Commitment to Sustainable Practices document. This commitment was prepared as part of the United Nations’ Higher Education Sustainability Initiative created in advance of their Rio plus 20 meeting this June. The commitment pledges us to incorporate sustainability into our curriculum, research, operations and outreach as well as share our progress on an international level. Chancellor Zimpher has signed onto the commitment on behalf of the system and several other SUNY schools have joined her including: Buffalo, Delhi, ESF, Empire State, Geneseo and Onondaga Community College. The full script of the commitment is below.

**Commitment to Sustainable Practices of Higher Education Institutions on the Occasion of the United Nations Conference on Sustainable Development**

20-22 June 2012, Rio de Janeiro

“As Chancellors, Presidents, Rectors, Deans and Leaders of Higher Education Institutions and related organizations, we acknowledge the responsibility that we bear in the international pursuit of sustainable development. On the occasion of the United Nations Conference on Sustainable Development, held in Rio de Janeiro from 20-22 June 2012, we agree to support the following actions:

- Teach sustainable development concepts, ensuring that they form a part of the core curriculum across all disciplines so that future higher education graduates develop skills necessary to enter sustainable development workforces and have an explicit understanding of how to achieve a society that values people, the planet and profits in a manner that respects the finite resource boundaries of the earth. Schools are also encouraged to provide sustainability training to professionals and practitioners;

- Encourage research on sustainable development issues, to improve scientific understanding through exchanges of scientific and technological knowledge, enhancing the development, adaptation, diffusion and transfer of knowledge, including new and innovative technologies.

- Green our campuses by: i) reducing the environmental footprint through energy, water and material resource efficiencies in our buildings and facilities; ii) adopting sustainable procurement practices in our supply chains and catering services; iii) providing, sustainable mobility options for students and faculty; iv) adopting effective programmes for waste minimization, recycling and reuse, and v) encouraging more sustainable lifestyles.

- Support sustainability efforts in the communities in which we reside, working with local authorities and civil society to foster more liveable, resource-efficient communities that are socially inclusive and have small environmental footprints.

- Engage with and share results through international frameworks, such as the UN Decade of Education for Sustainable Development, led by UNESCO, the UN University system, the UN Academic Impact, the Global Compact, the UN-supported Principles for Responsible Management Education initiative and the UN Environment Programme’s Environmental Education and Training, in order to exchange knowledge and experiences and to report regularly on progress and challenges.

For more on the UN Higher Education Sustainability Initiative, go to: http://www.uncsd2012.org/rio20/index.php?page=view&nr=341&type=12&menu=35
Featured Article: The History of Earth Day

Earth Day wasn’t always a standard April holiday. Today, Earth Day is a great tool for promoting environmental awareness just as spring’s buds are bursting into bloom—or, this year, just after. On or near April 22, environmental lobbyists push for legislation, students hold rallies and events, and teachers focus on environmental issues around the world. This worldwide movement, however, started as an idea of one senator and students who devoted their time and energy to spreading the word and helping his cause.

Senator Gaylord Nelson of Wisconsin hatched the idea of the First Earth Day in 1970. This was only a year after the catastrophic Santa Barbara Oil Spill caused 100,000 barrels of oil to leak into the ocean over a period of two months, one year after oil slicks on the Cuyahoga River caught fire in Cleveland for the ninth time, and after two decades of smog episodes that killed 17 in Donora, PA (1948) to over 4,000 in London (1952). Americans began to realize that pollution in air and water were massive environmental and public health concerns that could no longer be ignored. In the absence of strong federal pollution or chemical regulations, students and lawmakers like Senator Nelson began to ask what the earth would look like—or whether it would even be inhabitable—for future generations.

Senator Nelson, college student Denis Hayes, and scores of other young people began organizing letter-writing and advertising campaigns in December 1969. They started to put together plans for an environmental “teach-in” that would take place in April 1970. Legislation to deal with environmental issues was pending in Congress—the National Environmental Policy Act would pass in January 1970—and a teach-in would help to bring the awareness needed to pass even more environmental legislation during the Nixon administration. Nixon, eager to distract the American public from the war in Vietnam, began to advocate strongly for environmental issues and called on the 1970s to be the “environmental decade” in his 1970 State of the Union speech.

Earth Day, Senator Nelson’s idea but a largely student-organized event, took place on April 22, 1970 as the largest demonstration in American history. The 20 million participants took place in teach-ins, rallies, academic discussions, coalition building, and formal law-making. America had taken its first nationally-coordinated steps to overcoming environmental devastation. The massive turn-out at Earth Day events showcased the fervor with which Americans felt they needed to protect our environment from pollution, chemicals, toxins, and overuse. Every Earth Day since 1970 has been a continuation of the overwhelming support for environmental issues that Senator Nelson and college students put into motion over forty years ago. We are all proud to continue the tradition. Happy Earth Day!
Events this month

University Clean Up Day

Our annual clean up day will take place on April 24 from 9 am to 4 pm. The rain date will be April 26. Sign up for the morning, afternoon or the whole day to help spruce up the campus in time for graduation. Volunteers will receive a free lunch, courtesy of UAS, in the Campus Center Ballroom between 12 and 1 pm. (If we need to use the rain date, then lunch will be at 1 pm.) Last year over 500 volunteers helped to make the work go quickly, so sign up today by going to: http://apps.albany.edu/volunteer/?ID=38

NYPIRG Sponsored Spring Clean Up

NYPIRG Environmental Preservation Project is hosting a Spring Cleaning in one of Albany’s neediest neighborhoods. Students and community members will come together to clean up and beautify an often neglected area of our city. Give back the city that is your home for most of the year. The date is April 21 and clean up will begin at 8 am and go until 5 pm.

If you or your organization would like to sign up, find the form here: http://bit.ly/yVPejh

Same day registration will be available on site!

Community Engaged Scholarship Forum

There will be a forum on community engaged scholarship featuring Dr. Kerry Ann O’Meara in the Empire Commons Conference Room on April 20 from 1:15 to 3:15 pm.

Dr. O’Meara is Associate Professor of Higher Education at the University of Maryland, College Park. The nature and importance of community engaged scholarship at research universities, the challenges community-engaged scholars can face, and individual and institutional strategies to address them will be discussed. Dr. O’Meara is a national expert on the scholarship of engagement and works with many colleges and universities on areas related to faculty engagement. Our Provost, Susan Phillips, will moderate the discussion. Panel members are:

- Katharine H. Briar-Lawson, Ph.D., Dean and Professor, School of Social Welfare
- Lawrence M. Schell, Ph.D., Professor, Dept. of Anthropology, Dept. of Epidemiology and Biostatistics; Director, Center for the Elimination of Minority Health Disparities
- Gilbert A. Valverde, Ph.D., Chair, Dept. of Educational Administration and Policy Studies, Director, Educational Evaluation Research Consortium
- Edelgard Wulfert, Ph.D., Dean, College of Arts and Sciences, Professor of Psychology

Come for an interesting discussion!

Student Conference

Sign up today for the Capital District Student Sustainability Conference to be held on April 28 from 10 am to 4 pm in the Standish Room (Science Library). This year’s theme is “Keeping it Fresh and Local”. Registration is free and you can sign up at: http://www.albany.edu/gogreen/5.sustainability_conference_application.shtml

Hertz Promo

Are you a member of Hertz on Demand car share program? If so, then take advantage of April’s “All Night Long” promotion. You can take out a car after 7 pm Monday through Thursday for only $35 per night from now until the end of April. See page 18 for more details. If you aren’t a member of Hertz on Demand, what are you waiting for? It’s free to sign up and rates start at $8 per hour which includes gas and insurance. Go to: www.hertzondemand.com to sign up.
What’s Up in the Sustainability

Here is a recap of some events we participated in over the last month.

Sustainability Roundtable

A roundtable where faculty and staff can share their research related to sustainability issues has started. The first of the series featured Dr. Gary Kleppel’s study on how goats and sheep can be used to control invasive species. His work, in conjunction with students from the Biodiversity Program, has shown the effectiveness of using these animals at eliminating the spread of plants such as purple loosestrife. Last Friday featured Jackie Mirandola Mullen, (see right) a graduate student in the history department. Jackie explained the development of the Fire Island National Park and specifically focused on the political struggle over the construction of a road on the island.

This Friday, April 20, Dr. Linda Krzykowski will discuss the G3 (Going Green Globally) program. This was designed for our first year MBA students in order to develop sustainable business leaders. The program will be at 11 am in the D’Ambra Auditorium of the Life Science Building.

Indoor Rock Climbing

Several members of the Sustainability Council went on the indoor ropes course sponsored by Campus Recreation. We didn’t have to go far, just down Central Avenue past Bob & Ron’s Fish Fry to Albany Indoor Rock Gym. It’s not far from campus so you don’t have to travel a long way to have a great adventure!

Heinberg Review

A packed house heard Richard Heinberg talk about the impact dwindling energy supplies will have on our future economy. His advice: think about sourcing more items locally and build community support systems. He sees our society reverting back to a time when communities worked together, people were more in line with seasonal offerings and less dependent on consumption.

For more on Heinberg’s ideas, check out the Post Carbon Institute home page at: http://www.postcarbon.org/
Winning!!

Empire Commons Electricity Contest winners

For the fourth year in a row, the residents of Empire Commons have been receiving fake electric bills monthly. Empire Commons is unique in that each apartment is metered individually which allows us to track electricity use for each unit. To make things interesting, the Office of Environmental Sustainability teamed up with Res Life to award prizes for the apartments that use the least amount of electricity in the month of February and experience the largest decline in electricity for the month of March. The apartments with the lowest consumption were: F2 105, B3 105 and B1 103. The apartments with the largest decline were: G2 303, D3 304, E2 102. Congratulations to all winning apartments.

Freedom Quad Competition

The clusters on Freedom Quad have been engaging in a friendly competition based on their electricity use. Usage per person have been calculated for each cluster throughout the spring semester and standings have been posted in the laundry rooms. Those living in the winning cluster will be eligible for fabulous raffle prizes to be given out at the year end party on May 5th. The competition ends April 24th and the winners will be announced in our next edition.

Recyclemania Results

Two contests were held in support of Recyclemania; an individual recycling collection and a quad wide competition

- The winner of the individual recycling competition was Jess Ranni!! She won an Amazon Kindle Fire courtesy of Res Life. Second place went to Patricia Zapata, third to Thesa Jean Baptiste and fourth to Shannon Kostulas. Congratulations to all!!

- The winning quad in the Recyclemania contest is........ You'll have to wait. We’re announcing this at 1:15 pm at the Earth and Wellness Day event on Thursday. The coveted dog trophy and a chocolate fountain are at stake.

Sustainability Leadership Awards

Congratulations to Hillary Closs and Stephen Ellis for winning the inaugural President’s Leadership Award for Sustainability. Pictured left to right: Stephen Pearse, Executive Director of UAS, Hillary Closs, Stephen Ellis, and Mary Ellen Mallia, Director of Environmental Sustainability.
Around Town

Electronics Recycling Collections
On April 21st, there will be two separate electronic recycling collections in the area.
One will occur from 7 am to 1 pm at Taft Furniture. This is sponsored by WNYT. There is no fee for disposal and is open to the entire Capital Region. You can find more details on the event and what is accepted at: http://wnyt.com/index.shtml
The second will take place from 9 am to 2 pm at Gold’s Gym in Latham. This sponsored by JKG Recycling and Hauling and is a benefit for the American Diabetes Association (ADA). There is a $10 fee per carload with the proceeds going to the ADA. For more details, see the flier on page 15 or go to: www.diabetes.org/recycle

National Drug Take Back

This national initiative will take place on Saturday, April 28. It is very important to dispose of prescription drugs safely to prevent them from entering our water supply or being obtained by someone who would use the drugs illegally and to their detriment. The Drug Enforcement Administration (DEA) schedules National Prescription Drug Take-Back Days throughout the year. The next one will be held on Saturday, April 28, 2012, from 10:00 a.m. to 2:00 p.m. at various sites across the country. These “take-back days” provide individuals with a great opportunity to have some peace of mind regarding the safe disposal of these chemicals. According to the DEA, the most recent National Prescription Drug Take-Back Day on October 29, 2011, turned in more than 377,086 pounds (188.5 tons) of unwanted or expired medications for safe and proper disposal.
The take back location closest to the university is at Crossgates Mall, in the parking lot near the food court. To find other sites and get more details on the program go to: http://www.deadiversion.usdoj.gov/drug_disposal/take back/

Hazardous Waste Disposal

Each spring, several municipalities schedule hazardous waste disposal days throughout the summer.
Locally, Albany County will accept waste from city residents at the landfill on Rapp Road between 4 to 7 pm on the following days:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>April 19</td>
<td>September 6</td>
</tr>
<tr>
<td>May 3</td>
<td>September 20</td>
</tr>
<tr>
<td>May 17</td>
<td>October 4</td>
</tr>
<tr>
<td>June 7</td>
<td>October 18</td>
</tr>
<tr>
<td>June 21</td>
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</tbody>
</table>

Schenectady County has scheduled collections at the composting facility on Hetcheltown Road on the following days and times:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 18</td>
<td>3 PM - 6 PM</td>
</tr>
<tr>
<td>May 6</td>
<td>8 AM - Noon</td>
</tr>
<tr>
<td>June 16</td>
<td>8 AM - Noon</td>
</tr>
<tr>
<td>July 28</td>
<td>8 AM - Noon</td>
</tr>
<tr>
<td>September 22</td>
<td>3 PM - 6 PM</td>
</tr>
<tr>
<td>October 13</td>
<td>8 AM - Noon</td>
</tr>
<tr>
<td>October 27</td>
<td>8 AM - Noon</td>
</tr>
</tbody>
</table>

You must obtain a permit to take part. For details go to: http://www.schenectadycounty.com/FullStory.aspx?m=145&amid=565
If you live in outlying areas, check with your municipal office for disposal locations near you.
Coming up in May

Shredding Day

The highly anticipated Shredding Day will take place from 9 am to 4 pm on May 4th. (rain date is May 11) Safely destroy documents, prevent identify theft and protect the environment, by participating. At last year’s event we collected 7.5 tons of paper which is the equivalent of planting 127.5 trees! Bring your papers and watch the powerful shredding truck magically turn them into “paper snow” right before your very eyes! Accepted materials include: paper, cardstock, manila folders, stapled or paper clipped papers, checkbooks. DO NOT bring plastic ring binders, CD’s or metal binder clips. The schedule and locations are listed to the left and a flier for the event is available on page 14.

Give and Go

When you move out, don’t throw out!!!  Our 5th annual Give and Go program will take place between May 16 and 18 from 10 am to 4 pm at all residential locations on campus. Specially marked bins and POD units will be available for students to place gently used but unwanted household items, electronics, furniture, books and non-perishable food items. These goods will then be donated to local charities. If you have questions or want to help with the program, contact the office at (518) 956-8120. Also see the flier for the event on page 16.

Albany Bike Expo

On Sunday, May 6th, the second annual bike expo will take place in Washington Park between 10 am and 4 pm. This free event is a must for all biking enthusiasts and for those who want to know more about the sport. Even the casual bike rider will find lots of useful information including a tour of bike amenities in Albany, a family ride on car free parkways, tech advice plus food, raffles and vendors!!! More details are available on page 17.

Save the Date in June

Natural Living Expo

There will be a natural living show at the Altamont Fairgrounds on June 2 and 3rd. Gates will open at 10 am with electronics recycling at the event. See page 19 for some details or visit: http://www.naturallivinghow.com/index.html

Consignment Sale

Capital Consignments is holding its spring sale on June 16 and 17. The family sale will consist of clothing, toys, décor, bedding and more. Check out more at: http://www.capitalconsignments.com/
Opportunities

As a continuing feature, we are bringing you listings for sustainability-related jobs both in and out of the area, internships, scholarships and other professional development opportunities.

Fellowships

NET IMPACT
Net Impact is looking for some bright and enthusiastic recent grads or current students to help change the way people think about the work they do. As a fellow, you’ll gain hands-on work experience; develop critical business and communication skills you can’t learn in school; launch a career in socially responsible and sustainable business, nonprofit management, or social entrepreneurship; and build a network of professional contacts in a range of sectors and industries.

To Apply
Submit a resume and cover letter explaining your interests and qualifications to hire@netimpact.org. Your name and the fellowship you're applying for should be in the subject line of your email; if you're applying for multiple fellowships, please rank your order of preference in your email.

Timeframe: Varies
Hours: Varies, both part-time and full-time
Compensation: Unpaid
Find out more at: http://netimpact.org/about/employment/net-impact-fellowships/#Publications

ST. JOHN’S UNIVERSITY SUSTAINABILITY FELLOW
The Office of Sustainability at St. John's University invites applications for the position of Sustainability Fellow. This position is responsible for assisting the Saint John’s University Sustainable Campus Committee (SCC) in their charges to implement the American College and University Presidents' Climate Commitment (ACUPCC) and advance other campus sustainability goals. The fellow will work with the senior sustainability fellow, both of whom will report to the Sustainable Campus Committee and the SJU Vice President for Finance and Administration.

The SCC is charged with developing and implementing a plan to bring each campus to carbon-neutrality by 2035. The fellow holds a responsibility for advising the committee on sustainable campus operations, including energy, transportation, waste and recycling, water, transportation, food, purchasing, and all other aspects of campus operations.

This is a full-time (40 hr/week) position limited to 24 months from the date of initial appointment beginning early summer 2012.

Bachelor of Arts or Sciences required, preferably in environmental studies, natural science, economics, engineering, or related field. Familiarity with greenhouse gas audits and/or campus sustainability issues is desirable.

APPLICATION PROCESS: Applications are accepted online. You will be asked to complete an application form and attach a cover letter and resume. https://employment.csbsju.edu/applicants/jsp/shared/position/JobDetails_css.jsp?postingId=137839

Over 100 current local, green job postings on Green Guru Network. Check out: http://greengurunetwork.com/resources/jobs.html
Opportunities (con’t)

Fellowships

YALE OFFICE OF SUSTAINABILITY SUMMER 2012 SUSTAINABILITY FELLOWSHIP
The Yale Office of Sustainability seeks candidates for two Sustainability Fellow positions in the summer of 2012. These posts are designed to provide hands-on experience to current students or recent graduates with an interest in campus engagement in sustainability. The selected candidates will be offered hands-on, project-based assignments.

Tasks may include:
- Writing and editing website and other outreach materials
- Enhancing the Yale Sustainability social networking profile
- Developing and testing community engagement tools
- Creating video and other multimedia materials
- Supporting the development and implementation of sustainability strategies around campus
- Helping to enhance the Global Climate Coalition, which will have hosted an event at the Earth Summit in Rio in June, by fostering dialogue between participating groups and drafting website content

The 2012 Summer Sustainability Fellows will join the Office of Sustainability’s summer team of current and international students in support of these initiatives. Specific projects will be assigned to the Fellow based on interests and experience as well as the overall composition of the summer team.

Qualifications:
This position is open to: current college students and recent graduates who have been out of school for two years or less; students between their first and second year of a master’s degree; or a recent graduate of a master’s degree program. We welcome Yale and non-Yale candidates.
Candidates must demonstrate solid research and writing skills, a strong grasp of sustainability terms and concepts, the ability to work independently, exceptional organizational skills, the ability to communicate his/her own ideas and proven leadership experience.

This position is paid and will provide the ambitious candidate with the opportunity to develop skills which will enable him/her to be an effective sustainability leader.

Date of Fellowship: May – August (dates negotiable)
Hours per week: 40
Stipend: hourly rate based on experience
Please send resume and letter of interest to sustainability@yale.edu no later than May 2.

OBERLIN COLLEGE SUSTAINABLE TECHNOLOGY RESEARCH FELLOW

The Environmental Studies Program at Oberlin College invites applications for the position of Sustainable Technology Research Fellow. This is a full time, one-year position (renewal for additional years contingent on grant funding), beginning as soon as a suitable applicant can be hired, reporting to the Director of the Environmental Studies Program.

Responsibilities: The successful candidate will assist in the development and management of a novel technological system of building and bioregional “dashboards” and other devices that provide city and college residents with environmentally and socially contextualized real-time feedback on electricity and water flows through college, residential and commercial buildings and through the City of Oberlin.

More information on the project can be found at: www.oberlindashboard.org.

Requirements: We seek an individual with a bachelor’s degree or equivalent combination of education and work experience, with advanced computer skills and leadership potential and strong organizational skills who is excited by the opportunity to develop and manage novel technology designed to motivate and empower citizens to take care of the environment. Reliability, creativity, ability to independently trouble shoot and solve technical problems and to collaborate as a team member.

Desired Qualifications: General hardware and software problem solving skills and experience; scripting (e.g. php); database management (SQL); system administration and system management experience; web design (HTML, XML); project management. It is not essential that applicants have all of these skills and experiences, but we are looking for someone who has the demonstrated ability to learn and teach themselves new skills as needs arise.

Compensation: Within the range established for this position, salary is commensurate with qualifications and experience and includes an excellent benefits package.

To Apply: Applicants should submit a résumé, along with a cover letter describing qualifications and interest in the position and contact information for at least three references to: Dr. John Petersen, Director of Environmental Studies Program, Oberlin College, 122 Elm Street, Oberlin, OH 44074, or john.petersen@oberlin.edu by May 1, 2012. Review of applications will start immediately and continue until the position is filled.

Application Due Date: May 01, 2012

Department: Environmental Studies
Recap of Semester Events

Here is a list of our remaining events sponsored by the Office of Environmental Sustainability and/or the UAlbany Students for Sustainability this semester:

- Earth and Wellness Day—April 19, 11 am to 2 pm
  Campus Center, see p. 12 and 13
- Earth Love 101—April 19, 6 pm CC Ballroom
- Student Conference—April 28, 10 am to 4 pm
  Standish Room, Science Library
- Shredding Day—May 4, various locations, see p.14
- Give and Go—May 16 to 18, 10 am to 4 pm, all
  quads and apartments, see p. 16

If you would like to help with any of these, email us at gogreen@albany.edu, contact us on Facebook or come to either a council (students) or coordinator’s (faculty/staff) meeting.

Did You Know? That you can help the sustainability office put on its programs by contributing to UAlbany fund and designating the “Office of Environmental Sustainability” as the recipient. For details on how to give, go to:
http://www.albany.edu/giving/ways_of_giving.shtml

Get Involved

There are three main ways people can become actively involved in the efforts here:

Students can join the **Sustainability Council**. This meets each Friday at 4 pm, usually in University Hall room 306.

Faculty and staff can join the **Sustainability Coordinators** program. This meets on the first Tuesday of each month during the academic year, in University Hall room 306.

Faculty can take part in our special forums and join the **THINKGREEN** listserv.

If you are interested in any of these, email our office at gogreen@albany.edu

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**Newsletter Contributor:**
Jackie Mirandola Mullen

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**Office of Environmental Sustainability**

**Contact info:**
University Hall 212

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Albany, NY 12222

**Phone:** (518) 956-8120  
**Fax:** (518) 956-8121

**E-mail:**
gogreen@albany.edu

**Web Site:**
www.albany.edu/gogreen

**Director:** Mary Ellen Mallia
mmallia@albany.edu

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**UAlbany Green Scene**

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**UAGreenScene**
**Eat Smart, Live Green**

**April 19, 2012**
**11:00 am-2:00 pm**
**Campus Center**

**Ballroom:** Health & Wellness Fair  
Farmer’s Market  
Presentations and Demos  
Recipe Swap  
Free Refreshments

**Assembly Hall:** Clothing Exchange  
**Small Fountain:** Student Fair

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**Demonstration Schedule:**

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<td>1:15</td>
<td>Announcement of Recyclemania contest winners</td>
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**Take Control of Your Personal Health!**

Smoking Cessation  
Blood Pressure Checks  
Pulmonary Screenings  
Sleep Disorder Info

**Fireside Lounge**  
8:30-1:30 pm

Sponsored by:

[EAP](http://www.albany.edu/eap)  
[www.albany.edu/gogreen](http://www.albany.edu/gogreen)
The Health Zone

THURSDAY, APRIL 19
8:30 AM - 1:30 PM
FIRESIDE LOUNGE
CAMPUS CENTER

*FREE Blood Pressure Checks
*FREE Pulmonary Screenings
*FREE Hearing Screenings
*Additional Health Information for Your Well-Being
No appointment necessary!

Cholesterol Lipid & Glucose Screening**

12 Hour Fasting Optional

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<tbody>
<tr>
<td>General Fee</td>
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<tr>
<td>UUP Member</td>
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<td>CSEA Member</td>
<td>$3.00</td>
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**Provided by St. Peter’s Hospital Cardiac & Vascular Center

FOR INFORMATION, CONTACT BRENDA SECKERSON, EAP COORDINATOR
442-5483
BSECKERSON@ALBANY.EDU

Thanks to a $6.00 donation from CSEA, a $5.00 donation from UUP, and a $5.00 contribution from EAP, the $14.00 cholesterol and glucose screening fee has been reduced.
Those Old Files Must GO!!!
Friday, May 4 is UAlbany’s Document Shredding Day
For Students, Faculty, and Staff

Help prevent identity theft and support our “go green” efforts at the same time! Gather your old UAlbany materials and personal documents and bring them to a drop-off site to shred for FREE!

Last year, we collected 7.5 tons of paper, equivalent to planting 127 trees. Let’s top it! All shredded paper will be recycled by Pro-Shred Security.

(Certificate of Destruction provided to EAP by ProShred).

Materials okay to shred:
- Paper/Cardstock
- Manila folders
- Paper clips
- Stapled paper
- Checkbooks

Cannot be shredded:
- Plastic ring binders
- CD’s
- Metal binder clips

For more information, contact:

Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
442-8483

Mary Ellen Mallia
Director of Environmental Sustainability
mmallia@albany.edu
956-8120

For more information on how long to keep personal documents, go to www.consumerreports.org and enter the search “how long to keep documents”
Recycle for a CURE!
Saturday • April, 21 2012
9 a.m. - 2 p.m. • Gold’s Gym Latham

Bring in your household recyclable items
Remove junk • Help the American Diabetes Association!

$10 per carload benefits the ADA
Volunteers are on hand to unload your car!

ACCEPTABLE ITEMS:
Computers • Auto batteries • Cell phones • Grills • Kitchen appliances
Printers/Copiers/Faxes • Ink cartridges • AND MUCH MORE!

VISIT www.diabetes.org/recycle
for the complete list

Scan this code for more information.
Give & GO.

Turning trash into cash for nonprofits

When you move out, don’t throw out your unwanted items that are still in good condition. Give it away for someone else to use by donating them to the Give & Go instead!

We're collecting:

Furniture
Working appliances
Working electronics
Non perishable food
Household items

When???
May 16-18
10 am- 4pm

Where???
All residential locations—Look for the specially marked collection bins and POD units

Interested in helping us? Contact the Office of Environmental Sustainability at gogreen@albany.edu

Funding provided by: UAlbany
2nd Annual

BIKE Expo

2012

Creating a bicycle/pedestrian-friendly community

Sunday, May 6th • 10 AM - 4 PM
Washington Park Lakehouse

Rides • Raffles • Prizes • Vendors

- Family ride on car-free park roadways
  led by a League of American Bicyclists Instructor
- In-city guided tour of Albany’s bicycle amenities
- Bicycle groups & shops with free tech advice
- Food and beverage vendors
- Advocacy organizations – climate change, bicycling, and urban living

New York
Bicycling Coalition

For Contact Information: 518-225-4209

Free Event ~ All Welcome
ALL NIGHT LONG FOR $35

Reserve and keep any car overnight and save!

- no fees to join
- 24/7 self-service
- green vehicles
- on your campus

For the month of April, you can reserve and keep a car all night for only $35! This offer is valid from April 2-30, 2012. This rate is available for vehicle rentals kept between 7PM and 9AM (Monday–Thursday) at any University campus where Hertz On Demand is available. Need more time? Pick it up earlier or keep it later and still receive the $35 rate plus an additional charge based on the standard rate for the extra time. Terms and conditions apply*

*Offer valid through 4/30/12 at any University campus where Hertz On Demand is available. Qualifying rentals will have the rate adjusted to reflect the promotional rate if vehicle is picked up and dropped off between the promotional offer times. Any hours prior to or after the promotional rate times will be charged at standard quoted rates.
SAVE THE DATE

Natural Living Show
Local Sustainable Living

Join us June 2 - 3, 2012
The Altamont Fair Grounds

Home  Eco  Health  Food
Transportation  Art  Energy  Homesteading

Exhibit at the Natural Living Show and promote your business to thousands of targeted attendees. * Exhibitors will reach customers interested in Eco-Friendly and Sustainable products and services. *Exhibitors will increase sales and market their business to a growing, educated and strong customer base.

Call/ email/ website Today!!

* 518-477-8044 * Annette@naturallivingshow.com *
* Naturallivingshow.com *