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USCGA SUSTAINABILITY TODAY

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Results Are In for Trash Audit 2010

A "trash audit" identifies how solid waste is generated, disposed of and recycled. Trash audits are conducted by establishing a location and collecting trash that would normally be deposited in dumpsters, and hand sorting the waste into categories such as "Normal Trash" and "Recyclables" based on current Academy single stream recycling activities. Sorted trash and recyclables are weighted. Categories and weights are recorded, then later used to determine the status of the Academy's recycling program.

On November 20, 2010 the Regimental Recycling and Sustainability Club members conducted a trash audit on Chase trash, sorting through 446.5-lbs of waste, salvaging 297-lbs (66.5%) of recyclable materials.

The Chase Hall trash audit data was then compared to an audit conducted in May 2010 on waste generated around the Academy that excluded Chase trash, where about 36% of material recovered was recyclable. The results of both audits revealed essentially the same issues: **While recycling has improved, we can get better.** Sometimes it is difficult to figure out what is recyclable and

what is not. Depending where you live, what is done at home may not be done here. We're here to help! Recycling is easy, once you get the hang of it! If you have something and you don't know if you should recycle or trash, ask us.



Blue single stream bins were contaminated with plastic garbage bags that held recyclable material. Plastic garbage bags and grocery bags cannot be deposited into recycling because they can't be processed at the recycling facility. **ONLY EXCEPTION: Shredded paper. It is okay to put a plastic bag holding shredded paper in a recycle bin. This keeps the small pieces of paper from blowing away.**

It appeared that about 25% of recyclables were not salvageable because they were contaminated at the desk by food or wetness from used coffee and drink cups, coffee grounds, etc.

Nearly every recyclable food take-out "clamshell" was disposed as trash. It's okay to recycle used take-out containers that are not greasy and if you empty food waste into the garbage first. Too much ketchup? Wipe it off.

Nearly every recyclable disposable paper cup, lid and utensil was disposed as trash. Please empty your beverage container before placing it into recycling.

Milk, soup, and juice boxes are not wax and they can be recycled. The containers are 85% paper with a 15% polymer coating.

While the amount of recovered recyclables during the audits may seem surprising, please note that there was about 525-lbs of recyclables at each audit that was excluded because it was already appropriately sorted and deposited in the blue outdoor bins,



Things We've Learned About You (From Dumpster Diving)

Over the past year, three trash audits have been completed by the Environmental Branch. This is what we found:

Cadet waste: Take-out food, plastic, paper.
Staff waste: Take-out food, used office supplies (paper and plastic).

Essentially, there was no difference between cadet or staff generated waste. But here are a few other observations that we made:

If you don't have one, call Environmental to get one: Desk recycling bins are for all things single stream recycling eligible.

"America runs on Dunkin'!" So does the Academy. Please note that most take-away food containers, cups, lids, paper

bags, and utensils are recyclable. If in doubt, check for a recycle symbol. It's okay to recycle used take-away containers as long as they're not heavily soiled or greasy. Try this: "Empty It Out" - deposit uneaten food into the trash. "Rinse It Out" or "Wipe It Off" - put the container in the recycling bin. Please don't empty coffee grounds on recyclables.

Don't throw liquid into either the garbage or recycling (i.e., the cup with coffee still in it). The cleaning crew should not have to deal with your unfinished morning drink dripping from your trash bag or contaminating recyclables. (Nor should the dumpster divers!)

Shred, Shred, Shred! There were count-

less bank and LES statements, credit card statements, discarded prescription bottles (with refills remaining), personal mail... just to name a few. Tossing personal information into any Academy bin / dumpster does not ensure that you will not become a victim of identify theft.

Shred again! Be careful of what you write. Faculty: We found your notes/comments, about students. Students: We found your notes/comments about faculty.

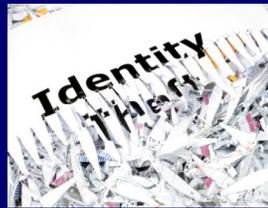
Individual and instructor names, course titles, comments and grades were on homework, old exams, and notes. Do you really want this public?

THINK BEFORE YOU TOSS



Think before you print! Please use 2-sided printing.

One Man's Trash is Another Man's...*Identity!*



http://kunaljanu.files.wordpress.com/2009/11/identity_theft.jpg

With just a little bit of data, your identity information can go far! Here are a few things any crook can do:

- Use your credit card(s) to go on a buying spree, purchasing major items like computers and other electronic devices that can be easily sold.
- Open new credit card accounts, using your name, date of birth and Social Security number.
- Change the mailing address on your existing credit card account.
- Buy cars and take out the auto loans in your name.
- Establish telephone or wireless phone service in your name.
- Counterfeit checks or debit cards, and drain your bank account.
- Open a bank account in your name and write bad checks on that account.

- File for bankruptcy under your name to avoid paying debts they've incurred, or to avoid eviction.
- Apply for a job under your name.
- Give your name to the police during an arrest. When they are released - and if they don't show up for their court date - an arrest warrant could be issued in your name.

The recycle bin does NOT afford any extra security over the trash can. It is not a "safer" place to put personal or sensitive information. While dumpster diving for personal information or profit is illegal in federal facilities, anything can happen to your information on its way from a base to a recycling station. Shred your information, then recycle the shred. Shredded material can be placed in the recycling bin if it is in a clear plastic bag.

Don't fool yourself into believing that identity theft is only done through phishing or some other online activity. If you think you're too smart and savvy to be an identity theft victim? Think again: There is a criminal out there that is more creative than you. Scammers are smarter and savvier than ever before. They've made it an art out of getting your information, and the good ones are patient, waiting for your vulnerable moment.

You can be sustainable and protect your identity. Remember:

Shredded paper can be recycled.

Shredded CDs, DVDs, etc. can be recycled.

<http://today.msnbc.msn.com/id/27011491/>

http://www.ehow.com/how_5674562_protect-yourself-identity-theft-burglary.html



"It's number two! That's the man who stole my identity."

<http://www.vernonhills.org/thingsyoushouldknow/IdentityTheft.asp>



Dumpster diving is legal—off base!

Shred Me!

- | | | |
|-------------------------|-----------------------|-------------------------|
| Account Records | Credit Card Receipts | Medical Records |
| Bank Statements | Credit Information | Meeting Minutes |
| Banking Information | Customer Lists | Memos |
| Bids and Proposals | Deposit Slips | Misprints |
| Blank Checks | Expense Reports | Outdated Records |
| Blueprints/ Engineering | Expired Coupons | Passwords/Pins #'s |
| Drawings | Financial Records | Payroll Records |
| Budget Data | Insurance Information | Prescriptions |
| Canceled Checks | Inventory Reports | Price Lists |
| Competitive Information | Invoices | Production Reports |
| Computer Printouts | Job Applications | Purchase Orders |
| Contracts | Legal Documents | Sales Lists |
| Copies of Checks | Loan Applications | Social Security Numbers |
| Correspondence | Loan Documents | Tax records |

..Classified or military sensitive information aren't the only things that need to be shred!

Identify theft and information fraud are on the rise. The Better Business Bureau estimates that 68% of identity theft results from non-secure paper documents stolen from mailboxes and trash/recycle bins.. Protect yourself and your coworkers.

**See a problem?
Don't contact Environmental!
Call Security!**



Money Enough to Throw Away?

The recent trash audit at Chase Hall yielded an interesting result: about \$4,000.00 in redeemable bottles and cans are being thrown away as trash per year! This figure can easily be doubled if one were to include redeemable bottles and cans deposited in Chase Hall's blue recycle bins.

This is not just a Chase Hall issue. Trash generated from Non-Chase Hall locations held a similar amount of redeemable bottles and cans—if

not more. This can easily represent about \$10,000 thrown away each year—a nickel at a time.

What are your ideas to recover bottles and cans? Please let the Environmental Branch or Cadet Sustainability Club know!

(Note: The Academy has a QRP. Ultimately, funds generated would benefit MWR through QRP).



Single Stream Recycling

The Academy's single stream recycling program accepts all plastics #1—#7 except for plastic garbage bags, grocery bags (most grocery stores recycle), and Saran-type plastic wrap (trash). Besides plastic bottles and jugs, tubs, toys, buckets, crates, clothes hangers, flower pots, and container caps and lids are acceptable, too!

While single stream allows small metals like cans, clothes hangers, aluminum foil and pans, the Academy has a viable Qualified Recycling Program that accepts all metals for recycling. Please deposit metal in the metals dumpster behind Johnson Hall. Non-leaking lead acid

batteries from Academy sources are also accepted as long as the terminals are taped with electrical tape and placed in a labeled bucket with lid before depositing into the metals dumpster. Funds obtained from the sale of metals goes to MVR.

The single stream program also allows a variety of paper products to be recycled as well. In addition to corrugated cardboard, please recycle paperboard, mail, newspaper and inserts, greeting cards, paper cartons, paperback and hardcover books (including textbooks), paper milk and juice cartons, magazines, brochures, catalogs, file folders, blueprints, phone books, white or pastel office

paper, school paper, and shredded paper. **Shredded paper is the ONLY recyclable item acceptable in a clear plastic bag.**

The #1 source for identity theft is the trash can or dumpster. PLEASE SHRED ANYTHING THAT CONTAINS PERSONAL INFORMATION OR COMMUNICATIONS!



http://1.bp.blogspot.com/_xvH1UWQcx8/SUGHjxveD6I/AAAAAAAAABGM/4Vo5YnCSF4/

GREAT RECYCLING IDEAS



CD-ROMs make excellent coasters!

<http://www.toonpool.com/cartoons/>

Don't Toss This! Recycle It!



Take-away food containers were a big component of potentially recyclable product that wound up in Academy trash.

While most restaurants and fast food facilities are offering "greener" take away most consumers are not recycling the containers either because of habit or because they don't know that the container is recyclable.

The Dry Dock, for example, offers recyclable "clam shell" containers, paper drinking cups, recyclable utensils. All of these can be put in Academy recycling containers, just remember a few simple rules:

If it has a recycling symbol and number on it, recycle it! Recyclable cups, plates, clam-shell containers are numbered. *Plastic utensils usually don't have a number because they don't*

have a big surface area to put the symbol and number on, but are recyclable anyway.

No heavily soiled or greasy containers and boxes. Empty uneaten food into the trash, and put the container and utensils into the recycle bin. Containers are supposed to be in "gently rinsed" condition, just because some ketchup, yogurt, or some other residue left in the container does not mean that the container can't be recycled! **Please recycle aluminum trays.**

Empty your cups, please. Don't throw your cups in the recycling bin or trash in there is liquid still in it. Be considerate of the person taking



the trash/recycling out. Ice melts! No one wants to have to handle garbage or recycling with liquid in it. Liquids take up room, adds unnecessary weight, and can leak out on the floor. **Plastic bags are not permitted in single stream recycling.** If you're done with your drink, take a minute and empty it into a sink, and deposit your cup into the recycling container.

Save money and energy: If you won't eat it, don't order it. Share unopened packages of potato chips, pretzels, cookies, etc. or save it for later.

Please remember it all adds up: other area takeaway chains serve iced coffee and sodas in recyclable #2 plastic cups. Paper bags can be recycled. If you're not sure, please check the bottom of your empty container before tossing!



...Trash This!

You've been reading a lot about things to recycle and shred. But what about things that can be thrown away?

Certain Glass: Ceramics, Pyrex, glass tableware, windows, broken glass, and mirrors can be thrown into the garbage.. Spent or broken light bulbs need to be returned to the Electrical Shop for recycling.

Napkins are not recyclable. Nor are tissue paper, toilet paper, paper towels, wrapping tissue, wrapping paper or similar products. The fibers are too small

and difficult to recycle. Wrapping paper's foil, glitter, bows and heavy inks makes it unsuitable for recycling.

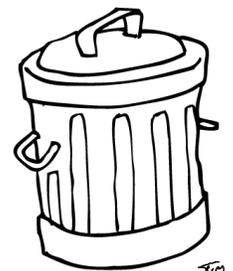
Food waste: The Academy does recycle food waste, cooking oil and grease generated from the kitchens. However, food that has been partially consumed or handled outside of the food prep areas currently are not eligible for recycling.



Plastic bags: Plastic bags and Saran wrap (and similar) can get stuck in the conveyer systems.

Styrofoam: Certain cups, egg cartons, take-out containers, and packing peanuts made of Styrofoam and are not recyclable. There is not a stable market for this product. Some containers may feel or look like Styrofoam. Check for recycling labels usually located under the container.

Wax paper or coated paper: Wax paper or coated paper can't be recycled because it is covered in wax. Paper is recycled with processes using water. The oil in wax ruins the batch.



http://www.timtim.com/drawing/view/drawing_id/775

Hungry Birds...

Winter is a precarious time for birds in our area: they face bitter cold, ice, and snow. There are no insects to eat, and the natural seeds, berries, and crab apple supplies are often diminished or gone.

Birds need enough food to maintain their body temperatures. **Winter birds need fatty foods.** Fat is metabolized into energy much quicker and more efficiently than seeds to help them maintain their 108° body temperature necessary for survival.

What's good for the local birds?

Suet is made from hard fat trimmed from veal or beef, and is widely used because it is inexpensive, provides an excellent energy source for birds. Suet mixed with seeds, cornmeal, insect eggs and peanut butter to appeal to a wider range of species.

Peanut butter is more expensive than suet. It is also very popular with a large number of birds, but thick, sticky peanut butter can make a bird choke (yes, birds can choke!).

To reduce the cost of feeding peanut butter to the birds, melt peanut butter down and mix it with suet. This lessens the potential risk of a bird choking on thick, sticky peanut butter.

Kitchen fat can be used BUT it can't be overly salted or spiced. Mix kitchen fat with cornmeal or flour better to serve it to birds.

Seeds contain high levels of carbohydrates that turn into glucose that help

with a bird's high energy demand. Seeds are a good source for vitamins and some protein. If you buy seed, check to see that it does not have a lot of fillers (milo and wheat seeds). Fillers are typically not eaten and a waste of money. Buy mixes that have a large percentage of sunflower seed and white proso millet.

Sunflower seeds are a favorite of many birds. The **black oil sunflower seeds** have a softer shell than the striped seeds and can be eaten by the sparrows, juncos, and cardinals. Besides being a good source of protein, **oil seeds have a number of advantages:** they are not too expensive; they have a broad appeal to variety of species; and they contain a larger amount of vegetable oil to help supply the energy birds need to maintain their body heat in the winter.

Millet contains about 10% protein and 4% fat and has starches. **White proso millet** is the best food for birds that eat small seeds.

Cracked corn is a good, inexpensive food with an appeal to a large number of birds, like doves, sparrows, juncos and cardinals.

Niger Thistle is expensive but can also be fed. **Hulled sunflower** seeds will attract finches and is much cheaper than thistle seed.

NUT MEATS are oil rich, highly nutritious, energy producing, and provide necessary amino acids and protein the bird's body cannot produce.

Dried or fresh fruit and baked goods (pizza crusts, bagels, rolls) are liked by many birds. No large chunks, please! Bird beaks and gullets cannot handle large chunks.

Sand or ground oyster shells help their gizzards grind food.

Location, location, location! The location of the food is important. Do not put food 'out in the open'. It makes the birds easy prey for cats and hawks. A great spot is to put food 5 to 10 feet from a bush, shrub or tree. More than one feeder prevents one bird from monopolizing the feeder.

A drink, please? Birds don't eat ice or snow or water. Water is very hard to find and birds need a source.

<http://www.fws.gov/asheville/pdfs/birdfeeding.pdf>

<http://audubonmagazine.org/>



<http://www.wbu.com/education/winterbirdfeeding.html>



Recipes for Happy Feathered Friends!

You don't need to buy fancy bird feeders or expensive bird cakes to feed your backyard friends! Here are a few practically effortless recipes you can make that your feathered guests are bound to enjoy!

Easy Lard Cake

(There are no set ingredient measurements. You add the amount of ingredients based on what you have available!)

Lard (do not use cooking oil)
Mixed bird seed
Bread crumbs

Directions: Melt lard in a pan, and remove from heat. Add other ingredients and stir. Pour contents in to a plastic container (old cool whip tub or similar will work). Allow the mixture to go solid in fridge. Push lard cake out of the container and put on your bird table.

Bake-Free Bird Bread

2 cups melted peanut butter
2 cups cornmeal
warm water
2-3 cups wild bird seed
raisins or nutmeats or chopped peanuts

Directions: Slowly melt peanut butter over low heat. Remove when melted. Add cornmeal, then slowly add enough warm water to make a stiff dough. Add birdseed and raisins, nut meats or chopped peanuts. Pack mixture into small foil pans or a large flat pan. Refrigerate overnight. Cut into pieces and tie onto tree branches.

Kid Friendly Bird Seed Cake

(There are no ingredients to melt. This means no stove to use or hot stuff from the microwave!)

3/4 cup flour
1/2 cup water
3 tablespoons corn syrup
4 cups bird seed, any type

Directions: In large bowl mix all the ingredients together. Roll mixture out on wax paper. Cut out shapes using cookie cutters. Make a small hole in the middle of each cut out. Let dry 4-6 hours or overnight turning often to dry both sides. Hang in trees and bushes using short piece of raffia or cotton yarn that birds can use in the spring to line their nests.



Sustainability Today's New Year Resolution: To Help You Find and Embrace The True Tree Hugger Within

With many people, the term "tree hugger" sounds cliché. With it brings to mind one of two extremes: The first is obnoxious long-haired, freckle-faced, skinned-kneed hippie, squinting through some rose-colored glasses, and pointing their grubby finger at first sight of a "regular" person.

The second and more recently developed ultra extreme is the "wannabe progressive" set who speaks in jargon-infused, eco-conscious and socially sensitive paragraphs to articulate what a "regular" person would say in a couple of short words.

In either case, how can people take "green" suggestions and advice seriously if they ultimately envision some enviro-geek with a mind wedgie?

Recently, the "green" movement seems to have been taken over by a high-minded crowd that seems to have developed their own language. Their new jargon seems to alienate the rest of us: Instead of "name dropping" - "power-words" are used (like "local" is the new term for "organic").

Forget "-gate" scandals! Corporate "Greenwashing" is now the greatest sin (this is where a company touts that it is "greener" than what it really is).

Eco-speak aside, the purpose of *Sustainability Today* is to put you at ease with today's environmental issues by presenting you with a variety of "green" and "sustainable" ideas, practices, and goals with reason, rational, and common sense— hopefully with a little sense of humor (particularly with some of the green movement's trivial affectations).

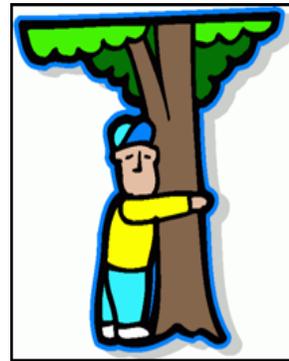
Most importantly, the purpose of *Sustainability Today* is to highlight that you really can make a difference. Your actions—no matter how insignificant you think it/ they may be— are needed so that we may become a unified force that will help create and maintain a healthy world that future generations are able to enjoy.

Two cliché tree huggers were mentioned at the beginning of this article. There is a third: a "true tree hugger." This type of tree-hugger believes that humans should take an active role to protect the environment and advocate for sustainable use of the environment.

While the term initially emerged as a derogatory slang, it was later adopted by environmentalists to refer to themselves. When used self-referentially, people typically use 'tree hugger' in a somewhat joking way, to poke fun at themselves and to make others feel more comfortable with the causes they support.

There is a true tree hugger within you— with any luck (and your suggestions!), during 2011 *Sustainability Today* will help you embrace it!

Happy New Year!



http://www.clipartheaven.com/show/clipart/public_issues/



Are You a Localtarian or Localvore?



Just like vegetarians don't eat meat and carnivores do, a "localtarian" or "localvore" are dedicated to eat food grown and produced locally. Since the "localvore" movement began around Earth Day 2005, many localvore organizations ("pods") have sprung up in communities across the U.S.—including Connecticut. Area localvore pods are inspiring their communities to chose local foods, and supporting their local

farmers: creating demand for the delicious food grown in their areas. Many localvore pods have set a challenge of eating food produced within 100 miles of where members live.

The New London area – and New England as a whole—has an incredible wealth of community supported agricultural activities: farms, farmers markets, meat processors, grocery co-ops, restaurants, etc. These are a vibrant and viable food source whose members are dedicated to promote healthy food and environmental by practicing ecologically sound agricultural practices.

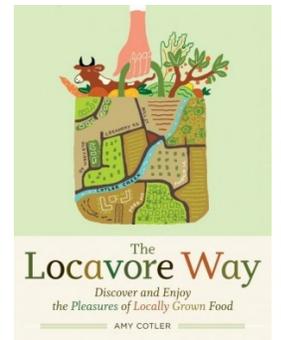
Numerous "localtarian" or "localvore" websites are dedicated to help individuals curious about the movement, or interested in finding a business that supports it. For example:
<http://www.freshnewlondon.org/>
<http://www.localharvest.org/>
<http://www.ctnofa.org/>
<http://www.buyctgrown.com/>
<http://www.harvestnewengland.org/>

While the "localtarian" or "localvore" movement may seem "flighty" to some, the University of Connecticut's College of Agriculture and Natural Resources' *Economic Impacts of Connecticut's Agricultural Industry* (Sep. 2010) lends credence to the movement by emphasizing the need to support local farming, "the agricultural industry has a critical, significant impact on the economy of Connecticut in output, jobs, and the quality of life: \$3.5 billion in output, 20,000 jobs, and significant social benefits and ecosystem services."

Buying local foods encourages local farms to stay in business. According to the American Farmland Trust, every minute, two acres of agricultural land are lost to development,

Where will food come from if our farms are gone?

<http://www.are.uconn.edu/pages/docs/EconomicImpacts.pdf>
<http://ctsustainabletable.breeshirvell.com/>





Go (Green) Bears!

Don't Let Your Personal Communications or Information Become the WikiLeaks of Your Life!

This is our third issue!
We need your help to keep it "fresh."

What about submitting one of your photos? Do you have an idea or suggestion? Your help is always appreciated!

Please contact Ashley Cordi 860.444.8233 or email ashley.j.cordi@uscg.mil

The news is full of people that complain about maintaining online privacy with WiFi, web browser history sniffing, and social media sites, but they seem "dumb" when it comes to their own hardware. This seems to be the norm when it comes to people recycling their old PCs and mobile devices because it's not unusual for e-cyclers to have about 70% of devices that arrive at their facilities with personal and business data readily accessible. If people don't want to hand over their wallets and credit cards to total strangers, why then are people handing over their hard drives?

(Almost) everyone knows that one need not be an FBI forensic analyst to recover "deleted" files. Just a little patience and/or software is needed to recover what is thought to be gone. In the same token, one just needs patience and to use software to get rid of, or "wipe" personal

information on a PC. It seems that people just don't use software.

Smart phones also need to be wiped before they are recycled. They are a little more difficult since each phone has its own way to "factory wipe" or "hard reset." For example, the generic way to factory wipe Android 2.x phones is by: *Menu > Settings > Privacy > Factory data reset.*

On an iPhone, you can go to: *Settings > General > Reset > Erase All Content & Settings*
With a BlackBerry, it's: *Options > Security Options > General Settings. Hit your BlackBerry Menu key > Wipe Handheld*

Caution: if your phone's display does not look like what is described, don't do these actions. Operating systems on smart

phones and mobile devices change constantly. Check the phone's manufacturer web site, search for "factory wipe" or "hard reset." Use those instructions instead.

Don't forget to "zap" the data separately that is on your old phone's Secure Digital (SD) or SDHC (Secure Digital High Capacity) card. Some systems will give you an option to do this, while others will require you to attach the phone to a PC and mount the drive and erase it. Or, if you have to remove the SD card out of the phone, put it in to a PC, and format it.

Whether one needs to "destroy" or "delete" data from a PC or smart phone, don't forget to backup or copy the data that is meant to be kept- **first!** You can't go back once it's gone.

