

Sustainable Living and Learning at HSU

A brief orientation and resource guide

Transportation

Why is sustainable transportation important?

Sustainable transportation is important to HSU students for a number of reasons: to reduce greenhouse gas emissions, to minimize dependence on foreign oil, to reduce the drain of transportation dollars from Humboldt's sustainability-focused local economy, to exercise and avoid the health risks presented by our car-centered culture, and to create a more cohesive community where citizens get to know each other better outside of their cars.

How can I get around and minimize any negative impact on the environment and community?

Walking, biking, bus, skateboarding, or ridesharing are all more environmentally and socially sustainable than driving a single-occupant vehicle ([Wikipedia definition](#)). Grocery stores, restaurants, shops and services are all within easy biking, skateboarding and walking distance from the campus.

Services for bicyclists

- Arcata is home to four bike shops to maintain your two-wheeled vehicle.
- The [HSU Bicycle Learning Center](#) is a friendly volunteer community ready to help cyclists learn about maintenance and repair. The BLC workshop is nestled behind Nelson Hall ([see map](#)).
- You can take your bike onboard RTS buses [[link to come](#)].
- See [HSU Green Wheels page on bicycling options](#) for more.
- The [Arcata Bike Library](#) maintains limited weekend hours out of the Co-op employee parking lot.

Bus transit

Current students enjoy unlimited rides on most Humboldt County buses with their student ID card (Arcata & Mad River Transit Service, Eureka Transit Service, and Redwood Transit System). With these services and others, a large number of students find that owning a car is unnecessary during their time at HSU, and thus free themselves from the costs and inconveniences of repairs, parking, fuel, and insurance.

See [quick bus links from Green Wheels](#). New Humboldt County bus websites coming soon.

Rideshare

- See [Humboldt County rideshare links](#) from Green Wheels.
- Housing maintains a rideshare board in the Jolly Giant Commons
- The Northcoast Co-op has a rideshare board.

Other options

See [Sustainable Transportation Options](#) from Green Wheels for more links about these and other modes.

Sustainable transportation events

[Car-Free Day](#): HSU is rumored to be the first campus in the United States to join the rest of the world in celebrating Car-Free Day, every September 22nd.

Campus groups for sustainable transportation

[Green Wheels](#) has become a powerful voice in sustainable transportation advocacy on campus and in the Arcata community. Green Wheels members plan and host gatherings and celebrations, they publish the *Community Wheel* newsletter, and they work closely with university administrators, as well as community political leaders. What drives them? The knowledge that they are *learning to make a difference* through innovative political, social, and tech-savvy advocacy. They also have a lot of fun on bike tours, buying and redecorating parking spaces, and generally stirring up change as a model of effective campus activism.

The [Bicycle Learning Center](#) is an incredible group of passionate and fun bicycle experts and a social hub for the bike community on the HSU campus. Right off the University Center quad, students can drop by the BLC for some help with their bike from a friendly expert.

Campus policy & administration

The [parking & transportation committee](#) is the President's advisory committee on campus transportation issues, with two Associated Students appointed representatives. It has been a key avenue for students to effect change

The [HSU Bicycle Planning Advisory Document](#) was written by Green Wheels members. The student-initiated bike plan describes how HSU can cost effectively improve bicycle infrastructure on the campus.

Energy Conservation

Environmentally-friendly living commodities

CFL light bulbs: If you have a lamp which uses standard bulb sizes, consider getting some more efficient light bulbs known as Compact Fluorescent Lamps (CFLs). If you buy a lamp with non-standard bulbs, then replacement bulbs will cost you a lot more. If you live on campus and want to get *free* CFLs, take advantage of Housing's CFL exchange. If you are a student living off campus, contact the green campus program (greenhsu@humboldt.edu) and ask about their free CFL exchange program.

Energy Star: If you buy appliances such as printers, mini-fridges, TVs or stereos, Look for the energy star logo. This will help you identify which appliances are the most energy efficient, and may be a good indication of product quality as well.

Energy Conscious and Responsible Behavior

You don't receive an energy bill when you're living in the residence halls, but if you don't think about the ways you use your energy, you may establish some bad habits that stay with you even after you

move out. And even though you don't see the financial impact of your energy use, there are still environmental costs that occur along with energy generation. Don't make Al Gore mad!

Turn off lights – it takes practically no effort, and it makes sense. Why leave the light on, if you're not in the room? There are myths about decreasing the life of the bulb by turning it on and off repeatedly, but in reality, this isn't true. ([source](#))

Computer settings - Programming sleep settings into your computer is another simple task you can do to achieve energy savings with little effort. Green campus can [show you how](#). Or, better yet, think ahead and turn your computer off if you're not going to use it immediately after.

Conserve water – There are a lot of little ways you can save water, like not taking long showers, not running water constantly when doing dishes, brushing your teeth or shaving.

Microwave/ Fridge Sharing - Don't be worried about not having access to a refrigerator or microwave! Every Residence Hall is equipped with a way to store and heat food, and since many people bring their own, why not share with your roommates?

Sustainable-Living Events

Green Competition: For the last two years Housing and Green Campus have hosted a competition between Residence Halls to see who can reduce their energy consumption by the greatest margin. Last years competition saved approximately 19,000 kilowatt-hours of electricity, or an equivalent of about 12,000 pounds of carbon dioxide emissions!

Sustainable Living Arts and Music Festival (SLAM Fest): A celebration of sustainable living that includes live music performances, art displays and educational events.

Helpful Resources for On-Campus Living

Energy Management Intern- This position was formed when Housing and Green Campus joined together to help make Humboldt's environmental impact smaller. The intern(s) is a great resource for information on sustainable living practices, as well as giving input for possible projects in the Residence Halls. You can reach the Energy Interns through Housing.

Campus Sustainability Organizations:

Environmental and Social Justice Clubs Coalition

"The Coalition," formerly known as the Environmental and Social Justice Clubs Coalition, is an umbrella organization that houses clubs and programs working for environmental and social change. The Coalition meets regularly every other Friday at 5PM at Redwood Yogurt. It includes the following organizations:

[CCAT](#) - The Campus Center for Appropriate Technology, founded in 1978, is a live-in demonstration home which seeks to show that living lightly on the earth is both practical and rewarding. CCAT is located at the North end of the parking lot at the corner of 14th and B street, just down the hill from the new BSS building. 707.826.3551

[Green Campus](#) – Humboldt State is home to just one of 12 Green Campuses across the State of California. Focusing on the here and now changes of energy efficiency and conservation, Green Campus projects include CFL exchanges, building and office energy audits, and even [educational films!](#)

[Green Wheels](#) – See Transportation Section.

Local products and sources

Upon arriving in Humboldt for the first time, many people are at a loss about where to find the goods they need. One aspect of sustainability is economic sustainability, so we find that it's important to spend money at locally run businesses to support the residents of the area and to keep the money circulating within the community. For your basic needs, check out these places in Arcata:

Food

[Farmer's Market](#) - A seasonal (April - November) open air market on the Arcata Plaza, every Saturday from 9-2. Sports a lively social atmosphere with lots of fresh vegetables and other goods.

Community Supported Agriculture

[Potawat Health Village](#)- The United Indian Health Services established Potawat to uphold the traditions of communal healing for native residents of Humboldt. They offer medical services, as well as an organic farm on which anyone can volunteer to gain hands-on experience.

[Redwood Roots](#)- It is part of a ten-acre parcel near the Jacoby Creek Land Trust. It operates as a Community Supported Agriculture farm, and provides educational programs, as well as fresh vegetables, and herbs for consumption.

[Arcata Educational Farm](#)- A student run and Community Supported Agriculture (CSA) farm located at the city of Arcata's "Bayside Park".

Miscellaneous Goods

[R.O.S.E.](#) – The Reusable Office Supply Exchange, run by the Campus Recycling Program, makes available paper, binders, and various and sundry office supply items. It is located in the Warren House (House 53) adjacent to the campus apartments. You'll never buy office supplies again!

[Arcata Community Recycling Center](#) Reusables Depot