



SUSTAINABLE

focus

Thank you for supporting our Conservation Commitment

Tips to be more sustainable on campus!

- Take notes electronically – Instead of using paper notebooks and agendas, use your laptop to take notes and keep track of assignments and meetings.
- Purchase reusable bags – Not only are these needed for groceries, they can also be used to carry other classroom items and supplies.
- Invest in one good water bottle – Stop buying and using plastic water bottles. Instead, find a nice reusable to refill throughout the day.

Green it yourself.

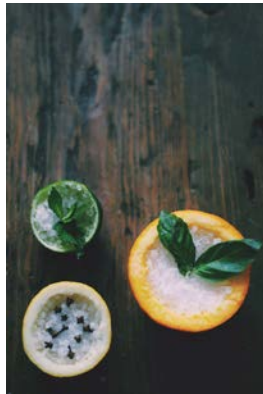
Fruit Rind Air Fresheners

Supplies: Sea salt, citrus fruit (orange, lemon, or lime), fresh herbs (cloves, cinnamon, etc.), knife, spoon.

Directions:

- Slice the fruit in half.
- Scoop out the fruit using a knife or spoon and set the peel aside. Eat, compost or set the fruit aside for a recipe.
- Fill up the empty fruit rind with sea salt.
- (Optional) Add herbs or spices to the salt.
- Place the salt filled rinds anywhere to eliminate bad odors.

Additions : Add essential oils instead of herbs and spices for different aromas.



3 ways to reduce your carbon footprint.

- Dial it down. Moving your thermostat down just two degrees in winter and up two degrees in summer could save about 2,000 pounds of carbon dioxide per year.
- Use cold water. Using cold water can save up to 80 percent of the energy required to wash clothes. Choosing a low setting on the washing machine will also help save water.
- Turn it off. Artificial lighting accounts for 44 percent of electricity use in occupied buildings. Make it a habit to turn off the lights when you're leaving any room for 15 minutes or more.

On campuses, one classroom can make a big difference.

It's simple: Keep classroom doors shut when you run the air conditioning. It protects the environment and saves energy.

By shutting the classroom door you will:

- Help save on electricity and reduce emissions.
- Help improve classroom comfort by keeping cool air in and warm air out.
- Help reduce our carbon footprint.



Questions? Contact: Jeffrey.Paris@gcccd.edu
Districtwide Facilities: 619-644-7975

New Sustainability Specialist



Jeff grew up in Wyoming and Washington State before joining the Marine Corps in 1998. He spent the next 21 years working as an Administrative/Personnel Chief working with legal and personnel issues. Jeff has served on numerous deployments and has been stationed in various locations around the country.

In the Marine Corps, his responsibilities included being in charge of the recycling program while he also ran the energy conservation counsel for a command of over 300 employees.

He retired from the Marine Corps in March 2019 and settled in San Diego where he recently joined the Cenergistic Team. Jeff is now on site at District Services, serving as our Sustainability Specialist. If you have questions about sustainability, please contact Jeff Paris 619.644.7975.