

**POINT
PARK**
UNIVERSITY

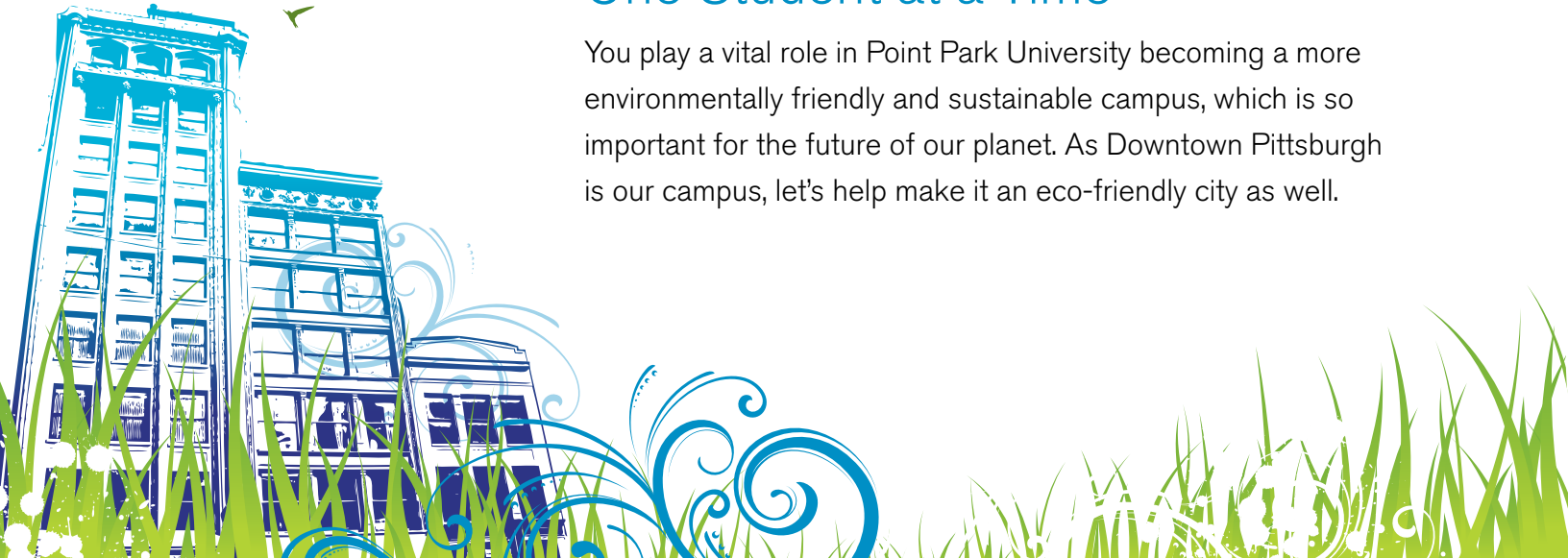
a greener village,
a greener world





Making a Difference, One Student at a Time

You play a vital role in Point Park University becoming a more environmentally friendly and sustainable campus, which is so important for the future of our planet. As Downtown Pittsburgh is our campus, let's help make it an eco-friendly city as well.



How to Conserve in College

It's easy to do your part in the conservation of our planet's natural resources. If you keep this simple checklist in mind, saving energy, water and paper will be a breeze! Remember, this is our planet, and in order to keep her healthy, everyone needs to make sustainability our second nature.



- Turn off lights when leaving for five minutes or longer. When possible, make use of natural light from windows.
- Turn your computer off, especially at night, or put it in sleep mode instead of using a screen saver.
- Recycle as much plastic and glass as possible. Even if there is not a specific recycling container for glass, just rinse it and put it with the plastics and cans.
- Recycle print and toner cartridges by taking them to the campus mail room.
- Report all leaky faucets and toilets. A dripping faucet wastes about 20 gallons of water per day and toilets waste up to 200 gallons per day!
- Use less power by plugging electronics into a power strip and switching the power strip off when not in use. Some electronics still use energy when they are "off."
- Take your charger out of the outlet when it's not charging something. Chargers use power even when your device is not being charged.
- Set your refrigerator between 38-43 F and freezer between 0-5 F. Also, make sure refrigerator doors seal properly. To check, close a dollar bill in the door; it should be difficult to pull out. If it slides easily, you are losing energy, and the seal needs to be repaired.
- Use cold water cycles as much as possible when washing laundry; hot water uses more energy.
- Clean the lint filter in the drier before each use, and air-dry clothes when possible.
- Do not leave water running while brushing your teeth. If you only use water to rinse, you can save more than four gallons per day!
- Time yourself in the shower and reduce your regular time by at least one minute. A five-minute shower uses about 35 gallons of water!
- Do not put tissues, paper towels, sanitary products or cigarettes in the toilet. They cannot break down as easily as toilet paper, and they back up the system — no one wants that!
- Use compact fluorescent light bulbs for all lamps in your room. They use 75 percent less energy and last up to 10 times longer than regular incandescent light bulbs.
- Use both sides! Use a printer that prints and copies double-sided documents.
- Review documents on screen instead of printing a draft.
- Wait until you are ready to use the computer or printer before turning it on.
- Buy recycled products as much as possible. You can even buy printer paper that is 100 percent post-consumer!

To learn more about Point Park's
Sustainability Initiative, visit
pointpark.edu

About Point Park University's Sustainability Initiative

Point Park recognizes its leadership role in environmental sustainability and has developed a broad-based sustainability initiative to facilitate this important role. The University shares the position espoused by Anthony Cortese, Sc.D., president, Second Nature, in *Integrating Sustainability in the Learning Community*: "Because the university is a microcosm of the larger community, the manner in which it carries out its daily activities is an important demonstration of ways to achieve environmentally responsible living and to reinforce desired values and behaviors in the whole community."*

**The use of this quotation does not constitute an endorsement of the University's sustainability initiative by Anthony Cortese, Sc.D.*

Notice of Non-Discrimination

Point Park University does not discriminate on the basis of race, color, national origin, sex, age, religion, ancestry, disability, veteran status, sexual orientation, marital status, or familial status, in the administration of any of its educational programs, activities, or with respect to employment or admission to the University's educational programs and activities. This policy is in accord with state and federal laws, including Title VI of the Civil Rights Act of 1964, Title VII of the Civil Rights Act of 1964, Title IX of the Education amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act and the Age Discrimination Act of 1975. Inquiries regarding these regulations, policies, or complaints of discrimination should be referred to the Human Resources Officer, 2nd floor, Thayer Hall, telephone number 412-392-3952. Inquiries regarding Title IX and the Title IX regulations can also be referred to the Human Resources Officer as the Title IX coordinator.