



# S.n.a.p. - E News

## Sustainable News About Plano

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### SPECIAL POINTS OF INTEREST:

- Hurry! Still time to submit application for ESOE Awards
- Volunteer recruitment underway for 2011 Live Green Expo

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## Operation Organics at Medical Center

Medical Center of Plano continues to be a bright spot in the City of Plano's organic (food waste) recycling program. The food waste collected is used to make Texas Pure compost, a nutrient-rich soil amendment. The City collects the organic materials from grocery stores, restaurants and corporate cafeterias and



transports the material to the City's compost site in Melissa, Texas.

The driving force behind the renewed success for organic recycling at Medical Center of Plano is Antoinette 'Toni' Watkins, Director-Food and Nutrition Services. When Toni joined the Medical Center, she recognized the opportunity to expand their participation in the food recycling program. Not only was it a way to shave the cost of waste disposal for the hospital, but she saw this as a means of leaving a smaller footprint on our environment. After sharing her vision for a higher commitment to the

program with her staff, the results were impressive.



(L-R) Kelsey Fontenot, Billie Sumner, Jose Martinez, Toni Watkins and Jose Flores.

The volume of organic collection went up and contamination went down! Medical Center now averages over **54 carts** per month—diverting over 84 tons from the landfill in just the past year.

## CIGNA Hosts Green Seminar & Tour

On May 12, CIGNA hosted the Commercial Recycling team's Green Business Seminar, "**Beyond the Basics**" at its Plano facility at 1640 Dallas Parkway. The seminar drew a standing room only response. Guest speakers

were Bryan Peters, Director of Corporate Service Operations and Environmental Sustainability, from CIGNA's Connecticut headquarters and Timothy Barba, Project Manager for CB Richard Ellis, the site's



Seminar attendees look and listen as Barba highlights the building's green attributes.

# CIGNA Hosts Green Seminar & Tour



Peters addresses an attentive audience.

*(Continued from front page.)*  
 property management firm. He outlined the green initiatives CIGNA has in place which significantly indicate that this global health services company goes beyond the basics when it comes to being green. CIGNA works to lessen its environmental footprint by taking energy-saving and waste-reduction measures, pursuing

consolidation into newer and more energy-efficient buildings such as the Plano site—CIGNA's first LEED-certified building. The state-of-the-art facility is pending LEED Silver Certification from the U.S. Green Building Council. LEED is an acronym for Leadership in Energy and Environmental Design.

Barba provided a tour of

the 204,000 square foot, four-story complex. The building incorporates an East-West orientation to minimize direct sun exposure and is constructed with recycled materials, low E-glass, a white reflective roof, and high-efficiency MEP (mechanical, electrical and plumbing) systems. Additional green features include rainwater capture and natural daylighting.

*Deadline of  
 August 2, 2010  
 for City's  
 Environmental  
 Star of Excellence  
 Awards*

*Commercial  
 Recycling  
 assists with  
 faith-based  
 seminar series*

## Deadline Looms for 2010 ESOE Awards

*Living Green, Leading Green* is the theme for this year's Environmental Star of Excellence Awards (ESOE). The ESOE Awards recognize achievements and initiatives throughout the community. ESOE nomination packets are available on-line at: [livegreeninplano.com](http://livegreeninplano.com). An application form must

be included with each nomination and must be submitted by 5 p.m. on **Monday, August 2** by either self-nomination or a third party nomination.

Award categories highlight all sectors of the community and feature a wide variety of green efforts in Plano. Award categories target multi-

family living, businesses, non-profit groups, educational institutions, churches, volunteer organizations, individuals and community partners.

For additional information contact Heather Merchant of the City of Plano at (972) 769-4130.

## Faith-Based Seminar Support

Your City of Plano Commercial Recycling team participated in the second of a series of faith-based workshops which teach congregations how to apply green living principles. This May 18, session of "Lead Your

Congregation Down a Greener Path" for faith-based green teams focused on waste reduction and diversion. Two representatives from Plano mid-sized churches shared their green success stories and offered hints for

setting up a green team and getting off to a good start. Commercial Recycling outlined steps to take to ensure a sustainable recycling program which can help preserve our environment and save money for congregations.

# Back Away From Bottled Water



Plano's Studio Movie Grill was the site for a showing of the award-winning movie, **Tapped** on May 17. Hosted by the City's Environmental Education and Community Outreach division, the screening allowed members of the audience to become

aware of the truth about bottled water. This revealing documentary looks into the unregulated and unseen world of an industry that aims to privatize and sell back water—the one resource that should never become a commodity.

Film director Stephanie Soechtig and producer Sarah Olson provide the realities of bottled drinking water:

- No safer than tap water
- Extremely expensive

- Often contaminated by plastics chemicals
- Contributes to massive environmental harm

Attendees at the screening were able to question a panel of experts about the bottled water industry and the impact the manufacture of plastic bottles has on Texas communities. Learn more by clicking on:

[www.tappedthemovie.com](http://www.tappedthemovie.com)

*The average American consumes 167 bottles of water a year!*

## Think Before You Drink

The consumption of beverages in plastic bottles are up! Un-recycled plastic bottles make up a huge amount of pollutants which not only trash our neighborhoods but the world's oceans as well. To understand the magnitude of the impact of plastic bottles, take in the following facts:

- Plastic bottles take 700

years to begin composting

- 90% of the cost of bottled water is due to the bottle itself
- 80% of plastic bottles are not recycled
- 38 million plastic bottles go to the dump per year in America from bottled water (not including soda)
- 24 million gallons of oil

are needed to produce a billion plastic bottles

- Bottling and shipping water is the least energy-efficient method ever used to supply water
- Bottled water is the second most popular beverage in the United States.

From: <http://greenupgrader.com>

## City's New Environmental Education Center

The Environmental Education Center (EEC) is on target to be the City of Plano's first Platinum LEED certified building. The new facility is a place to educate and involve residents, community and environmental leaders, building professionals as well as educators in

environmental responsibility and demonstrate sustainability concepts and practices.

Sustainable design features include: architectural site orientation for maximum energy efficiency; use of recycled/renewable/nontoxic materials (low VOC paint,

recycled tiles, fly ash concrete); water conservation—rainwater harvesting; low-flow water system. Stay tuned for your opportunity to tour the facility in October during a fall Green Business Seminar.





## Save the Date:

**April 16, 2011!**

Don't miss next year's **Live Green Expo** at the Plano Centre, 2000 E. Spring Creek Parkway, Plano, TX 75074.

Would you like to be an exhibitor? The **Live Green Expo** offers a broad spectrum of information addressing many environmental considerations related to day-to-day living, such as:

education, energy, food & agriculture, green building & remodeling, indoor air quality, lifestyle & recreation, transportation, waste reduction, water and yard & garden. For questions, please contact Mysha Faithful, Exhibitor Relations, at (972) 769-4130.

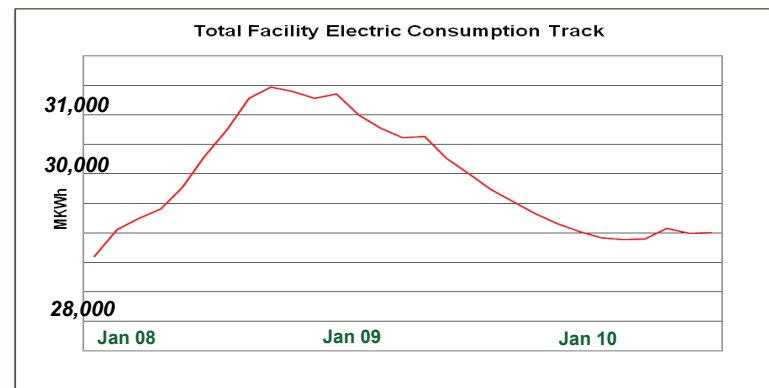
For developing **Expo** news and updates, bookmark our site and check back often at [www.livegreenexpo.net](http://www.livegreenexpo.net). If you have any comments or suggestions for next year, contact [info@livegreenexpo.net](mailto:info@livegreenexpo.net).

Are you a "jump right in" kind of person? The **Expo** is ready to recruit and train more than 600 volunteers! "We welcome volunteers from all walks of life—concerned individuals, friends, families, scouts, employer and school groups—volunteering together to make a difference for North Texas," says Volunteer Coordinator Deb Bliss. If you are interested in volunteering, please contact Deb Bliss at (972) 769-4313 or [volunteer@livegreenexpo.net](mailto:volunteer@livegreenexpo.net). You must complete a registration form before volunteering for the **Expo**.

# Watts Down in Plano!

At a time when budgets are strained, the City of Plano is proud to have shed demand for unwanted watts at City facilities. Facilities Manager, Jim Razinha, led an effort to curb the hunger for megawatt consumption, and his efforts have resulted in significant reductions in energy use.

In 2007 Razinha established a baseline for energy use on all City facilities. Since that baseline, energy use is down 10 percent which translates into a \$500,000 savings to the City. Since the baseline was established, five new buildings have come online. Even with the new facilities, total energy use is still down 3 percent. When asked what has



impacted savings the most, Razinha responded, "lighting and temperature." He touted a new energy policy which regulates set point to 75 degrees in the summer and 70 degrees in the winter. Although employees are unable to manipulate thermostats, facilities staff

respond to temperature variance issues immediately. In addition to replacing 32 watt fluorescent lamps with 25 watt fluorescent lamps which put out more light, the number of lamps in many fixtures within the City were reduced from three to two creating additional energy savings.