



Toilet Talk



Manchester University

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Go Green on Earth Day!

April 22nd is Earth Day! Learn how important it is to keep our Earth healthy and help the world go green!

1. Atmospheric CO₂ are at a record high, and each CO₂ molecule can remain in the atmosphere for hundreds of years, so today's emissions will affect much more than our generation.
2. Approximately 19.4 billion pounds of plastic are dumped into the ocean each year, which greatly affects the health of marine life and consequently ours. Are you a fan of toxic sushi?
3. Deforestation destroys approximately 18 million acres of forest each year, which increases atmospheric CO₂ and greatly reduces diversity.
4. This world is 72% water...but not fresh water. Earth is facing an estimated 40% shortfall in water supply by 2030, so we should stop making fun of California.
5. Climate change creates extreme weather events (i.e. floods, droughts, etc.) that could increase hunger by up to 20% by 2050 due to agricultural and food system damage.
6. The Arctic sea ice is declining at a rate of 13.3% per decade. This may not seem like much, but ice caps and glaciers cover almost 6 million cubic miles, so that's almost 800,000 cubic miles lost each year. Think about the penguins and the polar bears.
7. Indiana winter may still seem cold, but Earth has already reached its warmest start on record.

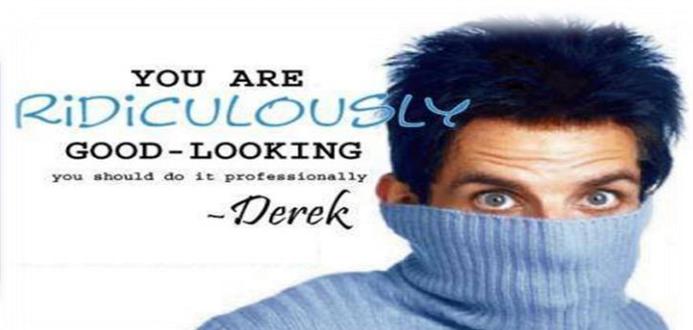
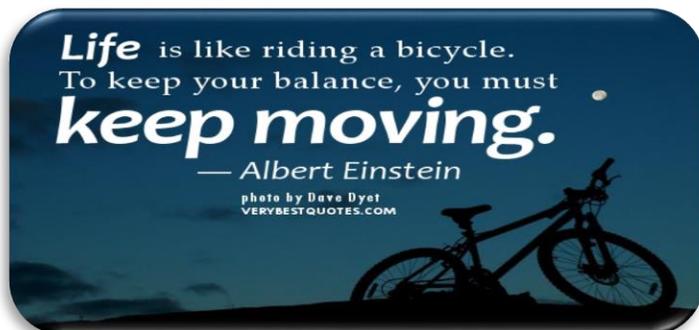
It's time to face the facts, global warming is real. We each need to do our part to save our green planet, it's the only one we have. Now, let's science the green out of this. Learn more at

<http://mashable.com/2015/04/22/earth-day-facts/#ul2gb.44F8qt>.

Time to Play Your Part

Here's some tips on how you can do your part in being green!

- Use reusable water containers
- Power down- don't leave electrical devices on that you aren't using
- Turn off the lights whenever you leave the room, and use sunlight rather than electric when possible
- Unplug chargers and other appliances when not in use, even when a charger is not charging anything, it will use energy!
- Don't use power strips to turn on computer and desk equipment all at once, turn on the device individually
- Avoid disposable plates and utensils
- Washing clothes with cold water can save up to 80% of energy, and only wash full loads of laundry
- Turn off the faucet when brushing your teeth, and report any leaky faucets
- Lower the thermostat when no one is in the room
- Eat locally grown foods- North Manchester Farmer's Market is open every Wednesday and Saturday from May-November



Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at HealthServices@manchester.edu