

WSU Green Living Guide

BE CRIMSON.
GO GREEN.



Brought to you by:
Washington State University
Environmental Wellbeing
&
ERSP490 Students
Alicia Skreen and Pawel Szafruga





TABLE OF CONTENTS

INTRODUCTION ...2
ENERGY CONSERVATION...3
WATER CONSERVATION...5
THE THREE **R**'S...7
RECYCLING...8
GREEN SPACES...10
GREEN PURCHASING...12
CONTACT INFORMATION...14



Introduction

This guide was created in collaboration with ESRP490 Environmental Management Systems and Sustainability course and the Wellbeing Program at Washington State University. It is intended to support the Washington State University community in making decisions and changing habits that will support the values of Be Crimson Go Green.

This guide offers simple, easy, and effortless ways to change daily habits in order to reduce consumption of energy, water, and material goods. The guide covers local information about green spaces, businesses, and specifics about recycling in the Palouse. We hope the guide connects the campus community, residents, and alumni to the information and organizations needed to help facilitate successful change.

This publication is only offered on-line in order to reduce the use of resources. Our hope is for the Green Living Guide to initiate or support your values regarding the environment and how to live sustainably.

Keep it green for future cougars and spread the word.

Special Thanks to:

- Alicia Skreen and Pawel Szafruga for pulling together the pertinent information for the guide
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ENERGY CONSERVATION TIPS

Conservation is a state of harmony between men and land.

~Aldo Leopold, *A Sand County Almanac*, 1949

- Turn off the lights when you leave the room.
- Make sure to turn your computer off at night. During the day when it is not in use, turn it to sleep mode instead of screen saver.
- Unplug chargers, TVs, and any other electronic devices in your room at night or when not in use. **“Phantom electronics” are electronic devices that use electricity even when you’re not using them!**
- Charge cell phones, iPods, laptops, etc. during the day and not at night. These devices really only need two hours to charge.
- Plug appliances into a power strip that can be easily switched off to avoid phantom energy from sucking unnecessary energy at night or when not in use.
- Make sure your windows are shut tightly to avoid loss of heat in the winter and to avoid the air conditioning from turning on in the summer.
- Use Compact Fluorescent Lighting (CFL) as much as possible. **Change out old bulbs with CFL’s. If possible, use a smaller task lamp for lighting instead of high energy consuming overhead lights. You can now recycle CFL’s through Pullman Recycling!**
- Keep your refrigerator door closed tightly. To check if it closes securely, close a dollar bill in the door and if it is easy to get out, you need to [repair your door seal](#). When getting food from the fridge, try to open the door as few times as possible, get everything out at once. Make sure your fridge is not turned down too low. The ideal temperature is 41 degrees F.
- To conserve fuel, utilize Public Transportation, ride a bicycle, and look forward to the Green Bike Program coming to the WSU campus that will allow you to rent a bike whenever you need one.
 - [Pullman Transit](#)
 - [Wheatland Express](#)



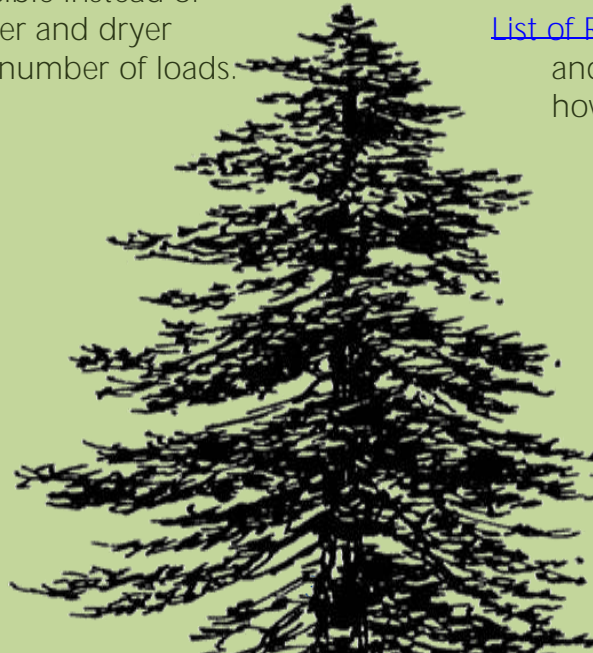
ENERGY CONSERVATION TIPS (CONTINUED)

- In the winter, open curtains to allow sunlight to warm your room. In the summer, close curtains to keep your room cool and to prevent the air-conditioning from running too much.
- If you get cold, try putting on more clothes or using a blanket as an alternative to turning up the heat. Do not use space heaters; one space heater takes as much electricity as running 12 computers.
- When washing clothes, use cold cycles as much as possible to cut electricity from heating water. Hang your clothes to dry as often as possible instead of using the dryer. Only run the washer and dryer with full loads to cut down on the number of loads.

TAKE ADVANTAGE OF SERVICES PROVIDED BY AVISTA UTILITIES

- [“Every Little Bit”](#) program by Avista
- Energy saving tips, including:
 - “No-Cost Energy Saving Tips,”
 - “Do-It-Yourself Energy Saving Tips,” and
 - “Contractor-Assisted Energy Saving Tips.”
 - [For Complete Information](#)

[List of Rebates and Incentives](#) for home owners and landlords. Let your landlord know today how they can save money!



WATER CONSERVATION TIPS

We never know the worth of water till the well is dry.

~Thomas Fuller, *Gnomologia*, 1732

- Get a low flow shower head to replace a conventional one. It only takes a few minutes to install and only costs a few dollars to purchase.
- Time your showers and cut a minute or two off your shower time. Conventional shower heads use 5 gallons of water per minute!
- Combine loads of laundry as much as possible and only run the washer when you have a full load. If you have access to a High Efficiency washer, try using that as an alternative to Laundromats.
- Use selective flushing - **“if it’s yellow, let it mellow.”** This seems crude, but you can save a lot of water by not flushing every time you pee. Older toilets use 3 gallons per flush!
- Eat less meat – 1,500 gallons of water are used to **produce just one pound of beef. This doesn’t mean** that you have to become a vegetarian, just eat less beef! Supplement your diet with greens and fruits.
- Only run the dishwasher with full loads. Make sure both the top rack and bottom rack are full. If you hand wash your dishes, only run water when rinsing, and turn the water pressure down.
- **Don’t let the faucet run when you brush your teeth.** Doing that wastes 4 gallons of water per brush!
- **Don’t put tissues, paper towels, sanitary products,** or cigarettes down the toilet. They contaminate our water ways and are hard to separate at the waste water treatment plant.
- Maintain all faucets and regularly check and repair any leaks. A leaky faucet that drips just one time every three seconds can waste up to a gallon of water a day
- Fill plastic bottle with water and put in toilet tank. This reduces the amount of water used per flush.
- Keep a pitcher of water in the refrigerator to keep from running the tap and waiting for cooler water.

WATER CONSERVATION TIPS

- Use the water meter to see if you have leaks. Check before a two hour period of NO water use, at the end of two hours if the number is different, you have a leak.
- Start [composting](#) instead of sending unwanted food and scraps down the kitchen sink garbage disposal.
- Contact the City of Pullman about possible rebates for installing low-flush toilets, and other incentives for saving water. 509 338 3239
- If you see any leaks on campus call Facility Operations immediately at (509)335-9000
- Insulate or ask your landlord to insulate the water heater and pipes. This will also save some energy that is used to heat the water
- Collect rain water and use it to water your lawn, garden, or household plants.
- Water lawns and landscaping in the morning to avoid evaporation as well as fungus growth and pests
- Plant native drought resistant plants for outdoor landscaping.
- Try not to use the hose to wash down the drive way and sidewalk. Use a broom and save gallons of water.

THE THREE R'S

The three R's are essential when creating or living by your sustainability values. As recycling is VERY important, reducing and reusing are first in the equation for a reason.

REDUCE

United States citizens make up roughly 5% of the world's population and use 24% of the world's resources.

The average person in the US uses approximately 159 gallons of water per day. More than half the world only uses around 25 gallons a day.

Every five minutes in the United States, 2 million plastic bottles are being discarded.

For more information about why reducing our consumption is important visit:

- The [Story of Stuff](#)
- [Running the Numbers](#)

REUSE

DONATING ITEMS

Do you have some things you don't use but still has life left in it? DONATE IT!

Reusing items helps the environment and people in need.

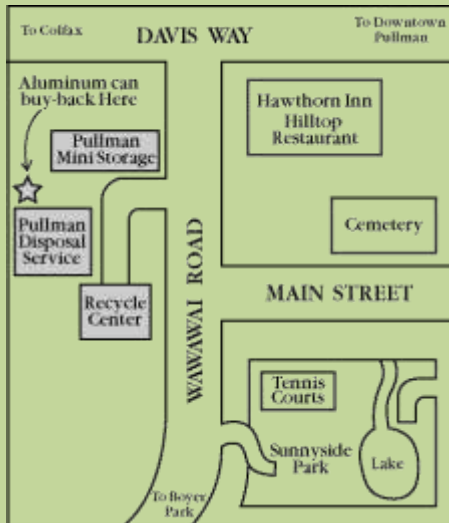
"[Move Out – Pitch In](#)" program allows you to drop off furniture and household goods when you move out. Look for drop off locations at the end of each semester.

There are a number of second hand and thrift stores in the Palouse area. Pullman offers Palouse Treasures and Lilly B's Consignment Shoppe. Moscow has a Salvation Army and Goodwill Store.

RECYCLING OFF CAMPUS

Students living off campus can recycle too!

- If you live in an apartment check with your landlord about recycling procedures. If there is none, drop off your recycling at the Pullman Recycling Center
- Private residences should contact Pullman Disposal about curbside recycling, or drop off your recycling at their Recycling Center.
- Moscow also has a recycling center, for more info on the Moscow Recycling Center [click here](#).
- [Click here](#) for information about Pullman Disposal and their recycling program. (See map below for directions to Pullman Disposal recycling center.)



RECYCLING ON CAMPUS

- Single Stream or Co-mingled recycling is currently implemented at WSU. This is cheaper and easier and requires little sorting.
- This allows you to place most of your **recyclables into one “co-mingled”** container. (DO NOT separate into plastic bags)
- Glass, large amounts of cardboard and aluminum cans will be collected separately. Please rinse containers thoroughly!
- Help the compost facilities too! Please sort and dispose properly of plates and silverware at the dining centers!
- It only takes a small amount of effort and the environmental benefit is great, so please recycle!

Recycling On Campus Continued...

ITEMS ACCEPTED:

PAPER

- Mixed waste paper, magazines, catalogs, newspapers (including glossy ads), telephone books and junk mail (envelopes with plastic windows are accepted).

CARDBOARD

- Cereal & other dry food boxes (remove waxed liner), paper bags & sacks, frozen food boxes, place shredded paper and gift wrap into a paper bag.

METALS

- CLEAN aluminum cans, soda cans, tin cans, aluminum foil and pots & pans.

PLASTICS

- Dairy tubs (such as butter, cottage cheese, sour cream), yogurt cups, plastic jugs (such as milk, detergent, and fabric softener), plastic jars (such as peanut butter containers), and plastic bottles (such as water, soda, shampoo).*

ITEMS NOT ACCEPTED:

STYROFOAM PRODUCTS

- Styrofoam cups & fast food containers, and packing peanuts & blocks.

HOUSEHOLD ITEMS

- Ceramic plates & cups, dishes & china, plates, window & mirror glass, light bulbs, wire & clothes hangers, batteries, tires, food waste and garbage.

CONTAINERS THAT HELD TOXIC MATERIALS

(ANY CONTAINER WITH A WARNING OR CAUTION LABEL)

- Automotive product containers (gas, oil, antifreeze, etc), garden products (such as fertilizers or pesticides), aerosol cans, cleaning product containers, and paint or stain containers.

***CHECK THE NECK! An acceptable plastic bottle has an opening that's smaller than the base.

GREEN SPACES IN PULLMAN WA

Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books.

~Sir John Lubbock

- Visit [Pullman Trails and Paths map](#)
- McGee Park – 1220 Lybecker Street
 - Off Stadium way (3.04 acres) Land for this park, near W.S.U., was acquired in 1964. McGee Park sports a softball diamond and fenced basketball court for youth. The basketball court was donated by a local family to be enjoyed by the youth of the community. A large picnic shelter **and BBQs are situated near the children's** playground and restroom facilities.
- Spring Street Skate Park – Spring and Pearl
 - (2.75 acre) Located near Reaney park. The park includes a skateboard facility, public restrooms. The park has a trail link to the Bill Chipman Trail. Benches are located along the tranquil Palouse River for patrons to enjoy a quiet moment alone.
- Military Hill Park – Corner of Hall and Larry
 - End of Hall Drive (25 acres) Set on Military Hill overlooking the fields of the Palouse, Military Hill Park is a shared facility with Pullman High School. There are six tennis courts, two baseball **diamonds, one playfield, a children's playground,** picnic shelter, BBQ's, and restroom facilities. Surrounding the park is an extensive exercise trail with a par course
- Kruegel Park – South Street and Dilke Street
 - (7.95 acres) The park has a lovely grove of shade trees that border the spacious picnic shelter and BBQ area. Overlooking two tennis courts is an expansive playground bordered by combine tires. A small football field, little league baseball diamond, soccer field, volleyball standards and restrooms complete the amenities available at this lovely park.
- Lawson Gardens – SE Derby Street
 - Gerald Lawson, a local farmer, donated the land and development funds in 1985 for this beautiful formal garden complex. The garden was dedicated in 1987 to the memory of his first wife, Alice. Oriented around a large reflecting pool and gazebo, seasonal plantings of colorful annuals accent the walkways and grassy area. In 1990 the Pullman Rotary Club donated funds for development of a circular rose garden which was planted in 1991-92 with 600 assorted rose bushes. The perennial Garden was planted along the east side of the garden in 1991 and provides unique and colorful displays year round.

- Sunnyside Park – 147 Cedar and Wawawai Road
 - (25 acres) This expansive park follows the natural terrain of the Palouse. Cradled below grassy knolls are two ponds fed by a waterfall and connected by a babbling creek. Graceful willows dip into the ponds, which are the home to assorted ducks and turtles. In the winter the ponds occasionally freeze over sufficiently to support ice-skating. The south side of the park, previously a nursery, is now used for community gardens, which are available for summer rental through the Parks and Recreation office.
- Reaney Park – 690 Reaney Way
 - (1.64 acres) Reaney Park is the home of the National Lentil Festival and the Reaney Park Concert Series on summer evenings. Our **community's only outdoor pools are located** at the west end of the park and an extensive playground area wraps around the park perimeter.
- TerreviewPark – 325 NW Terreview Drive
 - (3.25 acres) The park includes a picnic shelter, playground, wetland pond area, and public restroom. A new swing set was installed during the summer of 2007 by the City of Pullman with Metro park dollars.
- Woodcraft Park – 675 South Street
 - Nestled in a quiet southeast neighborhood and sheltered by shade trees, Woodcraft park is primarily a peaceful picnic area. The park land was donated to the city in 1946. A two-person swing is on the premises.
- Visit Eastern Washington [State Parks](#)
- Eastern Washington [Wildlife Areas, Refuges, and Parks](#)

Visit the [Outdoor Recreation Center](#) website or in the Holingberry Fieldhouse Annex to find out about available outdoor trips and information on our surrounding wilderness areas.

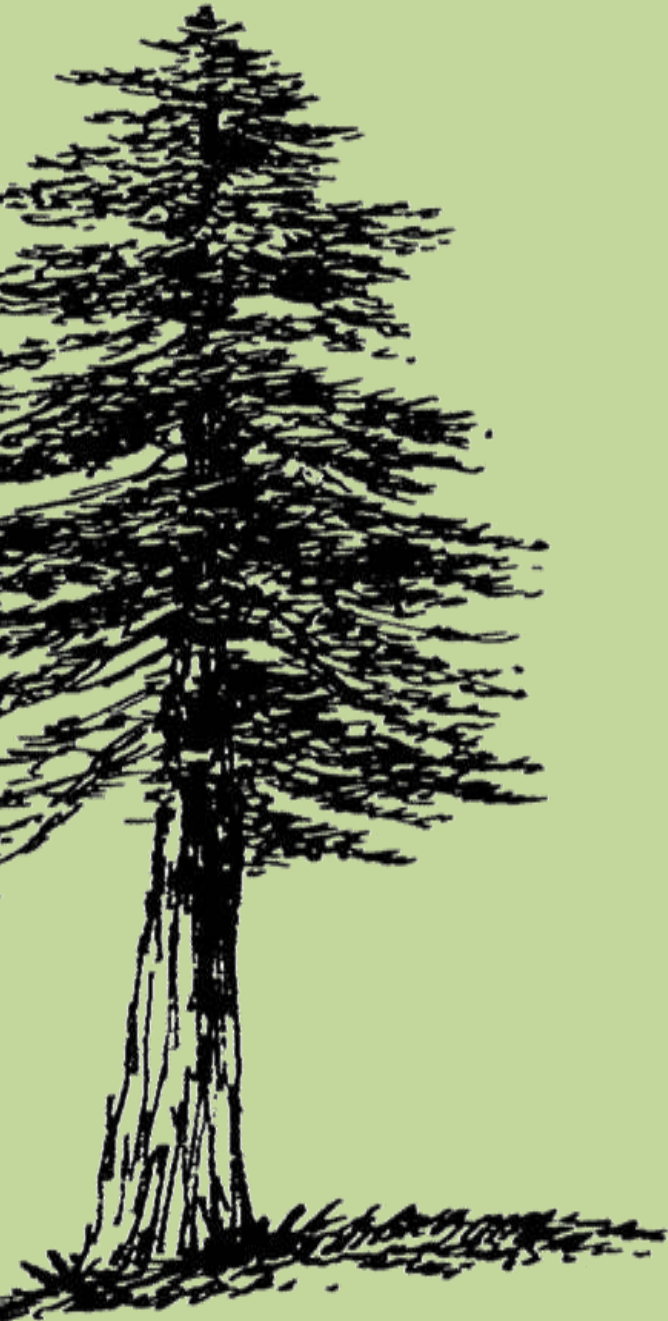
GREEN PURCHASING

We are free to choose our actions, we are not free to choose the consequences of our actions.

~Steven R. Covey

- [Moscow Food Coop](#)
 - 121 East Fifth Street Moscow, ID 83843
 - The Food Coop offers organic foods, bulk food tips, gardening resources, nutrition and supplements, and spices and herbs. With the resources that the Coop offers, it is easy to make the step towards purchasing green foods and more.
- [Farmer's Market](#)
 - Friendship Square in Downtown Moscow
 - May through October, every Saturday from 8am to noon
 - Local farmers, producers and craftspeople offer foods and other products.
- The Goodwill Store
 - 504 South Main Street Moscow, ID 83843
 - Not only can you give your old clothing, furniture, and appliances to Goodwill, but you can also find great items to buy used at a fraction of the price to buy them new. This cuts down on packaging waste, and prevents these used items from going into a landfill.
- [Lilly Bee's Consignment Shop](#)
 - 400 E Main Street, Pullman, WA 99163
 - **At Lilly Bee's Consignment Shop you can find** second hand and used merchandise, clothing, and accessories for resale. Buying used clothing and merchandise is a great way to reduce waste while supporting your communities donation centers
- [The Natural Abode](#)
 - 517 S Main Street Moscow, ID 83843
 - The Natural Abode is a place to find green products and building materials for healthier, greener, and more sustainable living.

GREEN PURCHASING



- Tukey [Organic](#) Farm
 - Located at the junction of Airport Road and Terre View Drive Pullman WA
 - The three acre farm has been certified organic since 2004 and offers fruits and vegetables for sale during the growing season. Visit the website for open hours of operation.
 - Community Supported Agriculture is also available
- Palouse Treasures
 - Is located at 1005 NW Nye Street Pullman, WA: just behind Dissmores Grocery Store
 - Offering used clothing, furniture, and household goods at reasonable prices.
- [Now and Then](#)
 - Located on 321 East Palouse River Drive Moscow, ID
 - Offering new, used, and antique furniture.

Contact Information

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WSU Student Environmental Organizations
can be found [here](#).

WSU Center for Environment Research,
Education and Outreach can be found [here](#).

Visit the WSU [Sustainably](#) page for more
information!

