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Holy Cross

Thank you for your interest in this Green Guide! Like most Holy Cross community members, you are taking the initiative to learn more about sustainability and improve your environmental impact.

Through administrative initiatives and simple changes students and employees are making in their daily habits, Holy Cross is striving to become a more sustainable, environmentally conscious college. This guide is a resource for all members of the campus community to improve the environmental stewardship and consciousness in their own lives.

In 2007 Holy Cross signed the American College & University Presidents Climate Commitment, agreeing to reduce our carbon emissions over the coming decades, and to become carbon neutral by 2040. With the help of this guide,

students, faculty, and staff can reduce their carbon footprints, while helping to reduce the College's overall footprint. Through a cumulative effort, the Holy Cross community can take part in restoring the Earth's health.

Go to www.holycross.edu/sustainability to see the latest progress!

As a Jesuit institution, Holy Cross especially has the moral responsibility to acknowledge the global consequences of our actions. Climate change makes people more vulnerable to food shortages, harsh weather conditions, and limited access to clean drinking water. By reducing our energy waste and adopting more sustainable habits, community members are living the Holy Cross mission.

We hope that you will take the time to read this guide and apply its tips to your daily actions to live, work, eat, travel, and shop sustainably. We also hope this guide inspires you to live sustainably beyond Holy Cross. Remember, no matter where life takes you, it is always important to live sustainably.

ACKNOWLEDGEMENTS

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Before you get started reading the Green Guide, here are some key phrases that will help you better understand the importance of being environmentally responsible:

Carbon footprint The amount of carbon dioxide emitted due to the consumption of fossil fuels by a particular person, group, or institution.

Environmental footprint The amount of productive land and sea appropriated on average by each person for food, water, transportation, housing, waste management, and other uses.

THE CAMPUS

Academic Buildings

- 1 O'Kane Hall
(Fenwick Theatre, Dance Studio, Cantor Art Gallery, Public Safety)
- 2 Fenwick Hall
(Admissions, Brooks Concert Hall)
-  3 Smith Hall
(Registrar, Class Deans, Center for Religion, Ethics and Culture)
-  4 Dinand Library
-  5 Integrated Science Complex
 - 6 Beaven Hall
 - 7 Smith Laboratories
 - 8 O'Neil Hall
-  9 Swords Hall
- 10 Haberlin Hall
- 11 Millard Art Center
- 12 Stein Hall

Residence Halls

-  13 Mullydy Hall
-  14 Clark Hall
-  15 Hanselman Hall
-  16 Lehy Hall
-  17 Healy Hall
-  18 Loyola Hall
- 19 Williams Hall
-  20 Alumni Hall
-  21 Carlin Hall
-  22 Wheeler Hall
-  23 Figge Hall

Athletic Facilities

-  24 Hart Recreation Center
 - Smith Wellness Center
 - Basketball Arena (3,600 seats)
 - Swimming Pool (250 seats)
 - Ice Hockey Arena (1,050 seats)
 - Rowing Tanks
- 25 Johnson Smith Soccer Stadium (1,350 seats)
- 26 Playing/Practice Fields
- 27 Holy Cross Field
(Lacrosse/Football practice; 1,000 seats)
- 28 Artificial Turf Field and Track
-  29 Fieldhouse
- 30 Sinnott Family Tennis Facility
- 31 Fitton Baseball Field (3,000 seats)
- 32 Fitton Football Stadium
(23,500 seats)
- 33 Softball Field

Other Facilities

-  34 Hogan Campus Center
- 35 Ciampi Hall (Jesuit Community)
- 36 St. Joseph Memorial Chapel
(Mary Chapel, McCooley Chapel)
- 37 Greenhouse
- 38 Campion House
(Chaplains' Office)
- 39 Kimball Hall
(Student Dining, Seelos Theater)
- 40 Maintenance Building

Parking, Access Roads

- 41 College Square
- 42 Linden Lane, Gate 2
(Admissions)
- 43 Admissions Parking
- 44 Upper Campus, Gate 7
(Hogan Campus Center, Hart Recreation Center)
- 45 Visitors' Parking
(Hogan Campus Center)
- 46 Students' Parking
- 47 Parking Garage

KEY

-  LEED certified buildings
-  water bottle refill stations
-  farmer's market



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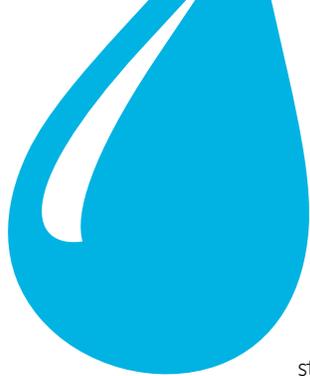
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GREEN LIVING

When it comes to living more sustainably, there are three major areas you can focus on to lessen your carbon footprint: water consumption, energy consumption, and waste disposal. Increasing awareness of water and electricity consumption and waste disposal is an easily adoptable and impactful way to improve your sustainability.

WATER

Clean water is a declining global resource. According to water.org, as of 2013, 780 million people lacked access to clean drinking water—approximately 1 in 9 people. In Worcester, we are fortunate to

have clean public drinking water that passes every state and federal drinking water regulation. Worcester

obtains its drinking water from 10 surface water sources, or reservoirs, located outside the city in the towns of Leicester, Paxton, Holden, Rutland, and Princeton.

While Holy Cross has a sufficient supply of water, we as a community realize the importance of not wasting such a valuable resource. Any plumbing that has been updated in the last 15 years is low flow, which means it uses less water. Here are some ways you can reduce your water consumption:

- 1) Take 5-10 minute showers. The average shower flows at 2.5 GPM (gallons per minute), so a 10 minute shower uses 25 gallons of water.
- 2) Turn off the water while brushing your teeth and shaving. Sinks flow at 2.2 GPM, which means a lot of water is wasted if you leave the tap running.
- 3) Wash your clothes in cold water and use less washing detergent. Our laundry machines are the highest rated in terms of water and energy efficiency and therefore work better with less detergent.
- 4) Do not throw away waste in the toilet, as flushing a toilet uses 1.6 gallons of water. You can save water if you throw waste in a trash barrel instead.
- 5) Use water bottle refill stations to replenish your reusable water bottle rather than buying bottled water. Water bottle refill stations were recently installed in Hogan, Hart, Dinand, Smith, Haberlin, and the residence halls! Refer to the Sustainability Map on page 3 for exact locations.

ELECTRICITY

Holy Cross is always looking for ways to reduce energy usage and costs. Holy Cross' Energy Conservation Policy, revised in early 2009, is designed to improve operating efficiency and reduce the cost of energy consumption. Campus lighting and air conditioning systems are replaced each year with high efficiency equipment. This is accomplished through rebate programs provided by our electrical company, National Grid. Holy Cross also purchased a long-term contract for electrical power from TransCanada, an energy supplier with a substantial amount of power from renewable energy sources. Here are some tips on how to reduce your energy usage:

- 1) Turn off the lights when you leave a room.
- 2) Use LED light bulbs for your lighting fixtures. Holy Cross uses LED and high efficiency light bulbs in the parking garage, in many outdoor light fixtures, and in the Hart Center. Students can

also get free LED bulbs from the Presidential Task Force on the Environment. Contact sgaenvironmental@g.holycross.edu for more information on how to obtain an LED bulb.

- 3) If you are having a heating issue, tell your RA and call Residence Life. **DO NOT** open your window! ***Open windows during heating season are the biggest energy wasters on campus.***
- 4) Take advantage of the two LEED (Leadership in Energy and Environmental Design) gold-certified buildings on campus: Figge Hall and the Integrated Science Complex. LEED certification is a standard way to determine the sustainability of a building based on its architectural design and mechanical systems.

WASTE

In 2012 Holy Cross implemented a single-stream recycling program. Single-stream recycling is a system in which all recyclable materials — fiber (newspa-

per, cardboard, mixed paper, catalogs, magazines and junk mail) and containers (glass, steel, aluminum and plastic) — are placed, unsorted, in one recycling bin. Single-stream makes recycling easy and convenient since everything can go in one bin. However, be careful not to contaminate recycling loads! Be conscious and make sure that food containers are washed out and that no food gets into the load. You also have blue recycling bins in your room.

DIVERSION STATISTICS

Holy Cross composts all of its lawn clippings, hedge clippings, and leaves which generates approximately 700 yards of compost for use in the College's flower/plant beds. Kimball began composting in 2012 with great success and composted 110 tons of food waste that would have otherwise been thrown away in a landfill during the first year of the program.

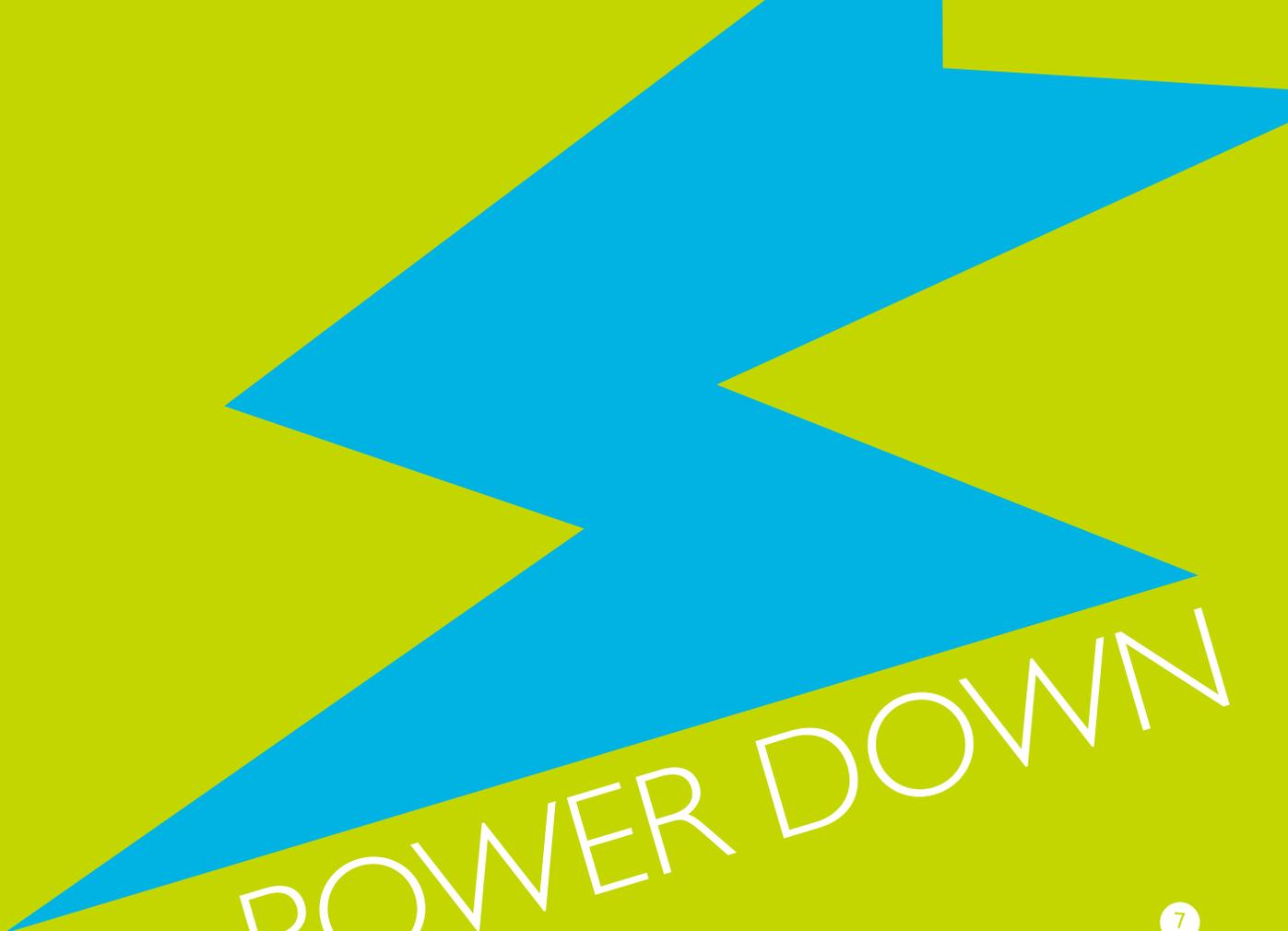
GREEN WORKING

Holy Cross recently implemented several initiatives to make our campus more sustainable. Library Services has made it easy for students to find e-Books online and for professors to post required readings online through Electronic Reserves. In 2010, the library adopted an open source print management system to cut down on multiple prints of the same documents. Patrons must submit their print jobs and then go to a printing release station to retrieve the job. Since implementation of the system, Dinand Library has seen a significant decrease in print jobs, which in turn has reduced the amount of unnecessary paper consumption (over 1 million sheets were saved in

2011!). Additionally, Library Services has made double-sided printing the default setting to reduce the amount of paper used for printing.

Departments can participate in the Power Down Challenge, a competition between departments to reduce their carbon footprint by pledging to integrate one sustainable action into their daily lives. Pledges include turning off lights when leaving the office, shutting down your computer every night when you leave work, or setting power management features on major appliances, like a computer or printer, to activate when you have not used the device for 15 minutes. Did you know enacting power management settings on your computer saves up to 670 kWh per year; a carbon impact equal to driving from Holy Cross to Roanoke, Va.

Departments can also have environmental education training sessions at department meetings. These training sessions help clarify what can be recycled now that Holy Cross has adopted a single-stream recycling program and how to reduce your department's energy consumption. The training sessions will be facilitated by the Environmental Liaison program, a group of students who were elected to improve sustainability in the residence halls and around the greater campus community. To request a training session for your department, please email sgaenvironmental@g.holycross.edu.



POWER DOWN

FOOD

Below are some key vocabulary words defined for clarification.

Organic foods are produced using methods of organic farming, which does not involve modern synthetic inputs such as synthetic pesticides and chemical fertilizers.

Local foods are grown and produced locally in relation to the consumer.

Fair trade is a consumer-driven movement that promotes fair prices and reasonable conditions for the producers of primary goods in developing regions of the world.

Think before you eat! Think about where your food is coming from and how it was grown before you buy it. Locally grown food has a smaller carbon footprint because it does not have to travel far before it is consumed. Organic food does not impact the environment as negatively as conventional growing methods because, unlike these conventional methods, organic farming does not use harsh pesticides and fertilizers that

pollute soil, ground and surface water; nor does it kill species. Holy Cross Dining Services buys locally grown and manufactured products which can be found in the Kimball Dining Hall and other eateries around campus. Currently, 18 percent of all dining products are local, and Dining Services hopes to incorporate more local food with the hope of reaching 25 percent soon! Local food in Kimball includes eggs and pasta (Connecticut), bagels (New Jersey), cheese (Vermont), and juice and milk (Massachusetts). For a full list of the College's local foods, email sgaenvironmental@g.holycross.edu.

Holy Cross offers fair trade coffee through its partnership with companies including Sun Roasters, Pierce Brothers, and Peet's Coffee. Peet's Coffee is the only coffee company that has been awarded a LEED Gold certification for its roaster in San Francisco. The College's Wellness Committee teamed up with Dining Services and Dismas House to distribute CSA (community supported agriculture) shares on campus to Holy Cross employees. More than 20 employees signed up in the first year of the

program, which aims to increase support for community-based agriculture by partnering farmers directly with consumers.

Holy Cross offers daily vegetarian and vegan meal alternatives. Having a more plant-based diet is less taxing on the environment because fruits and vegetables require less land and fewer resources to grow. Additionally, fruits and vegetables are not as destructive to top soil because they do not use as much fertilizer and, unlike farm animals, cover land rather than graze it. Lastly, farm animals produce enormous amounts of green house gases and pollute water sources during digestion and excretion. There are health benefits to eating a plant-based diet as well, including decreased risk of heart disease and stroke, the ability to live a more active lifestyle from increased energy, better digestive health, low cholesterol, and decreased obesity. For more information about why eating vegetarian and vegan are sustainable and healthy alternatives, visit <http://earth911.com/news/2012/04/09/how-vegan-and-vegetarian-diets-help-the-environment/>.

WORCESTER FARMERS' MARKETS SCHEDULE

LOCATION	DAY	TIME	SEASON
Holy Cross Farmer's Market, Kimball Quad	Wednesday & Friday	Late afternoon	Late September – late October
Worcester Commons Market, behind City Hall	Thursday	11 a.m. – 2 p.m.	Late June – late August
Canal District, Green Street in Kelley Square	Thursday	3 p.m. – 8 p.m.	Late July – late October
Main South Market, Fuller Family Park	Saturday	10 a.m. – 2 p.m.	Mid June – early November
REC community Chandler St. Market, Beaver Brook Park Parking Lot	Monday	9:30 a.m. – 2 p.m.	Late June – late October
Worcester's Winter Market, Beaver Brook Park Building	Sunday	11 a.m. – 3 p.m.	Early November – late May
UMass Medical Memorial Center Market	Tuesday	12:30 a.m. – 5 p.m.	Mid July – late October
Sterling Market, Butterick Municipal Building	Friday	3 p.m. – 6:30 p.m.	Mid June – late September
Worcester Northeast Side Market, Salem Covenant Church	Thursday	12:30 a.m. – 5 p.m.	Mid June – late October
Boylston Hillside Market, John B. Gough House at Hillside	Saturday	10 a.m. – 1 p.m.	Early August – early October

Tips for eating green:

- 1) Eat vegetarian at least once a week for an entire day. According to chooseveg.com, “to produce one pound of animal protein vs. one pound of soy protein, it takes about 12 times as much land, 13 times as much fossil fuel, and 15 times as much water.” By eating vegetarian or vegan at least once a week, you can conserve resources and reduce your carbon footprint.
- 2) Support a farmer's market and buy local.
- 3) For more information about seasonal produce, go to <http://www.mass.gov/agr/massgrown/docs/availability-chart>.



TRANSPORTATION

While Mount St. James does not make Holy Cross the easiest campus for alternative transportation, there are several great commuting programs that commuting faculty, staff, and students can take advantage of to reduce their car usage and carbon footprint. In 2013, Holy Cross was awarded the MassDOT Pacesetter Award for its efforts to promote environmentally friendly commuting alternatives. One such initiative is the NuRide program, which is mostly applicable to faculty and staff but is also available to students. NuRide rewards people who walk, bike, telecommute, carpool, take the train, subway, or bus to work. People enrolled in NuRide receive award points for their green efforts which include

coupons to restaurants, retailer discounts, and tickets to shows and attractions. View the zip code map on the NuRide website to find other professionals with whom to carpool! For more information, go to MassDOT's NuRide webpage:
<http://www.commute.com/nuride>.





When available, try some of the following tips to reduce your carbon emissions and save money on gas!

- 1) Ask around Holy Cross or use Nu-Ride to find someone to commute with to work.
- 2) Check out the Union Station schedule and use the commuter rail rather than driving.
- 3) Take the Worcester Consortium Shuttle to get to your classes at other schools or to get to other parts of Worcester during the day.
- 4) Do not drive up to the Hart Center; start exercising before hitting the gym and walk instead!

- 5) Run outside, not on a treadmill or elliptical machine.
- 6) Bike whenever possible.
- 7) Read over our community transportation tips at: <http://offices.holycross.edu/publicsafety/transportation/vantips>
- 8) Use the SGA Shuttle services to get around Worcester or to go to Boston, Providence, the Natick Mall, the Wrentham Outlets, or Patriot Place.

Contact sga@g.holycross.edu if you have questions about the shuttle schedule.

- 9) Borrow Holy Cross' hybrid Zipcar for \$8.25/hr.

CONSUMERISM

As a Jesuit institution, Holy Cross is very aware of global social inequality and actively strives to better the lives of others. The College also acknowledges that our consumerism affects others and the environment. Holy Cross partnered with the Worker Rights' Consortium, an independent monitoring organization that aims to combat sweatshops and protect the rights of workers, and is developing a local purchasing initiative in an effort to reduce our transportation costs, both economically and environmentally, as well as support our surrounding communities.

Community members are also taking responsibility for their personal consumer choices. By reducing consumption and

increasing recycling, our community can reduce the amount of waste we produce. We can buy second-hand instead of new products, buy multi-purpose products, and buy products without a lot of packaging material to improve the sustainability of our consumerism. Using eco-friendly cleaners reduces pollution and does not emit harsh chemicals into the environment. Commit to using reusable bags while shopping and consider buying more natural and fair trade products!



The international social justice organization, Oxfam, can help you determine which corporations are most ethically and environmentally sensitive. Their new Big 10 campaign evaluates how the largest food corporations score in terms of quality of workers' rights and impact on the environment. Find out what impacts your purchases have on worker communities and the environment on the Oxfam website (<http://www.behindthebrands.org/en-us>) or through the Fair Trade USA website (<http://fairtradeusa.org/products-partners>).





AROUND WORCESTER

There are many environmentally friendly stores, restaurants, and activities to do around Worcester! Worcester is known for its great restaurants and well-maintained parks and conservation land. Did you know Worcester's local WooFood initiative certifies restaurants that prepare local foods into healthy dishes?

Here is a list of WooCertified restaurants:

- * The Flying Rhino
278 Shrewsbury St., Worcester
- * Coral Seafood
225 Shrewsbury St., Worcester
- * Sweet Worcester
305 Shrewsbury St., Worcester
- * Le Mirage
120 June St., Worcester
- * Museum Café
55 Salisbury St, Worcester
- * NU Café
335 Chandler St, Worcester
- * WooBerry
141 Highland St, Worcester

Here are additional restaurants that serve local, organic, vegan, and vegetarian food:

- * Armsby Abby
144 Main St, Worcester
- * Acoustic Java
932 Main St, Worcester
- * One Love Café
800 Main St, Worcester
- * Artichoke Co-op
800 Main St, Worcester
- * EVO Dining
234 Chandler St, Worcester
- * Loving Hut
415 Chandler Street, Worcester

Worcester also offers many stores that promote reusing lightly used items:

- * Savers
50 Mill St, Worcester
490 Lincoln St, Worcester
- * Salvation Army
72 Cambridge St, Worcester
640 Main St, Worcester
- * The Worcester Flea Market
4 Quinsigamond Ave, Worcester



Worcester has an incredible amount of conservation and park land within its city limits. Check out the following parks and trails for a day outside!

- * The Eco-tarium
- * Elm Park
- * Green Hill Park
- * Broad Brook Meadow Conservation
- * Quinsigamond State Park
- * Greater Worcester Land Trust (to see all the different trails in this nearly 2,000 acres of land, look through the GWLT website: <http://www.gwlt.org/lands/index.htm>)
- * Cookson Park (right on Kendig Street!)
- * Purgatory Chasm
- * Blackstone River Bikeway (right below Fitton Field!)



And don't forget about the environmental activist groups and support programs around the city. The Worcester Regional Environmental Council is always looking for volunteers to help spread urban agriculture and cleanup throughout Worcester. View their website to find a volunteer opportunity that inspires you: <http://www.recworchester.org/>



HOW TO GET INVOLVED

Who would have thought that it was so easy to live sustainably? By embracing the simple lifestyle tips in this guide you can reduce your carbon footprint, which improves global and environmental health. Considering the Native American proverb, "We do not inherit the land from our ancestors, we borrow it from our children," it is clear that what we do today directly affects tomorrow, the next day, and years to come. Please review the following list of involvement opportunities and see if one sparks your interests!

- * **Eco-Action:** Eco-Action is the student environmental group on campus. They hold bi-weekly meetings during which campus-specific, region-specific, national, and global environmental issues are discussed. Not only is it a great place to learn more about the effects of climate change, but Eco-Action acts to make Holy Cross a more environmentally friendly campus. By creating environmental and social justice campaigns, Eco-Action is a lively group, full of energy and action. Join Eco-Action anytime! Email eco-action@g.holycross.edu for information about meeting times.
- * **The Environmental Liaisons Program:** The Environmental Liaisons Program is a student organization, run through House Councils, through which stu-

dents take responsibility for improving sustainability within the residence halls and departments across campus. Liaisons coordinate residence hall sustainability programming, events, and campaigns, while also engaging peers on issues of conservation, personal pro-environmental behavior change, and sense of environmental responsibility. Run to be an Environmental Liaison during House Council elections in the fall!

- * **The Presidential Task Force on the Environment:** This task force is responsible for ensuring that Holy Cross is taking the right steps to becoming a more sustainable college. The task force includes students, faculty, and staff from a variety of fields and interests to ensure that all aspects of sus-

tainability are covered. If you have any ideas or projects that you think could benefit Holy Cross' environmental efforts, send the task force a project proposal! The environmental project submissions form, created by the Presidential Task for the Environment, allows Holy Cross students, faculty, and staff to suggest new environmental initiatives for the College to explore. Download the form here:

http://offices.holycross.edu/sustainability/project_proposals

- * **SGA Director of Environmental Concerns:** This director's position on the SGA Executive Branch is responsible for representing the student body's concerns and ideas for improving environmental action and awareness on campus. The director also oversees the Environmental Liaison Program and is a member of the Presidential Task Force on the Environment. Apply to be the Director of Environmental Concerns in April, after the new SGA Co-Presidents are elected. Or apply to

be the SGA Director of Environmental Concerns Intern in the fall!

- * **The Outdoors Club:** The Outdoors Club is a student organization that is committed to exploring the parks, trails, and mountains available around Holy Cross. Taking day-trips, the Outdoors Club gives students the opportunity to stretch their legs off campus, in beautiful wildlife conservations. For more information contact: outdoorsclub@g.holycross.edu.
- * **The Environmental Studies Department:** The Environmental Studies Department "is a multidisciplinary, student-designed major and concentration administered by the Center for Interdisciplinary Studies. The aim of Environmental Studies is to allow students to assemble a series of courses that bridges three or more disciplines and that provides a comprehensive understanding of environmental issues. Students are expected to study the causes, mechanisms and effects of environmental problems by investigating

the relevant natural processes and the interplay between the environment and social, political and economic institutions." The department also hosts guest lecturers on environmentally-related topics. Check out what the Environmental Studies Department has planned for upcoming events at: <http://academics.holycross.edu/environmentalstudies>.

Additional related student organizations:

- * Healthy Eating and Lifestyles (HEAL) (heal@g.holycross.edu)
- * Oxfam (oxfam@g.holycross.edu)
- * Peace Around the World (PAW) (paw@g.holycross.edu)
- * Pax Christi (paxchristi@g.holycross.edu)
- * Student Health Awareness Peer Educators (SHAPE) (shape@g.holycross.edu)



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