

Merced College

GREEN ISSUE

Chapter News



JUNE/JULY

Chapter#274

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Beat the heat when working outdoors.

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AFL-CIO

The combination of sun and heat can be dangerous to groundskeepers and other classified school employees who spend most of their time working outdoors during the upcoming summer months.

The sun contains ultraviolet rays that may cause skin cancer. If you spend a lot of time working outdoors, make sure you cover up with tight-knit clothing. This type of cloth can help keep the sun's harmful rays off the skin. Natural fabrics, such as cotton, can still help keep you cool while protecting you from the sun.

Wear a hat and sunglasses. A wide-brim hat will protect your face, eyes and neck. Did you know that your eyes can also get sunburned? That's why you should always remember to wear shades that block at least 99 percent of UV rays.

Make sure that any part of your body that is exposed to the sun is protected by sunscreen. A sunscreen with a sun protection factor (SPF) of at least 15 is recommended.

Once you make sure that you're protected from the sun, take some steps to make sure that you're protected from the heat. Drink plenty of water. Do this even before you get thirsty. By the time you're thirsty, you are already becoming dehydrated.

Take breaks in the shade as you need them. Although there is always a lot of work that needs to be done before the end of the day, your well being should always come first. Remember, working outdoors during the warm months can be pleasant, but make sure that you always take the proper precautions to ensure that your health isn't compromised.



PLEASE RECYCLE THIS NEWSLETTER WHEN YOU ARE FINISHED READING ALL THE VALUABLE INFORMATION OFFERED. THANK YOU

CSEA gives you money for college

Working for the education system, CSEA members know the importance of learning. Rising tuitions and higher costs for vocational and technical training can make going to school more difficult.

CSEA is willing to help. CSEA offers \$1,000 grants to members who are going to school full- or part-time. Grants are awarded based on financial need, goals and objectives, citizenship, and CSEA activities. Applications are accepted June 1-Oct. 31.

Visit csea.com for more information.

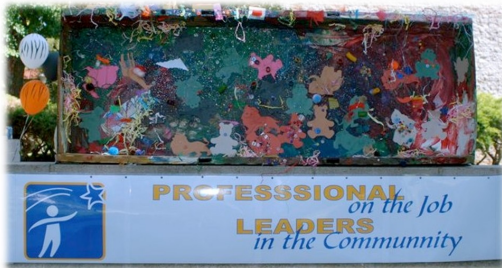
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CLASSIFIED STAFF WERE SHOWN APPRECIATION FOR ALL OF THEIR HARD WORK WITH A FANTASTIC BAR-B-Q ON MAY 21, 2009 .

THEY ALSO SHOWED TREMENDOUS GENEROSITY AS OVER 400 CANS OF FOOD WERE COLLECTED AND DONATED FOR THE STUDENT ACTIVITIES FOOD PANTRY!!!!

THANK YOU AGAIN CLASSIFIED STAFF FOR ALL THAT YOU DO!



A HUGE THANK YOU TO OUR SPONSORS!!!!

BLACKBEARD'S

ISLAND WATER PARK

MERCED COLLEGE BOOKSTORE



NEW CSEA CHAPTER 274 WEBSITE!

This site is maintained by your fellow chapter members and focuses on our chapter and contains up-to-date information to help you maximize your union membership and awareness.

<http://chapter274.csea.com/>

10 EASY WAYS TO BE GREEN

1. Reduce Just by turning off the tap while brushing your teeth or shaving, you can save more than 200 gallons of water per month. Here are some other effective ways you can help to conserve resources ...

- * Turn off the lights when leaving a room.
- * Use both sides of the paper when printing and copying.
- * Walk or bike instead of driving.
- * Take short showers.
- * Drink tap water instead of bottled water.
- * Remove unnecessary items from your car to reduce weight.
- * Regularly replace the filter on your HVAC system.
- * Install faucet aerators.
- * Use cold water to wash clothes.
- * Stop junk mail.
- * Install a programmable thermostat in your home.

(Source: [U.S. EPA](#))



2. Unplug Unused Electronics - In the average home, 25% of the electricity used to power home electronics is consumed while the products are turned off. To stop these "phantom loads" when devices are not in use, unplug them or connect them to power strips, which can then be turned off. (Source: [U.S. DOE](#))

3. Recycle By recycling materials such as aluminum cans, newspapers, and glass jars, you can save energy and landfill space, conserve natural resources, and also prevent pollution. (Source: [U.S. EPA](#))

4. Look For The ENERGY STAR Label If a product has the ENERGY STAR seal, it meets certain energy efficiency standards. Home appliances, electronics, windows, and roofing are just a few of the products that can qualify, so check a product's box or manual, or speak to a salesperson to see if it is ENERGY STAR compliant. Visit [ENERGYSTAR.gov](#) for more information. (Source: [ENERGY STAR](#))

5. Use Compact Fluorescent Light Bulbs (CFLs) Almost all of the electricity used by an incandescent bulb is converted to heat and not light; CFLs provide a much more efficient alternative. ENERGY STAR labeled CFLs use up to 75 percent less energy and last up to 10 times longer than incandescent bulbs, saving an average of \$30 over the lifetime of each bulb. To maximize their effectiveness, check the packaging to make sure that each CFL is the proper type and wattage for your lamps. (Source: [ENERGY STAR](#))

6. Fix Leaks A faucet that leaks one drip per second can waste more than 3,000 gallons of water each year. A leaky toilet can waste up to 200 gallons of water every day. To determine whether your toilet has a leak, place a drop of food coloring in the tank; if the color appears in the bowl without flushing, you have a leak. To find and fix air leaks, ENERGY STAR offers a free guide. (Source: [U.S. EPA](#))

7. Buy Recycled Look for the words "postconsumer" or "recycled" when shopping. The amount of postconsumer content can vary from a small percentage to 100 percent, so look for labels that indicate the highest percentage. (Source: [U.S. EPA](#))

8. Computer Power Management Enable low-power sleep modes and turn off computers and monitors at night. For step-by-step instructions on how to optimize the settings on your computer, visit ENERGY STAR. Network administrators can also set system wide power management settings by using [EZ GPO](#), a free software tool from ENERGY STAR. (Source: [ENERGY STAR](#))

9. Properly Dispose of Hazardous Waste Electronics, CFLs, certain batteries, and other household hazardous wastes contain toxic materials so they should not be sent to landfills where they can pollute the surrounding land and water. Many companies and municipal governments offer free collection programs, and in some cases you can even get paid to recycle old electronics. (Source: [U.S. EPA](#))

10. Fresh, Local, Organic Food travels an average of 1,200 miles before it reaches your plate, so buy locally produced items to save energy and prevent emissions from going into the air. Visit [USDA.gov](#) to find a farmers market in your area. (Source: [U.S. EPA](#))

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Upcoming Chapter Meetings

July 22
August 26
September 23
October 28
November 25
December 9

MERCED COLLEGE CLASSIFIEDS

Interested in buying or selling any items or services? Have some news to share?

What better place to advertise than amongst your colleagues?

If you are interested in posting your ad here (free of cost), please contact your Chapter Public Relations Officer, Angelica Campos @ 384-6293 or campos.a@mccd.edu.

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