

Green Office News



April 2015



Kathy Mendall is pictured here in her office along with her many plants lining her window.

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Green Pioneer of the Month:

Kathy Mendall

By: Bessie Weisman

Growing up in a small Connecticut town with an “outdoorsy” upbringing, Kathy Mendall, Associate Director of Conference Services, has developed an environmental consciousness that she has brought with her to LIU Post.

From exploring the Connecticut State forest located right behind her childhood home to fishing with her father, Kathy has always been appreciative of her natural surroundings. Additionally, in college, she delved into environmental activism through her participation in Connecticut’s Public Interest Research Groups, called [ConnPIRG](#) for short. Kathy said, “I remember getting involved, donating money, and trying to do some [environmental] advocacy work” as a student at Central Connecticut State University.

Later on, Kathy began to incorporate her environmental consciousness more integrally into her everyday life. When she adopted a dog from the [North Shore Animal League](#), Kathy said, “I wanted to do the best I could for her and I started to be more conscientious about the cleaning products that I used.” Now, she uses products, like [Simple Green](#) and [Seventh Generation](#), which are not comprised of hazardous components like petroleum and are not nearly as pricey as people assume.

Did You Know?

For faculty and staff wishing to send out an important update to the LIU Post community, you may do so by contacting the Office of Communications and Marketing at Yosari.LIU@liu.edu. Also, if you’d like to add your upcoming events to the University calendar, please email post-events@liu.edu. This is a great way to reduce our paper consumption as a campus.



Kathy Mendall and Conference Services Promote Sustainability at LIU Post

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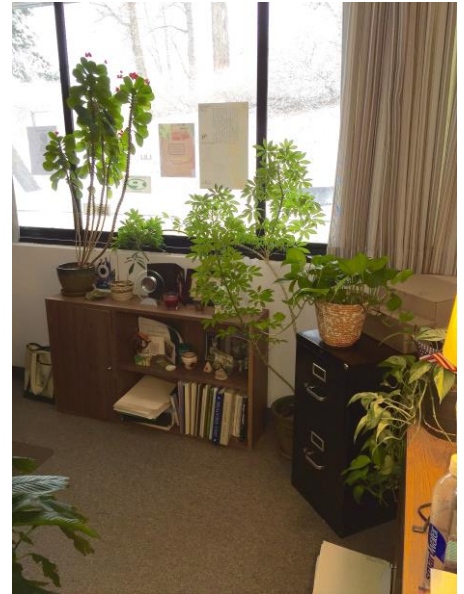
Kathy has even integrated her sustainable lifestyle into the use of the most unknowing items, like her toothbrush. She uses a brand of toothbrush called [Preserve](#), which she said is “made out of recycled yogurt cups, and when you are done using it, you can mail it back to the company.” She also uses napkins and paper towels made from post-consumer material, among other sustainable products.

Taking these values and transplanting them here at Post, Kathy has taken advantage of Operation Garden Plot and has utilized her own designated plot of LIU land for organic farming purposes. Among some of the merits of organic farming, she remarked that she loves the idea of “getting your hands in the dirt and planting something, watching it grow, and knowing that you have this nutritious food that you can go out and pick.” During some summers, she had such a surplus of

vegetables that she had trouble giving them away to her colleagues.

Not only does Kathy use her green thumb to plant on LIU’s outdoor garden plots, but she also sits in an office full of plant life. Being in a workplace surrounded by plants yields mental benefits, according to Kathy. “I feel like it [contributes to] a calming, nice environment to be in.” She even noticed that her plants have moderated the temperature in her office, maintaining a cooler atmosphere in the warm weather and vice versa in the colder seasons.

Further supporting her green lifestyle, Kathy has been actively involved with the Sustainable Post Committee, which is open to the entire LIU Post community. She even got Conference Services to sign up to be a part of the LIU Post Green Office Program.



There is a variety of plant life in Kathy’s office that yields both physical and mental benefits.

All in all, Kathy Mendall exemplifies a model member of the sustainability community at LIU Post. Hopefully her values will progressively inspire other students, faculty, and staff at LIU Post to be more sustainable in the workplace and even more so in their individual lives.



LIU Post Plants Largest Rain Garden on Long Island

By: Bessie Weisman



What began simply as a modest idea from members of the Sustainable Post committee after attending a rain garden demonstration has shaped the creation of the largest rain garden on Long Island, which is located right here at LIU Post in front of the Facilities Services building.

Lynn Minutaglio and Mike Sweeney from the Department of Facilities Services pushed the project along after attending a workshop led by rain garden expert Rusty Schmidt, a landscape ecologist from Minnesota that has designed thousands of rain gardens.

The rain garden project was a collaboration amongst multiple agencies including Facilities Services, the Nassau County Soil and Water Conservation District, and the Town of Oyster Bay. Rusty Schmidt also played a key role in the design as well.

The primary benefit of a rain garden is to filter stormwater runoff before it enters the groundwater system; this is done through the roots of the various plants in the rain garden. "One of the other benefits of a rain garden is that it is good for wildlife; we are even planting some butterfly bushes in our garden," said Minutaglio.

Considering the nature of these benefits, one of the first steps in getting this project underway was finding an optimal location for the garden. In total, about 5 locations were considered before finally selecting the site near Facilities.

"We wanted an area where the water was naturally pitching down; we just had to enhance the aesthetics and design it to the direction of the water flow," said Sweeney. The natural slope at this location in combination with the positive results from multiple soil tests would prove to make this the perfect location for this project.



BEFORE



AFTER

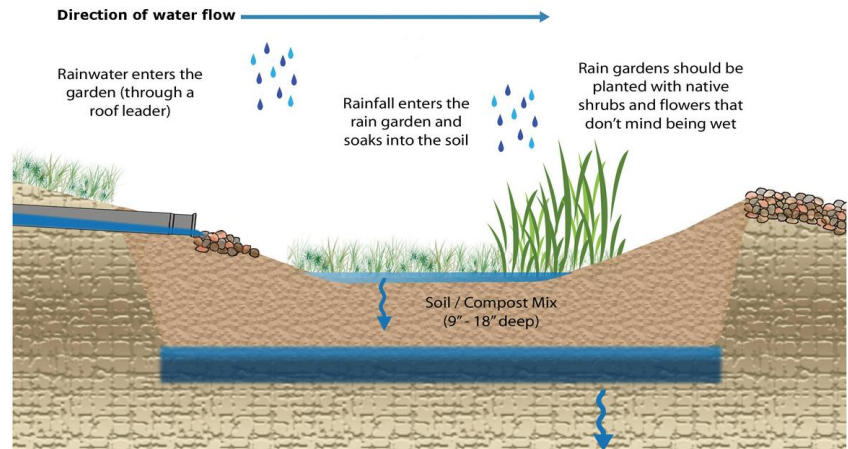
Rain Garden Will Filtrate Groundwater Runoff and Much More

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Furthermore, the area will be optimal in bringing attention to the solar panels that were installed outside of the Facilities Services building in 2010.

“We’re trying to promote this sustainability theme as we have the panels here and now the rain garden,” said Sweeney. The rain garden will certainly draw people to the area considering its large size – over 1,900 square feet. This size was determined based on the amount of expected runoff that is produced by the parking lot, which is sloped right in its direction.

Along the line, Minutaglio and Sweeney also envision placing kiosks in front of both the rain garden and the solar panels to function as informative and educational visual displays.



“These [kiosks] would allow people to stand and read about what it is they’re looking at as well as understand the benefits,” said Minutaglio. The rain garden kiosk can also work to highlight the different types of plants in the garden, all of which are native to Long Island.

Between the functional advantages of the rain garden and its aesthetic appeal, it also brings something more to the LIU Post

campus, especially being the first installed at a regional university. “Just the conversation it’s generating is great. We’re hoping that this will push people to come here and take a look,” said Sweeney.

Not only this, but the LIU Post community was able to help in planting the garden, which gives the campus a sense of personal pride and unity under the mission of sustainability.

Sustainable Initiative of the Month: E-Waste Recycling

From televisions, phones, computers and tablets to gaming consoles, most new electronics become outdated only one or two years after they are released. This techy and consumer-based mentality has historically propelled unsustainable means of electronic waste disposal.

Last month, the LIU Post Green Team screened a film called “[Terra Blight](#),” which covered the consequences of irresponsible electronic waste disposal. Oftentimes, obsolete technology is dumped in landfills in developing countries.

Consistent with the theme of this film, the sustainable initiative of e-waste recycling has been carried over into this month in order to bring awareness to the importance of waste accountability in all forms—not just paper and plastic waste.

At LIU Post, both the Facilities Services and IT Department take measures to recycle and reuse electronic waste. Facilities Services works with a reputable vendor called [Regional Computer Recycling &](#)

[Recovery](#) who demanufactures and recycles electronics.

Similarly, IT takes e-waste and either redistributes it to other offices on campus or breaks parts down to useful and recyclable components.

To utilize these services, simply contact the IT or Facilities Services Department.



List of Green Offices

- ♻️ Alumni and Employer Relations
- ♻️ Athletics
- ♻️ Biology
- ♻️ Center for Healthy Living
- ♻️ Central Heating Plant
- ♻️ College of Education, Information and Technology:
Dean's Office and Clinical Education/Student Teaching
- ♻️ College of Management
- ♻️ Communication Office of Graduate Programs
- ♻️ Conference Services
- ♻️ Dean's Office of the College of Liberal Arts and Sciences
- ♻️ Earth & Environmental Science
- ♻️ English
- ♻️ Facilities Services
- ♻️ Faculty and Student Mailroom
- ♻️ Finance
- ♻️ History and Political Science
- ♻️ Honors College
- ♻️ Hutton House Lectures and Continuing Education
- ♻️ LIU Promise
- ♻️ Mailing Services
- ♻️ Marketing and International Business
- ♻️ Nursing
- ♻️ Office of Campus Life
- ♻️ Office Services
- ♻️ Psychology
- ♻️ Public Safety
- ♻️ Reference Office
- ♻️ Religious Life
- ♻️ Study Abroad
- ♻️ Technical Services
- ♻️ Veteran and Military Affairs

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