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**Reuse is not a four letter word**

**Dave Rochlin and Katy Foreman**

**Dave:** There are "three Rs" of living more sustainably: reduce, reuse, and recycle. With the economy continuing to migrate south faster than a Canadian goose in November, reuse seems to be getting some much-deserved attention as a money saver.

**Katy:** I wish reuse got more attention as a planet saver! Less trash in landfills, and less manufacturing, shipping, and packaging. Aside from not using stuff at all, it's the best everyday way to help save the planet.

**Dave:** I admit that I used to think of 'reuse' as mostly a financial decision ....like buying a used car instead of a new car because it is cheaper. But I changed my thinking after visiting a friend's newly built house. The hardwood floor was unbelievable, and as it turned out reused -- from the floor of the Philadelphia Stock Exchange. They got history, uniqueness, and incredible quality, along with ecological benefits. Reuse can actually be cool.

**Katy:** Absolutely! My favorite thing about reuse is that I always wind up with something cooler than I could have gotten from the mall. Recently, I wanted to rid my kitchen of all things Teflon and found three vintage enameled cast iron pots at the Wayside Inn Thrift Shop in Lafayette. Grand total of \$17, no "Made in China", no crazy packaging, and they're super durable. I was so happy!

But reuse can be worked into even more routine purchases. Buying used books saves trees and energy, too. The Lafayette Bookstore and Canetti's are great sources, as are the local Friends of the Library book sales, or even opting for a used copy on Amazon or Pow-

ells.com. I also like visiting the up-scale clothing consignment shops in Walnut Creek (Labels and Main Street Rags). I'm sure most people consider them as a way to save cash, but I love that they're reducing waste and manufacturing. My latest reuse idea is swapping magazines with my neighbor. She and I enjoy similar magazines but have different subscriptions. We just leave past issues on each others' porches.

**Dave:** Reuse also means being a giver as well as a consumer. Remodeling? Let your neighbors know that you are going to have some extra building materials, or make sure your contractor arranges to donate the 'tear out' materials. Tim Mascheroni, whose firm Mascheroni Construction does a lot of remodeling work in Lamorinda, recommends The Reuse People, which allows you to actually take a tax deduction while giving your old materials new life.

**Katy:** Urban Ore in Berkeley is another fantastic place to both donate and find reusable materials. They have used wood, marble, old fixtures, antique fireplace mantles, anything you can imagine. I found some replacement doorknobs from the 40s that matched the others in my house there.

**Dave:** When you are done with kids' clothes, toys and furniture, you can always find some else to use them, assuming they are still in good shape. We were thrilled to pass on some of our baby furniture to friends with newborn twins...it was great to know that they were getting another go 'round. In Moraga, there is a kids clothing swap on the first Thursday of every month (contact Bev at bali42@yahoo.com

for details). We even have a massive bucket of Legos that a neighbor brought over when our kids were younger, and theirs were heading out to college. I believe that Legos, along with cockroaches, can survive a nuclear holocaust, so it's nice to keep them in use.

**Katy:** Given that your kids are six feet tall now, it might be time to pass those Legos on to another generation. There are lots of ways to market your unwanted stuff. I've gotten rid of couches and beds (probably the two most challenging giveaway items) on Craigslist, and even found a taker for a roll of bubble wrap on Freecycle. I just left it on the driveway and the person came and got it while I was at work. The UPS Store on Mt Diablo Blvd will take back Styrofoam shipping peanuts. Just bring them in a bag and they'll reuse them for another shipment.

**Dave:** Speaking of free, we are planning a free movie event at the Rheem Theater on March 12th, to celebrate the launch of www.ClimatePath.org, and in conjunction with our friends who put on the monthly Green Rheem Film night. Please email info-at-climatepath.org for details, if you'd like to join the party!

**Katy Foreman is a committed environmentalist who lives in Lafayette, and Dave Rochlin is a lazy environmentalist who lives in Moraga. Together they operate ClimatePath, a website helping individuals and businesses reduce their carbon footprints by offsetting and conserving in the ways that are right for them. ClimatePath is on the web at www.climatepath.org**

**SMC Interns Gain Meaning from Community Experience**

**... continued from page 5**

"Working with Saint Mary's seniors who are specializing in sports marketing was a perfect match."

Saint Mary's senior Lindsey Parker is leading the sports internship team. "They gave me the whole responsibility of marketing the event and finding volunteers for the race," explains a confident Parker. "It was a bit overwhelming, but exhilarating."

Parker is contacting all the sports clubs, swimming pools, schools and stores in the area that might have members interested in participating in the event, while classmate Alex Plain is working with all the middle and high schools.

Feeling empowered, Parker proposed new strategies including the creation of a Facebook event to promote the race. "This is education," she explains. "We are practicing what we learned in the classroom and we'll have a real impact on the event."

Although exhilarated by the experience, Parker feels greater on-the-job pressure working on this project than she does at school.

"Bad work at school means a bad grade; bad work here means that people will be disappointed, the event won't be as successful, and that would be harder to face," she says. In addition to this one

event, she is establishing a timeline that can be used for subsequent races in the future.

Welch and others at CILSA also work with chemistry professor Steve Bachofer to establish internships for his students. They are currently involved with the mapping and assessment of the Las Trampas Creek that borders the campus for the Contra Costa County Watershed Program.

"This is a great way to get your hands dirty, use interesting tools such as GPS and GIS, and contribute concretely to the preservation and enhancement of our environment," Welch says.

This is what he calls "Head, Heart and Hands" -- engaging the whole student. This real-world experience corresponds to the high expectations Welch is setting for the students that work with the community.

Among the many programs that won Saint Mary's the Carnegie recognition is the Bonner Leaders Program where 15 students take on a project for one year. One of them is E.J. Youngblood, a student from San Jose who, since high school, has been concerned with the problem of hunger in our neighborhoods. When the opportunity presented itself, he undertook the challenge of organizing the College's first 'Hunger-Banquet.'

He is also planning a "Hunger-Run" for spring 2009 where he plans to enlist Lamorinda community participation. "Everyone comes to run around the campus, and donate food or money for the cause," he explains. "It's a way to show that you care about hunger."

Affected by his work, Youngblood has reflected on the causes of hunger. "It's about power, control and money," he says.

"The grading process is part of the reflection," Welch explains. While the community becomes the beneficiary of these programs and activities, the students receive grades for their work, with Welch proposing innovative ways to evaluate the interns' performance.

"It can be done by the usual journal or paper, but it is important as well to measure the effect on the student, the change in behavior," Welch says. "This can be done through the arts, discussions or in class activities."

In the end, what counts for Welch in the pure Lasallian tradition is how students build meaning through the intern experience.

"When students take on a task they ask three questions: What? So what? And now what?" says Welch. "They reflect on what they learn, what they take away from it, and why it matters."