SPRING in general and EARTH DAY in particular are great reasons to think hard about caring for the environment. With all the snow we got over this long winter, I’ve noticed a lot more than the usual amount of trash along the roadways and sidewalks and even in my yard. This is a great time to get together with your neighbors and friends and clean it up!

Speaking of cleaning it up...when you’re doing your spring cleaning, think about donating some of your “stuff” instead of trashing it.

- **ANIMAL SHELTERS** are always looking for blankets, comforters, sheets, and towels that can be used for bedding.
- **CLOTHING** that is in good condition can be dropped off at The Salvation Army or Rescue Mission, and you can even get a tax deduction if you like. There is also a used clothing collection box at the United Methodist Church in Minetto. I like this one because the clothing is not sold, but given away to those in need. Tax deduction forms are available there also.
- **BOOKS** can be donated to libraries, The Salvation Army, or Rescue Mission. Daycares would probably love to get used children’s books that are in good condition.
- Contact Habitat for Humanity to donate **LEFT OVER BUILDING MATERIALS**.
- **CRAFT MATERIALS** can be donated to nursing homes and assisted living facilities.
- **CELL PHONES FOR SOLDIERS** accepts donations of old cell phones and gives soldiers an hour of phone time to call home. For more information on drop off locations visit: [http://www.cellphonesforsoldiers.com/](http://www.cellphonesforsoldiers.com/)

For other ideas about where to donate items visit: [http://www.givetoothers.com/gto_page.taf](http://www.givetoothers.com/gto_page.taf) and [http://www.freecycle.org/](http://www.freecycle.org/)

**EARTH DAY FACT:** On the celebration of the first Earth Day in April of 1970, a Dodge Desoto was filled with garbage and buried near the entrance to the SUNY Oswego campus on Route 104. This was the students’ way of protesting the excessive pollution of the auto industry at the time.

Visit: [http://www.oswego.edu/about/leadership/sustainability.html](http://www.oswego.edu/about/leadership/sustainability.html) to see what our campus is doing now to become a more sustainable working and learning environment!
What items can be recycled at SUNY Oswego?

- Glass bottles
- Metal cans
- Plastic: food, cleaner, and personal care bottles, jugs, or tubs with the numbers 1 or 2 on the bottom
- Paper beverage cartons - milk and juice cartons and drink boxes
- Office paper: copy/printer paper, envelopes (no plastic windows), post-it notes, stationery, greeting cards
- Other paper: newspapers, magazines, brown bags, gift wrap
- Boxes: corrugated cardboard, empty pizza, cereal, tissue or gift boxes (no food residuals or waxed paper)
- Electronic equipment including computers, monitors, printers, photocopiers, typewriters, fax machines, shredders, network switches, projectors, cameras and broadcasting equipment.
- Ink and toner cartridges

Where can I put items to be recycled?

There are *recycling bins* in every academic building on campus. The bins are clearly labeled, and easy to find.

*Corrugated cardboard and pizza, cereal, tissue or gift boxes* can be placed in blue paper bins. If you have a large volume of cardboard, contact Facilities Operations (312-3200) to arrange for a pickup.

*Electronic equipment including computers:* Contact Lin Murray (murray@oswego.edu) at Inventory Control. Please include the following information in your e-mail: Name, contact information, make and model of the items, inventory decal number and location.

*Ink and toner cartridges and batteries* can be sent through campus mail to the Environmental Health and Safety office, 110 Lee Hall (building 4). Batteries accepted include alkaline (AA, AAA, C, D, 9-volt), nickel cadmium, lithium (laptop), nickel-metal hydride (radio) and lead acid. For any other types of batteries or for other questions, contact Eric Foertch of Environmental Health and Safety at foertch@oswego.edu.

Where can I get containers for my workspace?

Submit a service request to your custodian.

Other questions? Contact Rebecca Kempney of Facilities Operations at kempney@oswego.edu
INK AND TONER CARTRIDGE RECYCLING!

Environmental Health & Safety will take your empty ink and toner cartridges for recycling. You may send them to us through Campus Mail addressed to: EH & S, 110 Lee Hall. You may also drop them off to us or call us at 3157 for pick up. What ever you do...

DO NOT THROW THEM IN THE GARBAGE! Thanks!

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CORPORATE CHALLENGE 2014

Hey, spring is coming and it’s time to get outside, get some fresh air, get moving, and get in shape. If you don’t already enjoy walking for fitness, why not start? AND, while you’re at it, think about joining our SUNY Oswego Corporate Challenge Team for 2012. The date of this years’ event is Tuesday, June 17th. It takes place at Onondaga Lake Park at 6:25 PM.

The course is 3.5 miles and you can run or walk it at your own pace! We had a great time last year with lots of DELICIOUS food, cold beverages, cool tee shirts, and fun people. It’s a really great way to meet other SUNY Oswego Employees and represent our campus.

To register go to: http://www.jpmorganchasecc.com/companies.php?city_id=13 and select ‘SUNY Oswego’

Cost of registration is $34 which includes the official JP Morgan Chase Corporate Challenge participant T-shirt, the SUNY Oswego team T-shirt (although there will be a deadline announced in a future email on when you need to register by, in order to be guaranteed a team shirt), and the party afterwards.

A Red Cross Blood Drive will be held at the Campus Center upper level Arena on Tuesday April 1st, Wednesday April 2nd, and Thursday April 3rd from 11:30 AM to 5:30 PM. If you’ve never donated blood before, please consider doing so! It’s important!

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FLU SEASON

It’s not too late to get the flu, but DON’T!!! WASH YOUR HANDS!!! Hand washing is easy to do and it’s one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community. Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

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April Word Search

For a chance to win a great prize, complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for March was Kristin Schlosser! Look for: Earth Day, Trash, Environment, Spring Cleaning, Recycling Bins, Plastic, Metal, Glass, Cardboard, Toner Cartridges, Batteries, Corporate Challenge, Red Cross, Wash Your Hands.

Quit Smoking!!!

Faculty and staff members may contact the New York Smokers’ Quitline, 1-866-NYQUITS (1-866-697-8487) or visit www.nysmokefree.com. Oswego Health also sponsors a free online quit-smoking program with support from certified cessation counselors; call 349-5513 to register.

Ergonomic Assessments

FYI: Christine Body has been doing ergonomic assessments since 1996 and is available to do them here on campus. She can be reached at 312-2770 and would be happy to assist you with any questions or issues.