Choosing Greener Cleaners and Personal Care Products

by Sierra Murdoch ’09 and Jack Byrne, Campus Sustainability Coordinator

How often do you stop to read the labels on your toothpaste or hand lotion? And on that rare occasion, do you find yourself stumbling over words you either can’t pronounce or haven’t seen since high school chemistry?

Chances are, the Environmental Protection Agency hasn’t heard of them either. Each year, the EPA grants approval to 90% of all new chemicals without restrictions - and they’ve tested the toxicity of only 25% of the 82,000 chemicals used in the US.¹ Some benign, but many harmful, these chemicals pervade every aspect of our modern life styles. They are in the food we eat and the cars we drive, the fabrics we wear and the products with which we clean. But many do not realize that, as customers, we have a choice beyond the cost and

quality of a product - a choice to purchase items made from safe and healthy materials. On October 19th, Middlebury staff, faculty, and students will have the opportunity to learn about the choices they have in regard to cleaning and personal care products on an individual as well as institutional level. The event will kick off the beginning of an effort to boost the College’s leadership in sustainability and environmental stewardship by encouraging broader use of environmentally sound and healthy cleaning products and by working towards the development of green purchasing policies and practices. The series is co-sponsored by the Department of Environmental Affairs, Staff Council, Office of Facilities Services, Human Resources, and INFORM, a national non-profit organization that has worked successfully with industry to eliminate and reduce toxic pollution.

The day will begin with a seminar for custodial staff on green cleaning products. Carol Westinghouse, a representative from INFORM, will speak about the current shift towards green products in the cleaning industry, costs and benefits of the products, and the industry’s future directions. She will also discuss the current use of green cleaning products on the Middlebury campus. Members of the custodial staff from Rhinebeck School in New York will then present on their experiences in switching from traditional to green product use.

Following the seminar, Laurie Rich of INFORM will speak for the lunch-time

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Howard E. Woodin Colloquium Series in Bicentennial Hall.

Finally, students, staff and faculty will have the opportunity to talk with experts about the ways in which cleaning products can harm human health, learn about alternatives to these products, hear what the college is doing to address such issues, and share personal concerns and ideas on how we can keep our homes, offices, and dorm rooms clean and healthy. This final event is open to all Middlebury community members, and refreshments will be served.

In working together on the event, the Department of Environmental Affairs and INFORM hope to inspire the college to make informed decisions about cleaning products in the interest of individual and community health. For more information contact Jack Byrne, Campus Sustainability Coordinator at 802-443-5043 or jmbyrne@middlebury.edu.

1 David E. Duncan, The Pollution Within, National Geographic, (October 2006) 122.

Dining Service Options

If you are looking to mix it up and eat something other than yesterday’s leftovers, there are many sites where you can dine on campus. All menu items and daily specials can be found on the dining web site. On your web browser, type: go/menu. Look under the headings of Dining Hall Menus or Retail Operations Specials at the top of the page. Forms of payment accepted are cash, debit and credit card or departmental charge.

Retail Operations include:

- Redfield Proctor -- All inclusive buffet $7 per person. Chef Bob Lawton creates and cooks the menu.
- The Grille and Juice Bar -- A full a la carte menu to choose from.
- Rehearsals at CFA -- Re-opened in September with new menu options.
- The Golf Course -- Through early fall, enjoy the views of the mountains outside.
- Wilson Café at the Library -- Get your lunch to go here.
- MiddXpress -- Our convenience store has many grab and go options.

Dining Halls:

- Atwater, Proctor or Ross -- $7 per person.
- FIC Freeman for Language Tables -- Please check with the language departments for availability/space.

Symphonic Lunch

Relax and listen to a symphony while you eat your lunch! This month, we will be listening to a recording of Brahms’ 1st Symphony. Bring your lunch and enjoy!

Wednesday, October 11th 12:15 library 201

Optimal Health Initiative

Specially priced copies of “Mad Sheep” a Vermont family story available Fall Family Weekend!
Robert Pickett  
3rd Cook

Tim Parsons  
Horticulturist

Rise Wilson  
Assoc. VP for College Advance.

Sarah McCague  
LIS Graduate Intern

Katie Clagett  
LIS Graduate Intern

R. Judson Watts  
Kitchen Utility Worker

Sharon Greene  
Asst. Prospect Researcher

Lynn Cameron  
Custodian

Laurence Purdy  
Maintenance Welder

New Employees
Classifieds

Classified ads are free for members of the staff, faculty, student body, and alumni of Middlebury College. Ads must be submitted seven days prior to the publication date. Please send your ads to: Classifieds, Midd Points, HR, Service Building, or via Outlook to: Middpoints Editor (electronic submissions preferred).

Real Estate

For Sale: Building lots, East Middlebury. Village water, underground electric, telephone, cable. Private gravel road, designed septic. 3 of 5 lots left; sized .5 acre and larger. Weekdays 388-2502.

For Sale: House in Cornwall. Recently renovated 19th century farmhouse with garage barn & shed, 3 BR, hardwood floors, wood-burning stove, perennial gardens, lots of windows, other pretty features, new septic, new heating system. $319,500. Call 462-2191 or x5064.


For Rent: 2 BR apartment, located in an ideally-situated home in downtown Middlebury. DR, study, living room, laundry, garage, large deck, ample storage. Rent $1,100/month includes all utilities with exception of electric. Month to month or short-term lease possibilities. Walking distance to schools, shopping and the College. No smokers. Contact 462-3609.

For Rent: E. Middlebury apartment. Well-located, small and charming 1 BR apt. for quiet, responsible tenants(s). Private parking, riverside garden. References, good credit history. 388-0085.

Auto


For Sale: 2002 Subaru Outback Wagon Limited: 4 cyl, auto, AWD, wintergreen exterior with tan heated leather seats, dual sunroofs, power drivers seat, PW/PL w/keyless, AC, cruise, CD & tape player. We are the original owners that have carefully maintained the car, including recent brakes, tires, 02 sensors & struts. 111k, mostly highway miles. NADA $16,000; asking $11,495. Email jarroll@middlebury.edu or call (802) 989-9439.

Other

For Sale: 1970 Spinet upright Kranich & Bach piano in good condition. Hundreds of dollars below bluebook, asking $700. Call Yolanda at 388-3867 or e-mail prigo@middlebury.edu.

For Sale: Officially licensed NFL JETS Jacket, never worn. Men’s large. $25, OBO. Call Toni at x2035.

For Sale: Chest, 6-drawer (birch) - $250; Chest, 5-drawer/split top drawer (birch) - $250; Book shelf (oak) - $30; Corner “cockpit” computer desk - $75; King platform 12-drawer Mission style captain’s bed (pine) - $300; Twin bed frame, headboard, and mattress (practically new) - $200; Cooper Weather-Master S/T2 185/60R15 snow tires (studded – used 1 season) - $100; Inazone 242 whitewater kayak (includes paddle/spray skirt) - $400. Mack x2328 or mroark@middlebury.edu.

Multi-Family Yard Sale: Saturday, October 7 from 9am-2pm at 287 Rolling Acres in Middlebury (off Quarry Rd - look for the signs). Wicker furniture set, kayak, TVs, wood dining table, lamps, small appliances, home fixtures, framed prints, ceiling fans, dart board, and much more.

For Sale: Vermont Castings Vigilant wood stove. Best offer gets it. Call Jeff x5207.


For Sale: Skis! Rossignol 9X Oversize; brand new skis (one ski still in its plastic shrink-wrap). Size = 160cm; Sidecut = 109-68-92; Turning radius = 16m. Bindings are Rossignol Axial 100s; have been used for about one and a half seasons, and have some cosmetic scratches on them. These skis retail for $900 without bindings. I am looking to sell these for $500 with bindings. Please contact Bill Mayers at wmayers@middlebury.edu or x2006.

Wanted


Rental House Wanted: Are you going away over Christmas? Want to make some extra money by renting your house to skiers (no young children) from December 23 – December 28? At least three bedrooms needed. Contact Peggy Nelson: mnelson@middlebury.edu or x5301.

PlayStation2 or Xbox Wanted: in good condition. Needed for DDR exercise/dance program. Call Toni at x2035.

Child Car Booster Seats Wanted: I am looking for just the seat part (not the back) of booster seats for children 4-7, any condition. I’ll be happy to pick them up. Contact Alex x5608, or adrapper@middlebury.edu.

Wooden Swingset Wanted: Used but in good condition. Please phone 388-1308.

Bagged Leaves Wanted: Gardener/goat owner will pick up your bagged leaves for use as garden mulch and goat feed - they love dried leaves - it’s their version of potato chips! I can pick up in Middlebury, E. Middlebury, New Haven, Bristol, Weybridge/Waltham area. Please call me at x5577 (home - 453-3600) or send email to knutson@middlebury.edu.

Housesitting Situation Wanted: Mature, responsible, experienced adult student will care for your home, plants, and pets. Excellent references available. Call Jim at 462-2191.