

Three Easy Ways to Green Your Desk

Whether you're deep in the trenches of Corporate America, working for an small local business, or running your own office from home, it's not hard to create a personal green haven at your desk. Here are just three ways to get started...

Detox and Destress

Whether it's a lush potted jungle or a single plant on your desk, living foliage removes airborne contaminants and electromagnetic fields, as well as balancing humidity and decreasing office noise and stress levels. In fact, NASA studies indicate that plant-filled rooms contain 50-60% fewer airborne molds and bacteria than rooms without plants.

Just a single plant on your desk can clean an area of 6 to 8 cubic feet; 15 to 20 plants clean the air in a 1,500-s.f. office. The best plants to use? Rubber Plant, Dragon Plant, English Ivy, Dwarf Date Palm, Boston Fern, and Peace Lily.

Cut Back Energy Use

1. Set your computer to switch to energy-saving modes – *not just your screensaver* - when you're not using it. Standby mode reduces monitor and computer power use to 1-3 watts each, wakes up in seconds, and saves \$25-\$75 per computer annually. Hibernate mode is like standby mode, but lengthens wakeup time to 20+ seconds, and saves your work if there is a power loss. Turning off your monitor reduces your PC power use to 1-3 watts, and saves about \$12 - \$35 annually.
2. Switch to a laptop rather than a desktop computer if you can. While a desktop and monitor use a total of 200 watts, a powerful notebook uses just 30 watts.
3. When you go home, turn off peripherals (printers, speakers, etc.) and "vampire" energy users (cell phone and PDA chargers, etc.). A Smart Strip surge protector lets you leave some key components turned on while you power others off.
4. Use sunlight or task lighting with CFLs at your desk instead of overhead lighting.

Reduce, Reuse, Recycle Trash

1. Bring in a reusable mug, glass, plate, and set of flatware, and pack your lunches in a reusable bag. Use washable containers instead of sandwich bags and refillable stainless steel bottles for liquids rather than prepackaged single servings.
2. Think before you print! If you really need a paper copy, print double sided...or two pages to a side (called "N-up") if your eyes are good. Print drafts in black and white rather than color.
3. Don't stop with recycling paper, plastic, glass and metal. Recycle printer cartridges, cell phones, keyboards, mice and more.

For more simple steps and products to green your home and office, contact Phila Hoopes at 866-386-0648 or visit her Green Irene store at <http://tinyurl.com/I5mest>