

## Welcome back, CMU!

8/23/07

With the rising cost of gasoline, we are always paying attention to ways we can save money. Did you know that our fitness level and overall health can save us money on fuel? According to the March 2007 issue of Women's Health, in 1960 the average woman weighed 160 pounds. Today, she weighs 164. Studies from the Centers for Disease Control and University of Illinois have found that this is partly to blame for our increasing fuel consumption. The same four pounds per person equates to 938 million extra gallons of gas consumed by automobiles, or \$2.2 billion. Wow!

Hey, welcome back students! I am CMU alumni myself. Go Chips! (Sorry, got off track for a second there.) During my five years at Central, I designed and implemented the first web page for Isabella County Recycling. The old [www.IsabellaCountyRecycles.com](http://www.IsabellaCountyRecycles.com) was retired, and is now [www.isabellacounty.org/recycles](http://www.isabellacounty.org/recycles). We've made a lot of changes to the site over the summer. It's still under construction, so bear with us. I've thankfully put my degree to good use here at the Recycling Center.

I encourage everyone on campus to recycle, as recycling services are available to all. Do something good for the environment. Faculty, staff, and students can help by sorting items into the blue recycling containers available in every campus building. Students and staff can take recycling to the containers in the loading dock areas of each dining hall. Corrugated cardboard can also be recycled at several academic buildings and at all dining commons. If you have on-campus recycling questions, please contact facilities management at 989-774-2000. Free "desk side" recycling bins are available for use on campus by faculty and staff. Please call 989-774-2000 for details, or by ordering directly through University Stores.

Do you recycle? If you are staff, do you have a recycling bin in your office? Are there recycling containers in public areas, well-marked and ready for everyone to use? If you are a student, you can recycle in your dorm room, common areas, kitchen, apartment, townhouse, loft, etc. Maybe you can start up recycling back home. Wherever you go, preferably, it is a way of life. If you volunteer your time implementing recycling at your place of work, it may qualify for volunteer hours for your major. Check with your advisor.

I have a nice map here showing locations for all of CMU's outside recycling containers. If you need assistance locating the one nearest you, or if you have questions about what you can recycle and how to prepare it, please contact me. My phone number is 989-773-9631, or my email, [recycling@isabellacounty.org](mailto:recycling@isabellacounty.org). Or stop me at a football game, I'll be there! And, in my earlier example about how to save gasoline by taking off a few pounds...get to the SAC, you pay for it in your tuition, anyway. Avoid the "freshman 15." Take care of yourself, take care of your Earth. Happy Recycling, CMU!