



Leading a Greener Life

Sustainable design (aka: eco-design, and green design) is the production of places, products, and services in such a way that reduces the use of non-renewable resources, and minimizes environmental impact.

The products and materials used in sustainable design are low-impact materials that are sustainably produced or are made from recycled materials, which require little energy to process. Now, becoming more common in current architecture and design, sustainable products are longer lasting and better functioning products requiring less replacements, thereby reducing the impacts of maintenance and servicing.

What are some benefits?

In using green products and infusing sustainable qualities and design throughout your home, not only would you save money every month on your utility bills, you would also improve the air quality within your home, help reduce the price of maintenance and servicing of your equipment, and increase your re-sale value.

*(According to the *Green Building Smart Market Report 2006*, professionals expect greener buildings to garner an average 7.5% increase in value over comparable standard buildings, together with a 6.6% better return on investment.)

Did you know?

- People spend 90% of they're time indoors.
- Indoor air quality is 2-5 times worse than the air outside.
- Poor design and construction contributes to insufficient energy usage, and inadequate insulation of many homes.
- The toxins in household cleaners can cause harmful side effects such as:
 - Lung and breathing problems
 - Headaches
 - Impaired nervous system
 - Causes livers to function poorly
 - Slows your metabolism
 - Contributes to weight gain

Recycling your E-Waste

Did you know that upwards of one hundred million cell phones are replaced each year? Cell phone circuitry and displays can contain toxic compounds like arsenic, beryllium, **cadmium**, **mercury**, copper, and **lead**. E-Waste is old electronic devices that do not decompose naturally such as cell phones, computers, home audio equipment, and digital cameras.

Chemicals of E-Waste

- **Cadmium**—is persistent, bioaccumulative, and toxic. It is found in chip resistors, infrared detectors, and semiconductors.
- **Lead**—can accumulate in the environment and have a detrimental effect, in humans it causes damage to the central and peripheral nervous systems, blood systems, and kidneys.

- **Mercury**—when mercury makes it's way into waterways, it is transformed into methylated mercury in the sediments, and eventually ends up in food where it can cause brain damage.



Green Sites to visit:

California PG&E Incentives –
<http://www.fypower.com/res/tools/rgl.html>

One of many Solar options available on the market –
<http://www.sunrunhome.com>

California Tap Water Database—
<http://www.ewg.org/sites/tapwater/yourwater/search.php?stab=CA>

The Story of Stuff – A provocative and eye-opening tour of the real costs of our consumer driven culture.

<http://storyofstuff.com/>

E-cycle Sites:

Here are some websites where you can go to sell your electronics and make yourself a little green for going green.

- Cell phones—Ripmobile.com
Cellforcash.com
Sellyourcell.com

- Computers—
IBM.com-buys back any and everything that has to do with a computer.

Toshiba.com-buys back any and everything that has to do with a computer.

Gateway.com-has stipulations like they will only buy from you if you bought an e-machine (which is recycled computer waste) and/or a Gateway computer.

HP.com-buys back only computers and computer parts.

- Home Audio—

Eztradein.com-is a good site to rid your home of your audio e-waste, as well as your old digital cameras.