

# Green Guide

Produced by the  
Whitman College Campus Climate Challenge Student Club

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## *Electronics* AND SAVING ELECTRICITY

### WHAT YOU CAN DO:

**Use school equipment:** You don't need to bring a computer to Whitman, or a printer. We have extensive computer resources (3 computer labs and 3 floors of computer kiosks in the library), laptops you can check out in the library, and free printing. *Using resources already available is the greenest thing you can do.*

**Turn off the monitor when your computer is not in use:** More than *half* of the energy used by the computer goes to the monitor!

**Turn off *any* equipment when it is not in use:** Even machines on standby use up to 30 watts of electricity.

**Eliminate loss of phantom power:** Plug your laptop, stereo, cell phone charger, and any other appliances into a power bar or strip. When turning off the appliances, turn off the bar or unplug the appliance cord too, so they won't be drawing "phantom power" while you're not using them.

**Turn off lights when you leave the room:** This may seem obvious, but it is easy to step down the hall and not come back to your room for several hours. Get in the habit of turning off ALL lights every time you leave your room.

**Printing can be the most energy-intensive step:** If you have the choice, avoid using a laser printer for draft-quality printouts. Print only pages you *need*, and *always* print on both sides (most teachers approve of paper-saving. Also, most school computers are set to double-sided printing, but check "printing preferences" to make sure. Contrary to popular belief, it IS possible — and easy — to print double-sided on MacBooks: go to "Layout and Copies"). Edit documents on-screen to



save unnecessary printing (Use track changes in Word or Google Docs). Re-use paper, and print on the unused side. Also, keep discarded pages for jotting notes. Or place one-sided paper in the boxes around campus to give to the Paper Campaign for their popular recycled notebooks (available for purchase in the Bookstore at certain times of the year)!

**Study in the library:** The lights are *on 24/7*, so use the electricity there instead of draining it from somewhere else.

**Recycle your electronics:** Participate in the Whitman E-recycling program so that your old electronics (and the toxins they contain) do not end up in land-fills.

**IF YOU HAVE TO BUY NEW:**

**Buying a new computer?** Consider whether a laptop could meet your needs. Laptops use 10 percent or less of the electricity consumed by typical desktop computers. When buying a laptop, look for systems comprised completely of 3.3-volt components (processor, memory and LCD). These systems use 40 to 50 percent less energy than 5.0-volt systems, and are generally equipped with a lighter battery.

**Looking for a printer?** Choose an inkjet, as it consumes 90 percent less energy than a laser printer, and permits the re-use of paper. If you are buying a laser printer, look for one with an energy-saver feature, which reduces energy use when idle by more than 65 percent. Even when idle, laser printers consume between 30 and 35 percent of their peak power requirements. Visit <http://www.thegreenguide.com/blog/lighten-up/793> for more information.

**Fluorescent light bulbs** are the most energy efficient option, and now come in attractive hues at reasonable prices.

**PCs with EPAs Energy Star 4 label** are the most energy efficient option. (Products that earn the ENERGY STAR meet strict energy efficiency guidelines set by the US Environmental Protection Agency and the Department of Energy.) Find a list of **Energy Star approved laptops** at: [www.energystar.gov/ia/products/prod\\_list/computers\\_prod\\_list.xls](http://www.energystar.gov/ia/products/prod_list/computers_prod_list.xls)

As of Jan. 2008 there is an **Energy Star label TV**: LCD screen, under 40 inches, low active mode power use. However, there is absolutely no need to have a TV in the dorms — not only will you be too busy to watch it, but there are TV's in the lounges of every dorm.

Figure out what type of **DVD player** is approved by Energy Star and what qualities to look for: [http://www.energystar.gov/index.cfm?fuseaction=find\\_a\\_product.showProductGroup&pgw\\_code=DP](http://www.energystar.gov/index.cfm?fuseaction=find_a_product.showProductGroup&pgw_code=DP)

**WHERE TO BUY NEW:**

**Locate stores near you with ENERGY STAR labels:**

[http://www.energystar.gov/index.cfm?fuseaction=store.store\\_locator](http://www.energystar.gov/index.cfm?fuseaction=store.store_locator)

Popular stores known to carry labeled products: Costco, Sams Club, Best Buy, Sears

**In Walla Walla 99362:**

**Radio Shack**

420 N Wilbur STE 111

**Sells:** Audio and DVD Products, Phones and Answering Machines, TV, VCRs, Combination units, Home Audio

**Derby Appliances**

102 E. Main

509-529-2983

**Sells:** Clothes Washers, Dishwashers, Refrigerators, and Freezers, Room Air Conditioners

**Lumbermens**

508 Wellington Ave.

P.O. Box 1228

509-525-4000

**Sells:** Light Fixtures, Window Components, Windows, Doors and Skylights, CFL Bulbs

**Northwest Grain Growers Inc.**

850 North Fourth Ave.

509-525-6510

**Sells:** Light Fixtures, Programmable Thermostats, CFL Bulbs, Ceiling Fans

**Shopko**

1600 W Rose St.

**Sells:** Light bulbs, Power strips

**K-Mart**

2200 E Isaacs

**Sells:** Light Bulbs, Power Strips

## *Green* HYGIENE

### **WHAT YOU CAN DO:**

**Turn off water.** When you are brushing your teeth, as you soap your hands, and as you go to grab you face wash, turn off your water! Also, try to reduce or eliminate the amount of time you spend waiting for water to heat up.

**Keep it cool.** You do not have to be cold, but don't allow sinks or showers to run hot as you are waiting for them to warm up.

**Match washing machine settings** to the size of your load.

**Use Cold settings as much as possible.** For most washing applications, warm wash and cold rinse are just as effective as hot wash and warm rinse. As much as 90% of the energy used by your washing machine is used to heat the water. Exclusively cold settings will do the trick just as well.

**Avoid using too much detergent:** Over-sudsing makes your machine use more energy.

**Use a clothesline or indoor drying rack.** It saves energy and reduces fabric wear on your garments. Ask your Resident Director (RD) to purchase a used rack or set up a line for the dorm community's use (some dorms already have them). The sun is free and very effective, and clothes indoors dry in less than a day hanging!

**Don't overload dryer.** Clothes should dry in 40 minutes to one hour.

**Clean the lint screen after each use.** Lint build-up greatly reduces efficiency.

**Choose a 'perma-press' (cool-down) cycle.** No heat is supplied in the last few minutes, but drying continues as cool air is blown through the tumbling clothes.

**Dry multiple loads back to back.** Since the dryer takes time and energy to warm up to drying temperature, stop-and-start drying uses more energy.

**Menstrual products.** Every semester the Women's Resource Lounge puts on workshops about non-disposable, cheap, healthy, and environmentally friendly menstrual products.

**HYGIENE PRODUCTS** (a brief and incomplete list to get you started):

**Laundry**

- Soapnuts
- Dr. Bronner's
- Ecover
- Seventh Generation

**Miscellaneous**

- Burt's Bees Orange Facial Cleanser
- Avalon Organics Facial Cleansing Milk
- Castile soap
- Dr. Bronner's

**Shampoo**

- Seventh Generation
- Soapnuts
- Dr. Bronner's
- Nature's Gate

Check out [www.gogreen.celande.co.uk](http://www.gogreen.celande.co.uk) for more options.

For all products, make sure you are buying from a company that *actually* practices green and sustainable business, not one involved in **green washing**. Check out <http://www.greenwashingindex.com/>

*Green*

**DECORATING**

**Decorate with plants.** They freshen the air, are attractive and calming, and many require little to no maintenance. Watch the students listserve for plant sales; there is one every fall. Tip: Lucky Jade Plants never die.

**Hanging cloths or curtains in front of your windows** can help keep your room cool instead of keeping a fan on all the time.

**Cotton is a more renewable resource than paper**, so use cloth to decorate your room and cover your bulletin boards. You can usually find some good pieces at the thrift stores in Walla Walla, or buy something fancy at the Poster Sale. Tapestries are classy.

**THRIFT STORES:**

**Blue Mountain Humane Society**  
207 E Main Street

**Good Will Industries**  
217 E Alder

## *Bedding* AND LINEN

### WHAT YOU CAN DO:

**Reuse:** Bring towels and blankets from home. Most people aren't lucky enough to already have a pair of extra-long twin sheets, but if you do or an older sibling does, consider reusing them (or buy a pair secondhand).

### IF YOU HAVE TO BUY NEW:

**Go organic.** Conventionally-grown cotton is a highly pesticide-intensive crop. The labels natural and green have no set standards, whereas organic and fair trade are certified. Most big-box stores carry at least one type of organic cotton sheets and towels: Target, Linens n Things, Kohls, Bed Bath & Beyond (but not JCPenney). You can also find a list of online retailers at [www.thegreenguide.com/products](http://www.thegreenguide.com/products) or [www.theorganicpages.com](http://www.theorganicpages.com).

## TRANSPORTATION

**No car, bring a bike.** There is no need to bring your car. Everything you will need here is in biking distance and we have a student run, Whitman bike shop that will take care of any maintenance you may need throughout the year.

**The Walla Walla bus system** is reliable and cheap. You can use it if you ever have to go across town.

## *Green Food* AND CONSCIOUS CONSUMERISM

### WHAT YOU CAN DO:

**Support Bon Appétit!** We are really lucky to have such an environmentally minded food service. Choose their local, farm to fork, low carbon, organic, fair trade, vegetarian or vegan products to increase demand (and thus, availability) of these items! Bring a set of dishes from home to use if you want to take food out of the dining hall (because otherwise dishes disappear and Bon Appétit has to put out paper products, bad for us, them, and the environment). Find out more about Bon Appétit's principles at <http://www.bamco.com/website/home.html>

**Bring a reusable water bottle.** Use bottles like Nalgene, Klean Kanteen, or similar products instead of buying bottled water! (However, be aware plastic bottle use (including Nalgene plastic) has recently been linked to serious health problems. Stainless steel bottles are a durable, safe, and sexy option.) The water quality around Walla Walla is really good (we get our water from Mill Creek high up in the watershed, with no pollutants above the town's water diversion). George Bridges doesn't use bottled water, so you shouldn't either! It's simply a socially, environmentally, and ethically unconscious decision to constantly purchase what is often a lesser-quality and unnecessary product that has such an unpardonably large carbon footprint (even if you recycle, the fossil fuel use in production and shipping is significant).

**Bring your own bags.** Eventually, most people go to the grocery store at some point for various items bring them home in your own reusable cloth bag or a backpack! Americans use more than one million paper bags an hour and more than 60,000 plastic bags every 5 seconds! (See Running the Number Exhibit at <http://www.chrisjordan.com/>)

**Recycle.** There are recycling bins located conveniently around campus and in the dorms. The Outhouse (Environmental Interest House) collects recycling every weekend. Make sure your plastic, aluminum, cardboard, and glass gets to them!

**Avoid packaging.**

**Participate in the Whitman Composting Program.** Start a composting bin in your dorm section!

**Use the communal refrigerator:** *You don't have to rent or buy your own mini fridge for your room, dorms have communal fridges.* Also, mini-fridges make an irritating continuous sound, and take up precious space in your room.

**WHERE TO BUY:**

**Whitman Organic Garden**

(Corner of Pacific and Penrose, by the Physical Plant)

You don't actually have to buy anything here! Pick weeds in exchange for food grown by your fellow students! Or, participate in planning, planting, and maintaining the garden during open garden hours.

## **Farmers Market**

Corner of 4th and Main

Saturday and Sunday 9am 1pm

May 5th October 28

**Sells:** Fresh, local foods and hand made arts — a popular weekend diversion while the season lasts.

## **Welcome Table Farm, local CSA**

(509)529-0772

756 Mill Creek Road, just off of the Mill Creek bike path

Buy a share of produce to get fresh veggies throughout the summer and fall, or volunteer there on Fridays and bring home some yummy food! They also sell food at the Farmers Market.

## **Daily Market Cooperative**

(509)529-7348: 508 E Main Street: Open Monday-Friday 1-5pm

Daily Market Cooperative is a member-owned grocery store that increases the Walla Walla Valleys access to local, healthy, and sustainable products. Currently located very close to campus, the coop was started and continues to be run by old Whitties! Become a member by joining the buying club or shop at their store for healthy, local products.

There is also a new **2008 Walla Walla Valley Farm Map** that shows when local foods are in season and where to get products from meat to veggies to flowers to honey! Pick it up at either the Farmers Market or the Daily Coop.

In addition to these easy actions, we invite you to become active in Whitman's environmentally-concerned community. There are endless opportunities for activism at any level and interest — from Climate Change to recycling, gardening, Green-Collar jobs, outdoor youth programs, and policy change.

**WELCOME TO WHITMAN,  
WE CAN'T WAIT TO MEET YOU!**

*The recommendations expressed in this guide are those of the Campus Climate Challenge Club. Reference herein to any specific businesses or vendors does not necessarily constitute or imply endorsement, recommendation, or favoring by the College.*

