



SUSTAINABILITY TODAY

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Go (Green) Guardians!

The Corps of Cadets are Coast Guardsmen and women that believe a "green Coast Guard is a sustainable Coast Guard" and they believe that a "sustainable Coast Guard begins with a sustainable Academy." They understand that their footprints now make a difference to our future. In 2006, cadets formed a Sustainability Club after they noticed that the paper waste created from notes, assignments, tests, and handouts presented enough of a reason to start a large-scale recycling program.

The Sustainability Club partnered with Regimental Recycling and together they conducted a waste audit. They sifted and sorted, weighed and recorded trash generated at Chase and noticed that cadet rooms had a lot of paper, plastic, and cans in their trash. They found that people are prone to overlook so many things that they consider as "insignificant"

that waste volume became high. The waste audit helped to indicate recycling awareness, compliance, if there were enough trash and recycling receptacles and if the recepta-



cles were properly sized, and unused opportunities for recycling.

This simple waste audit identified a problems that had easy solutions: though a concerted educational effort and adding additional recycling containers in rooms. Cadets noticed a large number of boxed

lunch remnants in the trash, Cadets learned that the food service provider prepared over 8,000 individual boxed lunches per year. Since the Sustainability Club and Regimental Recycling members knew that most boxed lunches were used for group functions, they successfully lobbied food services to provide meals packaged for groups in lieu of individual boxed lunches whenever feasible.

The Sustainability Club and Regimental Recycling demonstrate that the Corps actions do make a difference. By conducting a waste audit, targeting recycling operations, making suggestions, and spearheading changes the Sustainability Club and Regimental Recycling will divert about 21 tons of waste to recycling from Chase Hall alone.

Go (Green) Bears!



RecycleManiacs!

The 2011 RecycleMania competition included 630 colleges nationwide and also included the U.S. Military Academy and Air Force Academy. In state competition included University of Connecticut, University of Hartford, Yale University, and Connecticut College. Once again, the Academy led by placing #3 nationally and #1 in the state in the "Per Capita Classic" with the

total pounds of recyclables collected during the 10 week competition period was 50.44 lbs per person. The Academy also placed #2 in targeted material (organics). The Sustainability Club has participated in RecycleMania since 2007.

Go (Green) Bears!



Why We Do What We Do

The crux of the Academy's current sustainability goals are based on two recent Executive Orders (EOs): 13423 and 13514.

On January 24, 2007 President Bush signed EO 13423, "Strengthening Federal Environmental, Energy, and Transportation Management" (<http://edocket.access.gpo.gov/2007/pdf/07-374.pdf>). Consolidated and strengthened five previous executive orders and two memorandums of understanding and established new and updated goals, practices, and reporting requirements for environmental, energy, and transportation performance and accountability. EO 13423 required federal agencies to lead by example and be accountable on advancing energy security and environmental performance by accomplishing these goals:

Energy Efficiency: Reduce energy intensity 30% by 2015, compared to a fiscal year (FY) FY03 baseline.

Greenhouse Gases: Reduce greenhouse gas emissions through reduction of energy intensity 30% by 2015, compared to an FY03 baseline.

Renewable Power: At least 50% of current renewable energy purchases must come from new renewable sources (in service after 1/1/99).

Building Performance: Construct or renovate buildings in keeping with sustainability strategies, including resource conservation, reduction, and use; siting; and indoor environmental quality.

Water Conservation: Reduce water consumption intensity 16% by 2015, compared to an FY07 baseline.

Vehicles: Increase purchase of alternative fuel, hybrid, and plug-in hybrid vehicles when commercially available.

Petroleum Conservation: Reduce petroleum consumption in fleet vehicles by 2% annually through 2015, compared to an FY05 baseline.

Alternative Fuel: Increase use of alternative fuel consumption by at least 10% annually, compared to an FY05 baseline.

Pollution Prevention: Reduce use of chemicals and toxic materials and purchase lower risk chemicals and toxic materials.

Procurement: Expand purchases of environmentally sound goods and services, including biobased products.

Electronics Management: 95% of electronic products purchased must

meet Electronic Product Environmental Assessment Tool (EPEAT) standards where applicable; enable Energy Star® features on 100% of computers and monitors; and reuse, donate, sell, or recycle 100% of electronic products using environmentally sound management practices.

On October 5, 2009 President Obama signed EO 13514 "Federal Leadership in Environmental, Energy, and Economic Performance," which requires agencies to reduce energy and water intensity and achieve other sustainability goals:

GHG Emissions: Establish reduction targets for Scope 1, Scope 2, and Scope 3 GHG emissions to be achieved by FY20, relative to an FY08 baseline. Develop and report annual comprehensive inventories of Scope 1, Scope 2, and Scope 3 GHG emissions.

Building Performance: Ensure that all new construction and major renovations meet the Guiding Principles for High-Performance Sustainable Buildings, and that 15% of existing buildings meet them by FY15. Starting in FY20, design federal buildings to achieve "zero net energy" by FY30.

Water Conservation: Reduce potable water consumption intensity 26% by FY20, compared to an FY07 baseline, a 5-year extension of EO 13423 requirements. Reduce industrial, landscaping, and agricultural water use 20% by FY20, compared to an FY10 baseline.

Strategic Planning: Develop a "Strategic Sustainability Performance Plan" committing an Agency to identify specific goals for achieving EO and to evaluate climate change risks and vulnerabilities in order to manage the effects of climate change on the operations and mission.

Stormwater Management: Required the EPA to issue guidance on the implementation of Section 438 of the Energy Independence and Security Act of 2007 (EISA), which the EPA issued on December 4, 2009.

Local Planning: Participate in regional transportation planning, increase selection of local energy use, and plan new facility locations near existing town centers.

Fleet Management: Reduce fleet consumption of petroleum fuels by 2% annually through FY20 from an FY05 baseline.

Waste Diversion and Pollution Prevention: Achieve a 50% solid waste diversion rate by FY15. Reduce paper use, increase composting, and decrease

chemical use.

Procurement: Ensure 95% of new contract actions (task and delivery orders) are energy- and water-efficient, biobased, environmentally preferable, generally non-toxic, and contain recycled content.

Electronics Stewardship: Procure products that are EPEAT-registered, ENERGY STAR® labeled, or Federal Energy Management Program (FEMP)-designated equipment.

Besides publishing a *Sustainability Policy Statement* and drafting a *Sustainability Plan*, the Academy is well on its way to meet the goals set forth by both Executive Orders. For example, last year, the Academy was awarded a Department of Energy "Energy Savings Performance Contract" resulting in about \$459,000/year savings, and also received a Connecticut Light and Power (CL&P) rebate of \$676,000.

Properly disposing materials is an important factor in sustainability. Hazardous waste disposal is down over 75% versus 1999 levels and last fiscal year, the Academy reused, recycled, or donated 1,175,273-lbs of material.

The Academy partnered in the Federal Electronics Challenge and received the Bronze Award for managing electronic waste. Additionally, the Academy achieved up to 70% energy efficiency and associated cost savings by replacing standard computer towers with Dell Optiplex workstations. Cadets are now supplied with EPEAT Gold-rated, energy efficient laptops that are free of many harmful toxins.

Cadets demonstrate "leadership is action, not just a position." This year, the cadets were offered the first ever "Developing Leaders in Sustainability" elective class. Additionally, the Cadet Sustainability Club became the "Peer Experts" dedicated to educate staff and cadets about sustainable practices. The Sustainability Club once again gained national attention by ranking #3 in RecycleMania's Per Capita Classic. Their efforts include instituting a composting program through a partnership with Connecticut College and hosting education and cooperative opportunities and outreach geared to cadets, faculty, staff, and the local community through a Sustainability Forum, off site outreach activities, and a lecture series.

The Academy is committed to sustainability and will continue to look towards its cadets, faculty, and staff to lead the way.





Upgrading your television at home can be fun and exciting. But what can you do with your old TV? According to the Environmental Protection Agency (EPA), in 2007, about 99,000,000 old TVs were in storage, and 27,000,000 TVs were discarded.

In 2007, less than 4.9 million (~18%) of the discarded TVs were recycled. Old TVs contain lead, copper, steel,

and aluminum that can be recovered through recycling. The best disposal option for any item in usable condition is donation. However, since the conversion from analog to digital broadcasting many charitable organizations no longer accept analog TVs.

Before you purchase your new TV, ask your retailer if they will take and recycle your old, unwanted set when they deliver your new digital TV.

Retail and manufacturers such as [BestBuy](#), [Samsung](#), [LG](#), [Sony](#), [Panasonic](#), [Sharp](#), and [Toshiba](#), offer free to low-cost disposal programs that

cover a range of technologies. The State of Connecticut also requires every town to accept e-waste. Check with your local [transfer station](#) or [recycling coordinator](#) for requirements and drop off locations.

Recycling electronic technologies like TVs helps to conserve natural resources and energy, and reduce pollution resulting from the extraction and processing of raw materials from the earth.



Got an Old TV?

Fun Facts!

John Logie Baird, a Scottish engineer, invented the world's first working television in Hastings, England, in 1923. The BBC began the world's first regular television broadcasts in January 1929, using Baird's system. In 1928, Baird demonstrated the first color television. It used three rotating discs that added red, green and blue light together to create a full-color image, demonstrating the principles of color television that are still in use today!

TOTALLY COOL, TOTALLY FREE (...and it's from the Feds!)

There are a ga-jillion websites out in cyberspace, it seems most are trying to sell you something, phish for your personal information, or have (shockingly) inappropriate content. With all the choices, it seems hard just to find something just plain wholesome!

Spending the night under the stars? Is that E.T.? Try this NASA site: <http://spaceflight.nasa.gov/realdata/sightings/index.html>

Floods, fires, tornadoes, hurricanes... Are you prepared? <http://www.ready.gov/america/index.html>

Interested in backyard improvements? <http://www.nrcs.usda.gov/feature/backyard/>

Brush up on history? <http://www.americaslibrary.gov/>

Coloring books—Coast Guard style <http://www.uscg.mil/top/downloads/coloring.asp>

Virtual wilderness? <http://www.nps.gov/index.htm>

The CIA is on this, too! <https://www.cia.gov/kids-page/index.html>

Learn Morse Code or try the

super cipher solver <http://www.nsa.gov/kids/>

Quarks, neutrinos, extra dimensions—oh, my! <http://particleadventure.org/>

Future diplomat? <http://future.state.gov/>

Learn a foreign language from the Defense Language Institute! <http://www.dliflc.edu/products.html>

Everything Smithsonian <http://www.si.edu/Encyclopedia>

100 American milestone documents <http://www.ourdocuments.gov/index.php?flash=true&>

The FBI and Internet Safety: <http://www.fbi.gov/stats-services/publications/parent-guide/parent-guide>

Even if it's from your desk or laptop—Happy Surfing!



ARRIVE ALIVE! DON'T TEXT & DRIVE



When Bumps in the Night Bite

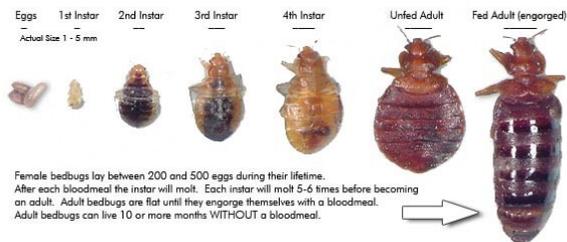


Up until recently, bed bugs (*Cimex lectularius*) were nearly extinct because of pesticides used during the 1940's. But bed bugs are making an aggressive comeback: they are infesting everything from ships to airplanes to hotels, homes, storage facilities, hospitals, restaurants, stores, movie theaters, libraries and everything in between.

How did this happen? Multiple reasons favored bed bug resurgence: globalization (international travel and shipping), changes in pest-control practices (baiting vs. spraying), biological resistance, chemical resistance, lack of public education, and complacency in the travel and hotel industry.

Bedbug Life Cycle

4 Weeks - 5 Months Depending On Conditions



Female bedbugs lay between 200 and 500 eggs during their lifetime. After each bloodmeal the instar will molt. Each instar will molt 5-6 times before becoming an adult. Adult bedbugs are flat until they engorge themselves with a bloodmeal. Adult bedbugs can live 10 or more months WITHOUT a bloodmeal.

Bed bugs do not indicate cleanliness or sanitation issues because they feed on blood, not debris. They are extremely capable travelers. Unlike lice, bedbugs do not travel directly on people, but they will travel in or on just about anything else you can think of—including boxes, suitcases, backpacks, and clothing.

Bed bugs are nocturnal, elusive, and hardy. They are wingless, about 1/8 to 3/8" long (like apple seed size) and look as flat as a piece of paper. After feeding, a bedbug becomes dark red and bloated, looking like an "animated blood drop." Bed bugs can live in almost any crevice or protected location, but the most commonly are found in bed where they can hide within seams, tufts and crevices of the mattress, box spring, bed frame and headboard. Females can lay 1-5 eggs a day, and can lay 200-500 eggs in a lifetime. With normal room temperatures and an adequate food supply, they can live about a year.

Bed bugs may harbor up to 45 pathogens in and on their bodies. There are ongoing studies trying to determine whether bed bugs may transmit disease to humans. For example, researchers like Robert A. Schwartz, MD, MPH, Professor of Dermatology, Pathology, and Community Health at UMDNJ-New Jersey Medical School have implicated bed bugs as possible vector for American trypanosomiasis (Chagas disease) and Hepatitis B. Currently, the bed bug's medical significance seems to be asthma and allergy related (itching and inflammation).

One symptom of bed bug bites are that the bites are lined up in a row. Antihistamines

and corticosteroids can help to reduce allergic reactions, and antiseptic or antibiotic ointments to prevent infection. Their bite can severely reduce quality of life by causing discomfort, sleeplessness, stress, anxiety, fear of social isolation, and embarrassment.

Sleeping with the lights on won't deter hungry bed bugs. Conventional insect repellents, like those used to deter ticks or mosquitoes, are not effective against bed bugs. Applying insect repellent at bedtime is not recommended, and is probably futile. In fact, using (and overusing) pesticides may contribute to the problem.

Bedbugs reproduce quickly and are extremely adept at evolving resistance to pesticides. Bringing back the organochlorine pesticide DDT isn't an answer. DDT was considered the "cure all" pesticide in the 1940's that practically eliminated bed bugs, but by the early 50's bedbugs devel-

oped tolerance to DDT and it and stopped working. By the 1970's pesticides similar to DDT were cancelled or restricted by the U.S. EPA due to their environmental persistence and potential adverse effects on human health and wildlife.

In the 1960s and 70s, bedbugs were eliminated by Malathion, a pesticide that had a lower toxicity to humans, but bed bugs adapted to it, and it stopped working. In the 1980's pyrethroids (natural organic compounds) were effective, but their effectiveness is now questionable. Propoxur, a general use insecticide that kills adult bed bugs within 24 hours and newborn bed bugs as they hatch, but in the 1990's the EPA banned its use indoors because it is highly toxic to humans. Diazanone once effective against bed bugs was banned from indoor use in 2002 and its effectiveness against bedbugs is now questionable.

There is nothing like a pest infestation to challenge a budget and sustainability goals. Eliminating a bed bug problem is not an easy task. Treating a low infestation (1-20 bugs) can be inexpensive; however, treating moderate (between 20-99 bugs) to severe infestations (>100 bugs) will cost a consumer about \$250 to \$1,000 per room (business rates are higher). The number of lawsuits caused by bed bugs bites and infestations are ever increasing. Bed bugs are a solid waste problem. Infested mattresses, furniture, clothing, and other personal possessions can not be donated /recycled and may have to be thrown away.

If a low infestation of bed bugs is found, there are treatment options that an individ-

ual may perform, like those suggested for bed bug prevention and elimination on the EPA website. If a moderate or severe infestation exists, an exterminator specializing in bed bugs will need to be used (always ensure contractor holds the proper license and bonding, and check references). The homeowner may have to trash mattresses and other furnishings and belongings.

During the Second Annual National Bed Bug Summit in February 2011, experts noted that the best tactics for preventing and eliminating bed bugs is through implementing integrated pest management (IPM) techniques for home and work sites. The clothes dryer is the number-one line of defense," Dr. Dini Miller of Virginia Tech University told attendees. "Clutter removal also helps by removing bed bug hiding places." Other practices include vacuuming, using a desiccant dust, encasing mattresses, and extreme temperatures. Chemical treatments should be the last resort since bed bugs already developed resistance to some pesticides, insecticides do not affect bed bug eggs (thus increasing the need for multiple treatments).

There are excellent references and guides available on-line such as Homeowner's Guide to Bed Bugs from the State of Connecticut, Bed Bugs from MedicineNet.com and the printer-friendly Bed Bugs 101 from Bedbugcentral.com.

The travel and hotel industry will always be susceptible to bed bugs and other pests because of high turnover. Ultimately, it is up to the traveler to check for and report pests in whatever accommodations are used. Travelers should check websites like BedbugRegistry.com that encourage guests to report experiences with bed bugs at specific hotels. Use checklists to inspect your hotel room. If bed bugs are found, request a room that is NOT adjacent to the original room, and inspect again.

Forget social stigmas. "Getting bed bugs" is nothing for someone to be embarrassed or ashamed about. Bed bugs populations are nearly at epidemic proportions. They just "happen" even when one does everything right to prevent them. If you returned from a trip and you developed unusual or unexplained bug bites, please contact your healthcare provider.

Until bed bugs are once again a "thing of the past" - if you see something that appears to be a bed bug, or if there is a possibility that a bed bug may have hitch-hiked with you from an infested location to the Academy, please inform your supervisor or building manager so they can make arrangements or inspection. After normal working hours, please notify the OOD or CHDO.



CHALLENGE:
One Little Pest. One Big Problem.

Single Stream Recycling Do's and Don'ts

Single stream recycling. Combine all of your recycling into one bin, Yes! Do recycle these items:

- Newspapers & Inserts
- Magazines & Catalogs
- Junk Mail
- Cardboard
- Office & School Papers (all Colors)
- Boxboard (cereal, cracker boxes)
- Brown Paper Bags
- Aluminum Cans/Foil and Pie Pans
- Tin & Steel Cans (rinsed)
- Plastic Milk Jugs, Juice cartons
- Plastic bottles, jars and tubs
- Plastic Containers (#1-#7)
- Phone Books/Paper back books
- Envelopes (including windowed envelopes)
- Glass bottles and jars, all colors (labels are O.K.)
- Please remove caps from plastic bottles and recycle caps separately,



No! Do NOT recycle these items:

- Plastic Bags
- Light Bulbs (all Types)
- Dinnerware or Ceramics
- Soiled or Dirty Containers
- Food Waste (used paper plates/towels/napkins)
- Motor Oil
- Hazardous Chemical Containers
- Window Glass
- Styrofoam Containers or Peanuts
- Egg Cartons
- Hard Cover Books
- Dirt, Wood, Grass/Yard Waste
- Construction Material
- Medicine or pill bottles
- Wrapping Paper



What we are living with is the result of human choices and it can be changed by making better, wiser choices."
-- Robert Redford



E-WASTE FACTS

The nation now dumps between 300 million and 400 million electronic items per year, and less than 20% of that e-waste is recycled.

In 2007, over 112,000 computers were discarded per day.

Americans are buying more computers than any other nation. Currently over 50% of US households own a computer

E-Waste

Electronic equipment that you can recycle (e-waste) includes:

- Answering machines
- Camcorders
- Compact disc players
- Copiers
- Duplicators
- Electric typewriters
- Fax machines
- Hard drives
- Keyboards
- Laptops
- LCDs
- Mainframe computers
- Microwave Ovens
- Mobile telephones
- Modems
- Monitors
- Mouses (computer)
- Pagers
- Personal computers
- Printers
- Printed circuit boards
- Radios
- Remote controls
- Stereos
- Tape players
- Telephones & telephone equipment
- Televisions
- Testing equipment
- Transparency makers
- Uninterruptible power supplies
- VCRs
- Word processors

Please remember Academy property includes all equipment that was purchased with Academy funds or received or donated and used for Academy purposes or activities. All e-waste whether or not if it is on the properties list, must be cleared through (i) Division (x6666) and/or the Academy's Property Officer (x8303). If you have any questions about what you can recycle at the Academy. E-waste at home? Please contact your town's [recycling coordinator](#) or [transfer station](#) for e-waste disposal options and locations.



I only feel angry when I see waste. When I see people throwing away things we could use. -- Mother Teresa

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

2011 Coast Guard Environmental Sustainability Awards

Each year the Coast Guard recognizes commands and individuals that demonstrate leadership, commitment, and achievements to the enhancement, preservation and protection of the environment. This year's individual achievements include:

NESU Honolulu Mr. Lorrin Ching creatively extended the life of scrap photovoltaic panels. Applied observations of total environmental situation at his unit, he made systematic reductions in lighting to take advantage of low occupancy opportunities, showing replicable energy savings (LT David Kowalczyk)

SECTOR Northern New England is recognized for their commitment to renewable energy, including solar, wind, and water turbines. Found a source to procure wood pellets, purchased a boiler/burner to replace a legacy heating oil system in a housing unit, greatly reducing air pollution effects and operating costs and demonstrating further savings on heating oil costs in the future (CDR S. E. Landry).

Training Center Petaluma established single-stream recycling program for housing

units, and an asphalt reuse program that greatly reduced materials going to the landfill. Reduced watering needs by reclaiming and reusing wastewater, and reduced infiltration of storm water into base sewer system, improving its efficiency (CDR Jeff F. Good).

CGC Jefferson Island reduced cutter waste disposal through recycling program, routing grey water to sewage tank for discharge ashore whenever possible. By more efficient mission planning, they reduced transit speeds, saving fuel while accomplishing mission. Additionally, **LTJG Elizabeth Tufts** established a cutter-based recycling program for bottles, paper and scrap metal to fund morale program and create culture of awareness throughout the crew. She challenged crew through a 'healthy eating' contest, and proactively purchases food and consumables produced locally in a sustainable way. (LT Chris Nolan).

District 7 Waterways developed standard operating plan for NEPA review of Marine Event Permits. They entered into partnerships with numerous affected agencies, thus Preventing damage to ecological systems in

the area of responsibility such as coral reefs, and imposed a system on decisions impacting wildlife, habitat, and safety (LCDR Anthony Powell).

BSU Boston integrated environmental stewardship goals with the mission support logistics model. The base also centralized environmental decision making for all 18 units by working with the SILC to improve hazmat software for tracking and disposal, promoting a common database, and reducing complexity (LCDR Michael Roschel).

US Coast Guard Academy processed over 50,000 pounds of electronics and 117,000 pounds of solid waste via Qualified Recycling Program. Drafted the first Sustainability Policy Statement, increasing awareness and education. Unit won White House Federal Electronics Challenge Award in Oct 2010 (CDR G.S. Gesele).

These and the many other achievements accomplishments demonstrate that Coast Guardians are truly "Green" Guardians!

Go (Green) Bears!

- from Dr. Ken Malmberg (CG-43)

A Word from the Sustainability Club...

Swabs and cadre are required to properly separate their recycling (paper, cardboard, aluminum, bottles, most plastics, etc) from their general waste (food waste, Styrofoam, plastic bags, etc).

All trash orderlies that are taught this summer, and run from that point on, must include a recycling orderly.

Recycling removed from Chase Hall must be put in a BLUE SINGLE STREAM RECYCLING DUMPSTER. They are located in the E-Annex lower parking lot; there is one and at the loading dock by the mail-room; and another near the bottle collection station by Johnson Hall.

Plastic trash bags cannot be put in the blue dumpsters so alternative reusable collection methods (i.e. canvas bags) are currently being considered and may be delivered to each company. Please see your recycling coordinator if you do not have one,

Please relay this information to and within your respective companies.

A general informative PowerPoint will be available to everyone shortly, When available, it will also be posted on the [Academy's website](#).

Very Respectfully,
2/c Justine Morrison
Cadet Sustainability Club

What about submitting one of your photos? Do you have an idea or suggestion? Your help is always appreciated! Please contact Ashley Cori 860.444.8233 or email: ashleyj.coridi@uscg.mil



RECYCLE YOUR EMPTY OR UNWANTED INK & TONER CARTRIDGES

Please do not throw away Academy-generated empty or unwanted ink and/or toner cartridges, because the cartridge contents may be considered a Connecticut regulated waste, Toner and ink cartridges must be recycled by returning the empty containers to the manufacturer. Most manufacturers include return labels and/or packaging with the new or refurbished product. Recycling information is also available online:

[Brother](#)

[Canon](#)

[Dell](#)

[Epson](#)

[HP](#)

[Konica Minolta](#)

[Lexmark](#)

[Okidata](#)

[Panasonic](#)

[Samsung](#)

[Xerox](#)

"Generic" ink and toner cartridges must also be returned to the manufacturer, If you choose to use a generic, it is your responsibility to contact the manufacturer for return or recycling. Please consider recycling your cartridges from home. Besides manufacturers, many stores like [Staples](#) or [Office Depot](#) will recycle the cartridges, and many charities and other not-for-profit organizations also accept [donated](#) ink and toner cartridges.



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