

 **“GO GREEN”** 
Quarterly email



Did You Know?

energy

You can use less energy, save money, and reduce greenhouse gas emissions by installing compact fluorescent lightbulbs (CFLs) in your home.

- ❖ Energy Star qualified CFLs use up to 75% less energy than incandescent lightbulbs. If every home in America replaced just one incandescent with CFL, in one year it would save enough energy to light more than 3 million homes, more than \$600 million in annual energy costs, and prevent the release of greenhouse gas emissions equal to about 800,000 cars! (energystar.com)
- ❖ **ENERGY STAR Qualified Decorative Light Strings (Christmas Lights!)**, many of which feature LED technology: Consume 75% less energy than conventional incandescent lights strands.
 - Can last up to 10 times longer than traditional incandescent strands.
 - Are cool to the touch, reducing the risk of fire.
 - Do not have moving parts, filaments or glass, so they are much more durable and shock-resistant than other light strings.
 - Are available in a variety of colors, shapes and lengths.
 - Come with a three-year warranty, meaning fewer light string replacements.
 - Are independently tested to meet strict lifetime and electrical requirements.
 - Products labeled for outdoor use are subjected to weathering tests.
 - Some models deliver features such as dimming or color shifting.
- ❖ If all decorative light strings sold in America this year were ENERGY STAR qualified, we would save over 2 billion kWh per year and reduce greenhouse gas emissions equivalent to nearly 300,000 cars!
- ❖ How to clean up and dispose of CFL properly? Click on the link for [Cleanup and Disposal Guidelines](#).
- ❖ Please see www.onebillionbulbs.com/ for a handy energy savings calculator that estimates savings and greenhouse gas reductions by number of light bulbs changed and region.

Did You Know?

water

You can save 30 or more gallons of water per shower by replacing outdated showerheads with new water-efficient showerheads. Read below:

- ❖ Although federal regulations now require that showerhead flow rates do not exceed more than 2.5 gallons per minute at a water pressure of 80 pounds per square inch, most showerhead fixtures installed before 1992 have flow rates of up to 5.5 gallons of water per minute.
- ❖ This means that if you take a 10-minute shower with a pre-1992 showerhead, you are using 55 gallons of water per shower! With a newer 2.5 GPM showerhead, you would use 25 gallons of water. An even more efficient showerhead such as this one - [Low-Flow Showerhead](#) - not only boasts a 1.59 GPM water flow but also reduces water wasted from turning on the shower to heat up. Even changing from a 2.5 GPM showerhead to a 1.59 GPM one would save 9 gallons of water (in the instance of a 10-minute shower.)

Did You Know?

plastic bags

- ❖ High quality reusable shopping bags each have the potential to eliminate an average of 1,000 plastic bags over its lifetime. The bag will pay for itself if your grocery store offers a \$.05 or \$.10 credit per bag for bringing your own bags.
- ❖ According to *The Wall Street Journal*, the U.S. goes through 100 billion plastic shopping bags annually. An estimated 12 million barrels of oil is required to make that many plastic bags.
- ❖ In a landfill, plastic bags take up to 1,000 years to degrade. As litter, they breakdown into tiny bits, contaminating our soil and water.
- ❖ For more information, visit www.reusablebags.com.

Did You Know?


reimbursement

HCS employees can be reimbursed for:

- ❖ Owning a hybrid car: either \$50/mo for gas or one-time payment of \$1,500
- ❖ Walking/biking to work: \$1/mi up to \$50/mo
- ❖ Public transportation: up to \$50/mo
- ❖ Carpool: \$0.25/mi up to \$50/mo
- ❖ 50% cost up to \$500 for energy-efficient light bulbs, windows, solar energy, tankless water heaters etc.

Did You Know?

savings

HCS has saved  by implementing green practices within the company:

	PRIUS	
Before “Go Green”		After “Go Green”
The mileage expenses to HCS would have been \$30,892.96. This is calculated by miles driven x \$0.55.		Expenses to the company for the Priuses include cost for gas, car payment, and car insurance - \$17,281.26.

So far this year, the company has saved a total of 526 gallons of fuel by using the Priuses. Visit www.fueleconomy.gov for tips on how to enhance your fuel mileage. Topics include:

Reasons To Enhance Fuel Mileage:

- saves you money
- reduces climate change
- reduces oil dependence costs
- increases energy sustainability

Tips:

- drive more efficiently
- keep your car in shape
- plan/combine trips
- choose a more efficient vehicle

Total Savings: **\$13,611.70**



PAPERLESS OFFICE

HealthConnect collects almost 30% of his receivables through electronic means. Emailing invoices to clients instead of mailing them saved HealthConnect \$3,545.68 this year!

The Fresno office has saved \$783.20 on paper and \$2,838.07 on toner this year through the implementation of a paperless office. This equates to a reduction of **98,000** sheets of paper over last year!

Total Savings: \$7,166.95

TOTAL SAVINGS: \$20, 778.65

GOOD TO KNOW



RECYCLING

Company-wide:

- ❖ **Carpets** Composite decking material, roofing shingles, railroad ties, automotive parts, and stepping stones are just some products that can be made with recycled carpeting. For a map of carpet recovery centers across the country and contact information, visit www.carpetrecovery.org.
- ❖ **Appliances** If you are replacing a working appliance, look to local charities that might find a match for your item. Non-working washing machines, water heaters, air conditioners, refrigerators, and dryers also can be recycled. The Steel Alliance and the Steel Recycling Institute have teamed up to bring you the first searchable online database specifically designed to help find locations that will recycle steel cans and appliances. The database contains more than 30,000 steel recycling locations, searchable by state and zip code. Find it here: www.recycle-steel.org.
- ❖ **Paint** Donate leftover paint to our local chapter of Habitat for Humanity, offer it to your high school's drama for use in creating sets, or check with your place of worship to see if there is a family in your community who might want to use it for a quick and inexpensive room makeover. To recycle steel paint cans, they must be empty and all paint contents dried, then call your town recycling coordinator for instructions.
- ❖ **Christmas Trees** If you purchased a potted Christmas tree from your local nursery or garden center, replanting it on your property or giving it away to a neighbor or parks department can keep it out of a landfill. If you bought a cut tree, you can repurpose it. Real Christmas trees can be turned into mulch and used in gardening and landscaping or chipped and used on hiking trails, paths and walkways. Christmas trees can also be used for erosion control, soil stabilization and shoreline maintenance, stabilizing the soil and providing habitats for fish, birds, amphibians and mammals. In some areas, community groups like the Boy Scouts will collect trees curbside for a small donation and take them to the nearest recycling center for you. To learn more about tree cycling, visit www.earth911.com.



BONUS: Send your old Christmas lights to www.holidayleds.com, they'll recycle them for you and give you a coupon for 15% off the purchase of new, energy-efficient LED lights.

How to **recycle your Christmas tree:** <http://pickyourownchristmastree.org/disposing.php>.

- ❖ Find a **Recycling Center** near you: www.ehso.com/find_a_recycling_center.php.

Bohemia:

- ❖ Brookhaven Town Recycling programs: www.brookhaven.org/WasteManagement/tabid/139/Default.aspx.
- ❖ Free compost and wood chips:
 - *Town of Brookhaven:* Residents' leaves are recycled into leaf compost, turning a waste product into a useful gardening additive. Bring your own buckets and a shovel. There is a four- (4) garbage can limit. Leaf compost is available year-round for use in home flowerbeds, vegetable gardens and soil mixes. Wood chips are also available. <http://www.brookhaven.org/ThingsToDoInYourTown/EcologyCenterAnimalPreserve/tabid/241/Default.aspx>.
 - *Town of Islip:* Compost and wood mulch are available for pickup, free of charge, to all Islip residents. Compost and wood mulch are available for purchase by commercial customers. <http://townofislip-ny.gov/index.php/macarthur-composting-facility>.

Fresno:

- ❖ Fresno State Recycling: www.csufresno.edu/Recycling/. Paper, plastic, bottles, cans, glass containers – open to the public, but all recyclable materials are 'donated' and there is no payout. Please support our local university!

Norwalk:

- ❖ Electronics: See CT Electronics - <http://www.greendisk.com/gdsite/Default.aspx>
- ❖ Tire Recycling: Hank May's Goodyear
470 Westport Ave
Norwalk, CT 6851

Pasadena:

- ❖ **South Pasadena Christmas Tree Recycling Program**
Athens Services (Recycling) offers a 100% Recyclable Christmas Tree pick-up service after Christmas through the second week of January:
www.athensservices.com/Brochures/SP_xmas_2007.pdf.





FOOD

Bohemia:

- ❖ Organics Today - www.organicstoday.net - is an Organic Farm in Long Island, NY, specializing in organic heirloom tomatoes and organically grown fruit and vegetables. Also available: grape vines, fruit bearing trees, deciduous trees, berry bushes, hand made birdhouses, farm & garden supplies, books and more.
- ❖ Pick your Own (apples, veggies, pumpkins, Christmas trees, etc.) - www.pickyourown.org/nylongisland.htm# - has a list of farms on LI and reviews! Also has local honey sources!
- ❖ Garden of Eve - www.gardenofevefarm.com/:
4558 Sound Ave, Riverhead
At the intersection of Sound Ave and Rt 83/Northville Tpk
North Fork, Long Island

Fresno:

- ❖ Organic Pastures - www.organicpastures.com - family-owned and operated organic raw dairy, farm, and creamery
7221 South Jameson Avenue
Fresno, CA 93706

Norwalk (and area):

- ❖ Ambler farm - www.amblerfarm.org/
- ❖ Silverman Farm: www.silvermansfarm.com/ (pick your own)
- ❖ Jones Family Farm: www.jonesfamilyfarms.com/ (pick your own)

Pasadena:

- ❖ Path to Freedom – Organic Gardening in Pasadena: www.pathtofreedom.com.
The Dervaes family has transformed their ordinary city lot to a micro-farm with 350 varieties of edible and useful plants by using solar panels, energy efficient appliances to produce edible organic fruits, vegetables and flowers.



RENEWABLE ENERGY

Bohemia:

- ❖ Wind energy info:
<http://blogs.cce.cornell.edu/windenergy/>
www.savejonesbeach.org

Pasadena:

- ❖ Pasadena Solar Initiatives and Rebates - City of Pasadena Water & Power
Starting January 1, 2009, ALL Pasadena Water & Power customers are eligible for a federal tax credit up to 30% on solar PV installations:
Ww2.cityofpasadena.net/waterandpower/solar/SolarFlyer_Jan09_web.pdf
Or email: solar@cityofpasadena.net

