P2VIEW

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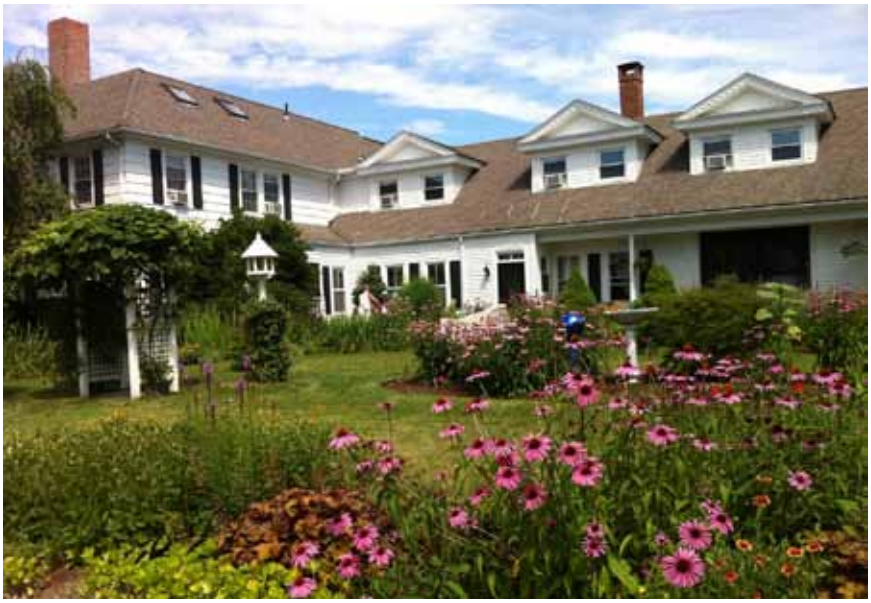
NEWSLETTER FROM THE CONNECTICUT DEPARTMENT OF ENERGY & ENVIRONMENTAL PROTECTION

Staying Where the Environment is "Inn"

Spending the night at an inn conjures up images of a warm comfortable bed in a picturesque setting where comfort is the primary goal. The cares of the world are elsewhere, including worries about saving the planet and the state of the environment.



When you drive up to the Inn at Woodstock Hill (located in the town of Woodstock), the first things you see are beautiful gardens and landscaping. You can imagine a quaint guest room awaiting you inside the stately colonial building. It's inviting on charm alone — but this inn has also done extensive "greening." So while you're dreaming your worries away, you can rest easy knowing that this inn is operated with the environment in mind — it's made clear in their policy posted at the front desk.

Owner/operator Richard Naumann explained that the green updates have made a big difference in the Inn's operating cost. Since becoming certified as a CT Green Lodging Facility in 2011, he has seen the energy bill go down 15% — every action helps in keeping down the expenses of maintaining an older facility.

Inside the Inn, energy efficient lighting shines on the old-style wallpaper and along the curved staircase that takes you up to the rooms. There was a change-over in lighting to LEDs in hallways and

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What's Inside

Staying Where the Environment is "Inn"

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common areas, like the dining room, and CFLs in the individual rooms. Many of the rooms are heated with propane gas fireplaces to provide great ambiance and efficient heat that can be adjusted by the guest with a remote control.

For a list of all the certified green lodging facilities in Connecticut, go to DEEP's webpage — **www.ct.gov/deep/greenlodging.**

The bathrooms have low-flow fixtures that reduce water use and dispensers mounted on the bathtub wall for easy access to shampoo, body wash and lotion. No messy wrappers or plastic bottles are lying around from individual soaps and shampoos, nor soap bars used once and then left behind.

Recycling and composting are the standard methods of handling waste (and saving dollars on disposal costs). A visit to the kitchen reveals that food scraps are composted or sent to a pig farm in Putnam, and every bottle, box and container that can be recycled *is* recycled. The Inn offers catering and hosts several weddings each season. Waste is further reduced by using china, glassware and linens — no disposables at catered events.

Buying local is a priority of the Inn. The gardens are not only beautiful, they feature many native plants and a variety of vegetables, like squash, tomatoes and salad greens that are used in the restaurant. Many herbs are also grown to flavor the meals, and bee hives provide the Inn with fresh, local honey. Beef and bison are sourced from farms in neighboring Thompson and Brooklyn, and apples come from an orchard next door. Even flowers are an asset, with a large dahlia garden that provides blooms to local florists.

And, finally, the office staff has virtually eliminated paper. This quaint inn brings you back in time, but also takes advantage of the latest technology. iPads are used for menus and ordering meals, time clocks are computerized, and reservations are made electronically. The use of efficient technology — along with the natural beauty and comfort of this green inn — keeps guests happy and eager to return.

Brownfield Transformed into Educational Hotspot

It wasn't a genie that transformed a contaminated industrial site into an educational hub — it was the combined efforts of a non-profit college, numerous state, federal and local agencies, along with assistance from private funders. The remediated brownfield is now home to Goodwin College's vibrant River Campus — often cited as a standard for smart growth and the winner of a host of design and environmental awards, including the U.S. EPA's 2012 Merit Award.

Goodwin College, located in East Hartford, was founded in 1999 with the goal of transforming the former Data Institute — a small business technology training center — into a regional campus offering career-focused education. Within its first ten years, the College has reached many milestones, including developing one of Connecticut's leading nursing programs and obtaining approval to offer bachelor's degrees.

In 2005, Goodwin announced dramatic expansion plans which involved building a campus in a former industrial area along the Connecticut River. The project required the demolition of more than 30 above-ground oil tanks and other defunct industrial installations along with the clean-up of contaminated soil. The ground had become contaminated over the years with hazardous industrial by-products and petroleum leakage.

Before: a contaminated industrial site.

Continued from page 2

Through its public-private partnership, the College was able to complete the extensive site remediation and open its 109,000 square-foot academic center in late 2008.

A year later, the College rolled out its Environmental Studies degree program, which takes advantage of access to the river and undeveloped flood plains for the study of river ecology. In 2010, the Connecticut River Academy, an environmentally-themed magnet high school, opened on the grounds of Goodwin's River Campus in a temporary space. This past January, Goodwin broke ground at the site for a permanent home for the magnet school, which will include a roof-top greenhouse.

After: a vibrant riverfront college campus.

Goodwin College continually strives to become more sustainable in their everyday operations. All new buildings were constructed to LEED-comparable standards. Some specific examples of eco-friendly features include:

- energy saving devices such as sensors and automatic timers that shut off lights in unoccupied rooms, and light detectors that sense natural light and balance the lighting accordingly;
- water saving devices such as waterless urinals in all the men's rooms;
- car charging stations for hybrid vehicles; and,
- bicycle racks to encourage low emission travel.

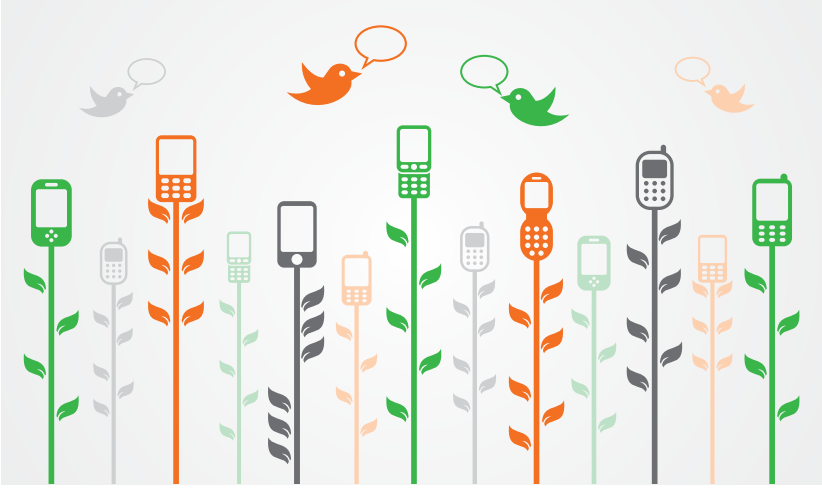
Goodwin College's River Campus continues to transform the former industrial area into a cultural and educational center for students and the local community. For more information on the College, go to **www.goodwin.edu**.

What is a brownfield?

Any abandoned or underutilized site where redevelopment, reuse or expansion has not occurred due to the presence or potential presence of pollution in the buildings, soil or groundwater. Investigation or remediation is necessary before or in conjunction with the restoration, redevelopment, reuse and expansion of the property. Redeveloping these sites is smart growth because it redevelops blighted urban areas where infrastructure already exists, revitalizes local economic growth, and improves environmental health. More information at DEEP's Remediation/Site Clean-up webpage, **www.ct.gov/deep/remediation**.

There's an App for That?

Look around and it seems like almost everyone has a smart phone in their hands these days. Now you can put your smart phone to work to conserve electricity, recycle more, save gas and reduce pollution by downloading an "app."



Start off with cutting your energy use and download **The Light Bulb Finder**. This app makes it easy to find the right energy-saving light bulbs for your home. It considers your lighting fixtures and the lighting quality you prefer. Since it calculates savings and payback period, you can choose which bulbs to replace based on cost, savings and environmental impact.

Then go after those vampire or phantom loads with **iGoVampireCalculator**. Appliances and electronics that you think are off are still "on," using standby power to support instant-on, remote control and LED displays. This app can help you reduce your energy usage 10% by calculating how much you're wasting from different appliances. The typical American home has 40 products that are constantly drawing power and this app can help you do something about it.

We all know that driving contributes to air pollution and gas prices are over-the-top. **GreenMeter** can make you savvy on the road. It evaluates your driving habits, like how fast you're going and the way you brake and accelerate so you can make changes that will reduce your fuel consumption and cost and lessen your environmental impact. It's all done in real time providing instantaneous feedback.

Some other apps that are useful on the road are **ParkME**, which provides information on the closest, cheapest parking and destinations where spaces are available; and **VZ Navigator**, a GPS that gives you the quickest route and helps you avoid idling in traffic jams. You'll reduce fuel use getting to your destination and driving around looking for a place to park in some of the larger cities like Boston and New York.

Reduce, reuse, recycle is the mainstay of the environmental movement and even in Connecticut we can do better and recycle more. **iRecycle** and **My Recycle List** are good ways to find a place to recycle whatever it is you need to recycle. No matter where you are, just type in the item and these apps will get you a list of nearby recyclers.

Want to be even greener? Try **GoodGuide** before buying to see how the products rate on their health, environmental and social performance, then try **Eco footprint** to see how you rate.

If your phone still has battery power to spare and you feel you haven't covered all the bases, you can download **Ecotips** or **Green Living Tip of the Day** (that sends you a tip a day) and the **My Planet** app to show you how the choices you make impact the environment.

In the old days, when you had to be in the same room to play a game with a friend or at a store to shop, it was harder to know how to save the planet. Now there are no excuses since technology has changed our lives. Start downloading!

Chemical Jeopardy – Take 2 on BPA

Two years ago, *P2 View* reported on Bisphenol A (BPA), a hormone-mimicking chemical that has been widely used in products such as point-of-sale register receipts, food containers, reusable water and baby bottles. According to the U.S. EPA, about 2.4 billion pounds of BPA was produced in 2007 with an estimated value of almost $2 billion. The base chemical Bisphenol A is used for polycarbonate plastics in reusable bottles and epoxy resins lining food cans.

Legislative Actions — As a result of health concerns about BPA, several states took action banning the use of BPA in certain products. Connecticut was the first, with its **law** taking effect last October that bans the sale of BPA-containing reusable food or beverage containers and BPA-containing baby food and infant formula containers. BPA can still line food containers intended for other age levels.

Cash register receipts also use BPA — it's applied as a powder coating that acts in the presence of heat to produce the image without ink. Since BPA is transferable from the receipt onto the skin, there has been concern about receipts being a primary mode of exposure to all citizens, and especially workers who dispense them all day. In response to this concern, the 2011 CT legislature led the nation by prohibiting the manufacture, sale or distribution of either thermal receipt paper or cash register receipt paper containing BPA starting in October 2013.

BPA Substitutes — Manufacturers have responded to consumer concern around BPA by substituting another chemical, similar in structure and characteristics, called Bisphenol S (BPS) for some of the many uses to which BPA has been used. Thermal receipt paper is one of these products. The U.S. EPA has an **action plan** to evaluate alternatives to BPA for environmental health and safety, but the chemical alternatives such as BPS are already in production and used in the marketplace, without the EPA evaluation.

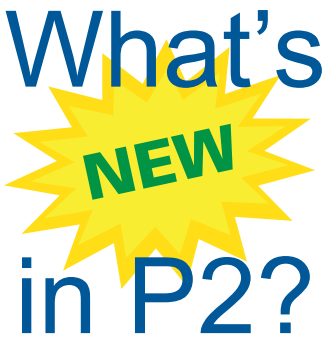
Research — We know how prevalent BPA is in consumer products, but because the use of BPS is so new, there is just one recently-published study on it. The **research** by NY State Department of Public Health scientists sought to determine how extensive BPS is in one ubiquitous category of consumer goods — paper products. The scientists analyzed thermal paper receipts from a number of countries for the presence of BPS and found it in every sample tested. Because the BPS (or BPA) coating on receipts easily rubs off upon contact with it, and people often stick their receipts in with their paper money, scientists also analyzed paper currency for the presence of BPS. Results showed that BPS was present, but not to the same extent that BPA had previously been found, possibly because BPS is still not as prevalent as BPA in consumer applications.

Recycling — It's known that recycling BPA-coated thermal receipt papers with other paper can result in cross-contamination of the recycled paper. So the NY State scientists wanted to see if Bisphenol S was also contaminating recycled paper. They analyzed 14 types of papers with significant recycled content including paper towels, food cartons, and cardboard boxes. Results showed that BPS is in all kinds of recycled paper, all over the globe.

What to do? — Avoid contact with thermal receipt paper, Request "No receipt, please," and make a note about what you spent in a notebook or on your phone. If you need receipts to keep track of expenses, handle them as little as possible; don't put them with your paper money, and wash your hands with soap and water. For workers, reducing exposure may require using some type of gloves on the job or frequent hand washing.

Encourage more retailers to offer electronic receipts that are sent to your e-mail address, rather than printing one at the store.

Dispose of thermal receipt papers in the trash to avoid contaminating recycled paper. These can include everything from cash register and ticket receipts to prescription labels and lottery tickets.



Going Green at DEEP

Take a **virtual tour** and find opportunities that you can use to green your workplace. This five-minute video features examples of green practices that were put in place at DEEP's Headquarters at 79 Elm Street. Recycling and reuse, landscaping, clean commuting, forming a Green Team, and more are covered.

Getting Where You Want to Go

The Connecticut League of Conservation Voters has recently released a **guide to better transportation** in Connecticut. Cars and transportation systems impact our air quality, water quality, health and contribute to climate change. This guide provides a vision for the future that state and local policy makers can use. It recommends actions citizens can take to help their communities make smarter development decisions — resulting in more biking, walking and use of public transit. More information at **www.conservationeducation.org.**

Environmental Legislation Update

Public Act 12-101 makes several changes to the **Coastal Zone Management Act** and was a response to the severe storms we had the past year. This law considers sea level rise as a factor in planning. It puts a new system in place prior to allowing seawalls to be built by encouraging "living shorelines" instead of hard structures such as seawalls. Many of these changes will go into effect on October 1, 2012.

Public Act 12-54 establishes a **manufacturer-based system of collecting and recycling out-of-service mercury thermostats**.

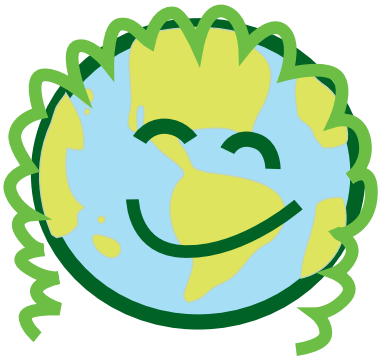
Public Act 12-2 supports **energy efficiency for commercial property**. Under the Commercial Property Assessed Clean Energy (**C-PACE**) program, property owners can pay for energy-related improvements to their properties using a finance program that offers low fixed rates and longer repayment periods than traditional loans.

Household Hazardous Waste Collections Continue into the Fall

Got any leftover chemicals from your pool or lawn? Extra deck stain from that summer project? DEEP wants to remind you that these materials should not be thrown in the trash since they are considered household hazardous waste (HHW). HHW is generally defined as a household waste that is toxic, flammable, reactive or corrosive. Common HHW includes oil-based paints, thinners, pool chemicals, pesticides, mercury fever thermometers, and gasoline.

There are HHW collections, usually held in the spring and fall, where you can bring your waste to be disposed of properly. A few regions have permanent collection facilities. Check to see when your town has its next collection at **www.ct.gov/deep/hhw.** If you miss the 2012 dates, please store your HHW until next spring when new collection dates will be scheduled.

Ask Eartha



I am planning to have my roof re-shingled soon. I have noticed that contractors usually bring in a dumpster to throw all the old stuff in. Is there any chance that the shingles could be recycled?

Rodney G., Baltic, CT

On average, a home re-roofing project can produce 4 tons of waste shingles

I am assuming that your roof has asphalt shingles since they are the most common type of material used for home roofs. Your roof's shingles contain a high percentage of asphalt cement, which is a valuable petroleum product that can be recycled.

Recycling shingles typically results in a lower cost than traditional disposal and prevents waste shingles from taking up limited space at a bulky waste landfill. Using old shingles to make new products reduces the need for new petroleum and our dependence on foreign oil. According to the Northeast Recycling Council, recycling one ton of shingles is equivalent to avoiding the use of one barrel of oil.

In Connecticut, roof shingles can be recycled at four permitted facilities — **Asphalt Roof Recycling Center** in Stratford, **United Recycling of Shelton** (URS), **Incorporated Industries** in Bloomfield, and Babylon Recycling Center in Suffield. One local recycler described the process. After being weighed, a load of shingles gets hand-separated in order to remove unwanted items like wood, wrappers, etc. Grinders reduce the size down to one inch pieces. Then, the material is screened, cleaned, run through magnets to remove metal nails and staples, and the end product looks similar to coffee grinds. It is now ready to be used in a new product. Another Connecticut recycler put together a short **video of the process.**

Recycled asphalt shingles can be used in road paving applications. Hot mix asphalt, a product used to pave permanent roadways is the primary use but it is also found in cold patch, used for road patching and to fill in potholes. Recycled shingles can be blended with other materials, like gravel, and used to cover unpaved rural roads and provide dust control or for driveways, temporary roads, mixed with aggregate to form a base under new roads, for new shingles and fuel. One Connecticut recycler sells a driveway base that is a mixture of recycled shingles, concrete and asphalt.

So when you talk to contractors about your new roof, be sure that they will be recycling your old shingles — you will be potentially saving 2 barrels or more of oil and creating less waste for disposal.

Need more information? Visit DEEP's Asphalt Shingle Recycling Webpage — **www.ct.gov/recycle**.

Eartha

Eartha answers selected environmental questions. Email your question to **judith.prill@ct.gov** and watch future issues for your answer.

P 2 C A L E N D A R

A SELECTION OF ENVIRONMENTAL EVENTS

Saturday, September 29
Energy Savings for the Homeowner
SmartLiving Center, Orange
Jack Starr from Wesson Energy and the United Illuminating Company will present a seminar on energy savings programs for homeowners, such as HES and CEEF. In addition, ice dam prevention will be discussed. Information: 203-799-0460.

Saturday, September 29
National Prescription Drug Take-Back Day
Various locations throughout Connecticut
Safely dispose of unwanted medications, sponsored by the Federal Drug Enforcement Administration (DEA). Sites listed at **www.deadiversion.usdoj.gov/drug_disposal/takeback/**

Saturday, September 29
Annual Source to Sea Cleanup
Various locations throughout CT
Join hundreds of volunteers as they clean up trash and debris along Connecticut's rivers and streams. Information: **www.ctriver.org**.

Tuesday, October 2
Pathways to Zero Waste
Hartford (also being held in MA and VT)
U.S. EPA is hosting this free workshop to help New England communities evaluate how they can reduce waste and increase recycling rates. This special event is designed for state and municipal stakeholders interested in pursuing zero waste. Information: **www.epa.gov/region1/ZeroWasteWorkshop**

Thursday, October 4
Launching Innovation: Transforming Materials Management
Riverfront Boathouse, Hartford
This final summit in the series sponsored by DEEP will serve as a rallying point to help launch a sustainable materials economy in Connecticut and the region. Information: **www.ct.gov/deep/solidwaste**

Sunday, October 7
Electric Cars Today
St. Bridget School, Manchester
This seminar will present information on the different types of electric vehicles (EVs) and how they work and will address questions such as "Why drive one?" and "How can we integrate solar power with EV design?" Information: **www.SolarEnergyOfCT.org** or 860-233-5684.

Saturday, October 20
Family Science Day
SmartLiving Center, Orange
This free family event has fun workshops for children with "Bash the Trash," face painting, presentations by the Beardsley Zoo and the Norwalk Maritime Aquarium, an appearance by BB the Bridgeport Blue Fish Mascot, an energy lighting sale, pumpkin painting, and information for adults on energy conservation. Information: 203-799-0460.

Tuesday, October 30
Sustainability Education Workshop
Barnard Magnet School, New Haven
An opportunity for K-12 educators and administrators to learn about ways to incorporate sustainability education across the curriculum, the new CT Green LEAF Schools program, lessons on energy efficiency for the classroom, connections to Common Core, science and social studies standards and more. Sponsored by **COEEA** and **eeSmarts**. Questions and registration: **jeff.greig@ct.gov**

Saturday, October 6th
National Solar Tour
Solar Home, Canton
This free tour of energy-saving technologies will include information about the home's grid-tied and off-grid photovoltaics, daylighting and solar domestic hot water system. The homeowners and People's Action for Clean Energy will be available to answer questions. Information: **www.pace-cleanenergy.org** or **http://ases.org/solar-tour**

Walk or bike to school – You can help the environment and win a prize! www.walkitbikeitct.org

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Please consider the environment before printing out this newsletter.