

The Campus Green

DECEMBER 2010, ISSUE 8



NOVEMBER 2010 RECYCLING STATISTICS

Mixed Paper

10,285 lbs

Bottles & Cans

9,423 lbs

Cardboard

3,420 lbs



Every holiday season, (from Thanksgiving to New Year's) Americans generate about **1 MILLION TONS** of waste. That's a 25% spike in waste.



Be aware of your consumption habits!! Try to conserve and reuse.

ALWAYS RECYCLE!



Contact Us!

Recycling Hotline
X 1881

recycle@providence.edu

Providence College
Office of
Environmental
Health and Safety

Emily Goodman and
Kristen Montano,
Student Coordinators



Don't be Turned-Off To Turning It Off:

The Importance of Energy Conservation

Energy and water conservation is extremely important, not only at home, but also here on campus. As students, faculty members, and staff of Providence College, we must all work together as a community to make the effort to conserve electricity, heat, and water whenever possible.

Conserving energy and water is very easy to do. All it takes are a few small, simple changes to habits or daily routines. So before you go home for Christmas break, or any time you leave your office or apartment for an extended period, please consider doing the following...

Faculty/Staff:

- Turn off your computer when out of the office- or at least program a sleep mode for during the day when not in use.



- Turn off lights in office when not in use
- Close all windows, shades, and blinds.
- Turn thermostat down to 62° if possible.
- Turn down refrigerators to the lowest practical setting.
- Turn off power strips
- Turn off scanners, fax machines, printers, copiers
- Unplug phone chargers, coffee pots, radios, and other appliances- they consume energy simply by being plugged into an outlet, even when they are not in use.

Students in Traditional Dorms

- Take shorter, cooler showers
- If your building is incredibly warm, let an RA or Fixit know!
- Unplug your microwave and chargers for electronics when not in use
- Utilize your surge protectors/power strips- if you're not using the electronics that are plugged into it, switch it off. If you're only using some of the electronics, unplug those that are not in use
- Don't keep your refrigerator in max cool- turn it down as much as possible
- Turn off lights, tv, etc. when not in use, and try to take advantage of natural light during the day
- Report leaks in bathrooms
- Unplug cell phone chargers
- Close all windows and blinds/pull down shades
- Turn your heat down or off when possible



Students in On-Campus Apartments/Suites

- Only run your dishwasher when completely full- wash big pots/pans by hand to fit more room for smaller dishes
- Utilize power strips-switch off when not in use
- Turn off lights that aren't in use
- Unplug appliances when not in use- microwaves, toaster ovens, coffee maker, blender, etc.
- Notice when your oven is done preheating and when water on the stove is boiling so that your stove/oven doesn't have to be on longer than necessary
- Take short, cooler showers
- Turn your heat down at night or during the day if no one is home
- Unplug cell phone chargers
- Close all windows and blinds/pull down shades
- Turn your heat down or off when possible.



Off-Campus Students

- Turn off all lights when not in use, including the basement
- Keep heat down- put on a sweatshirt instead!
- Watch TV together, rather than turning on multiple TV's throughout the house
- Unplug appliances and electronics/electronic chargers when not in use
- Report leaks to your landlord
- Get a timer for your lights- this will allow your house to appear to be occupied which is safer, but does not mean you have to keep your lights on during the entire break
- Take shorter, cooler showers
- Don't leave water running while washing pots/pans
- Turn your heat down over break- but no lower than 55° to keep pipes from freezing



Give Back this Holiday Season

- Donate warm clothes to shelters and charities. Many families need help staying warm during the holiday season.
- Volunteer at local soup kitchens. Shelters will be overwhelmed with people during cold winter months, and can use your help.
- Take a tag off the tree! Many organizations, schools, offices, or companies get involved with Giving Trees. Take an item and help someone have a Merry Christmas!
- Give gifts that get to the real meaning of Christmas, such as making a donation in someone's name for a charity close to their heart.
- Each year studies show that blood donations dwindle during the holiday season. Don't forget that people are always in need of help! Take the time to give back!

How Santa's Reindeer Came to Be

You've heard of Dasher, and Dancer, Prancer, and Vixen. Comet and Cupid, and Donner and Blitzen...

The naming of Santa's reindeer is a relatively new tradition, which first came to be on December 23, 1823. On this day, the poem "A Visit from Saint Nicholas" was anonymously published in the "Troy Sentinel" newspaper, in New York. The poem is better known today as "The Night Before Christmas", and was later attributed to either Henry Livingston, a New Yorker of Dutch descent, or to a professor by the name of Clement Clarke Moore.

An original excerpt from the poem names Santa's reindeer as:

*"Now! Dasher, now! Dancer, now!
Prancer, and Vixen,
On! Comet, on! Cupid, on!
Dunder and Blixem."*

Yet, today we know the last two reindeer as Donner and Blitzen, not Dunder and Blixem! So, how did this come to be?

"Dunder and Blixem" is a Dutch expression meaning "hurry, faster". So originally, Santa wasn't calling out eight reindeer. Instead, he was telling his six to get a move on!

"Dunder and Blixem" was initially changed in 1837 to "Donder and Blixem" by Charles Fenno Hoffman in a reproduction of "A Visit from Saint Nicholas". The change was made simply to make for an easier English pronunciation of the names, and for rhyming purposes. The final change came in 1844 when Clement Moore changed the names to today's well-known "Donner and Blitzen", which is actually German for "thunder and lightning".

But do you recall, the most famous reindeer of all?



Rudolph the Red-Nosed Reindeer was the creation of Robert L. May in 1938. That year, May created the story of Rudolph for a

Montgomery Ward department store promotional booklet. He penned a story of an underdog reindeer, taunted for his abnormal nose, which glows bright red. Rudolph was almost named Rollo or Reginald by May, but they were rejected for being too cheerful and too British, respectively.

May's story of Rudolph became popular quickly, as 6 million copies of the story were distributed by Montgomery Ward within its first 9 years. However, the story of Rudolph truly took off when May's brother-in-law, Johnny Marks, wrote the well-known song "Rudolph the Red-Nosed Reindeer", which was first recorded in 1949 by Gene Autry.

The story of how Santa's 9 reindeer came to be is quite a long one. To summarize, most of us learned the reindeer from the song "Rudolph the Red-nose Reindeer", performed by Gene Autry, written by Johnny Marks, adapted from a book by Robert Mays, based on a story by Clement Moore, revised from a poem by Henry Livingston, based on the legend of Saint Nicholas!



Merry Christmas



From The Office of Environmental Health and Safety

<http://www.providence.edu/EHS>

www.providence.edu/Recycling