

March 22, 2023

# ENERGY & COMFORT @ WSU

WSU Tenant Engagement Program Newsletter for French Administration, Lighty Student Services, Smith Center for Undergraduate Education, Johnson Tower, Todd Hall, and Todd Addition building occupants.

## SPRING INTO THE NEW SEMESTER

Spring is here! We have officially passed the spring equinox and are ready to welcome in the new season full of regrowth and sunshine. We encourage you to open up your blinds and turn off your overhead lights to optimize the benefits you and your coworkers receive from the sun! Some of these benefits include **receiving Vitamin D**, a critical nutrient that prevents bone loss, weight gain, various cancers, and heart disease; **Reducing depression and anxiety**; And **improving sleep** by re-balancing your natural sleep cycles. Make sure to open up your office space to receive all these benefits! In addition to letting light into the office, this is a perfect time to get out and enjoy our beautiful Palouse landscape to get fresh air and direct sunlight! Check out these opportunities to explore:

### LAWSON GARDENS

This is the only formal, public garden in Pullman! Scattered with beautiful flowers, lush greenery, and whimsical gazebos, this is a must see for the spring!

### KAMIAK BUTTE

This hike, just 15 minutes out of town, provides an incredible lookout over the rolling hills of the Palouse and is the perfect spot to soak up some sun!

### PULLMAN RIVERWALK

This pedestrian and cycle path winds along the South Fork of the Palouse River. The path facilitates a beautiful journey through downtown Pullman!

***“HUMANS SPEND OVER 90% OF THE TIME INDOORS”***

U.S. Environmental Protection Agency, Indoor Air Quality Report.

Spending the majority of our time in inside can have adverse effects on our health and well-being. This is because the majority of indoor environments have poor air quality; In some cases they contain a concentration of **2-5 times more pollutants** than outdoor environments. Long-term exposure to these pollutants can increase one's risk of depression, fatigue, headaches, heart issues, and some forms of cancer. Although we cannot simply move outdoors, there are steps we can take to mitigate these risks. Avoid the use of any chemical cleaners, paints, and other products that may release pollutants into the air, regularly open your windows to allow for natural ventilation, and take time to step outside and explore nature!



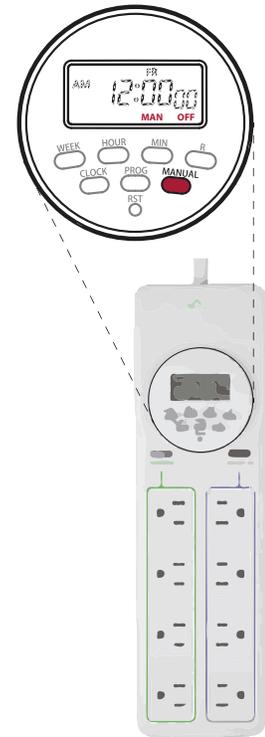
## DAYLIGHT SAVINGS REMINDER:

*If you have not already adjusted your Smart Power Strip to daylight savings time, please follow these instructions:*

To accommodate daylight saving time, this Smart Power Strip (SPS) has a built-in function to move forward an hour without compromising the programming of the timer.

Press the **'HOUR'** and **'MIN'** buttons **simultaneously** to activate or deactivate this function. Note: a small symbol "+1h" will appear on the far right of the LCD screen when this function is active.

If there are any questions or concerns with activating this function, email Zachary Colligan at [Zach.Colligan@wsu.edu](mailto:Zach.Colligan@wsu.edu)



### STILL MORE SMART POWER STRIPS TO INSTALL IN THE COMING ACADEMIC YEAR:

As we move through this most recent milestone we look forward to doubling our quota and expanding our study! This means that **we need a Smart Power Strip in every office of every department of French Administration, Lighty Student Services, the Smith CUE, Todd Hall (and Addition) and Johnson Tower!** We are also pushing to install strips in kitchenettes and other shared workspaces with shared electronic devices. If you already have a strip installed, spread the word! Otherwise, **reach out to Zachary Colligan at [zach.colligan@wsu.edu](mailto:zach.colligan@wsu.edu) to learn more** about our study and to participate in making campus more efficient. With the support of the staff and faculty in our target buildings, we installed 93 strips in two months: a new record!

## SPRING WEATHER COMFORT AND ENERGY TIPS:

### Warming Temperatures:

- The sun is coming out and temperatures are rising as we move into spring. Be conscious of how you adjust to this by adjusting your heater usage, opening windows and closing blinds, keeping a blanket in the office, and wearing appropriate clothing.

### Melting Snow:

- Melting snow and mud is going to increase the humidity indoors. Make sure to brush off any extra moisture and hang up your outer layers to dry as you come into the office to maintain thermal comfort!

### Clothing in Spring:

- An easy way to manage your thermal comfort in the spring is dressing in layers to help control your temperature. While outside stays cool with our Palouse wind, offices may become increasingly warm from sun exposure. Dressing in layers and having options of warm and cooler clothing in the office is a great way to manage your comfort and use less energy!

### Spring Sun Angles:

- Bright direct light, reflections from snow, and lower solar angles in the winter can create glare or too much light to be comfortable while working in your building. Utilizing your blinds and physical barriers such as plants or cubicle dividers is a solution that can improve your comfort and increase your work productivity!

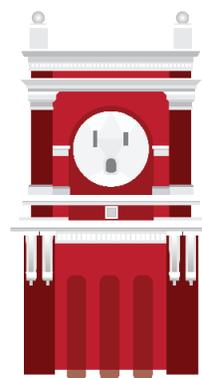
## FIND US ON CAMPUS!

At the end of March our Undergraduate and Graduate Research Assistants will be presenting our work on Energy & Comfort at WSU at the SURCA and GPSA showcases. Look for our logo as seen below and our presenters will be happy to explain the study and answer any question you have! These events are as listed:

**SURCA:** March 27th at 3:00-4:45pm.

**GPSA:** March 30th at 9:00am- 12:00pm.

If you cannot make it to these events but would like to learn more about our Energy & Comfort at WSU program please visit our website: <https://idcl.wsu.edu/>



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