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INTER ALIA

Latin for “Among Other Things,” this monthly section gives young attorneys information or advice about life situations that are unique to our readership.



BABY STEPS TOWARDS ENVIRONMENTALISM IN THE WORKPLACE

By Cara Patton
Pettit Kohn Ingrassia & Lutz

While at home, most of us conserve energy and recycle our bottles and cans. But as soon as we get to the office, it's easy to check these habits at the door. Many offices are brightly lit at all hours and in all spaces and are filled with one-time use items. It's easy to abandon green practices when it's not our home and someone else is paying for it. But given the amount of resources (translation: the amount of money) consumed just in running an office, it's time to rethink what we do at work. Set out below are several tips for being environmentally conscious at work. These are easy to implement, won't take much of your time and have a real impact.

The average office worker uses nearly a quarter ton of materials in one year. This number can quickly be reduced by adopting the “low hanging fruit” of office environmentalism:

Turn off your office lights and computer:

Over one third of all carbon dioxide emissions come from the electricity we generate. Therefore, one of the simplest things you can do is turn off your lights when you leave your office – even if you just leave over the lunch hour – and always turn off your monitor at the end of the day. It's easy to change your computer settings to automatically shut off your monitor after 15 minutes of idle time. I know it can be frustrating waiting for your computer to start up each morning, so a more convenient yet still highly effective choice is to put your computer into sleep mode before you leave each evening. Even the most energy efficient computers still use about 80 watts of energy per hour. This can really add up, especially if you leave your computer on all weekend.

Stop Using Disposable Items:

This one is obvious but regularly overlooked, perhaps because it takes a little more effort. The plastic utensils that you use and throw away have a useful life of about 35 minutes, yet take 1000 years to break down in a landfill (yes, that's one thousand). Now, it's absurd to think that you will have breakfast catered in for a client meeting, only to pull your own silverware set out of your briefcase. It's not so absurd, however, to keep a coffee mug, and a reusable fork and spoon in your desk to use when you order in or bring your own lunch. Along the same lines, avoid the paper cups at the water cooler (your coffee mug can double as a water glass) and try to cut back on your use of plastic and Styrofoam plates and bowls.

Don't you dare print this article!

Just kidding; using paper is inevitable. However – going back to the “reduce, reuse, recycle” mantra – make it a habit to think before you print. If your assistant distributes a photocopy of every document that comes in on your cases, ask him or her to scan and e-mail the document to you and the other attorneys, then send the original to file. This keeps your office free of unnecessary paper, and you can always print the key documents. Assuming you have a certain type of printer, your IT specialist can easily program your computer to print on both sides of the page. This is easy to temporarily turn off when you need a single-sided document. And of course, you can encourage your office to purchase recycled paper and recycle the used paper that you generate.

Now that you've got the basics down, you're ready to take it to the next (yet still pretty painless) level. Due to its current popularity, environmentalism is an easy sell. Here are some ways you can gently encourage others to adopt green practices:

YNLD/SDCBA/LA RAZA Lawyers Networking Event

June 5, 2008:
5:30 p.m. to 7:30 p.m.
St. Tropez
French Bakery Bistro
One America Plaza
926 Broadway Circle
San Diego, CA 92101

The evening will include hosted appetizers and a complimentary cocktail. Happy hour drink specials will also be available.

Space is limited so please RSVP to bar@sdcb.org with the subject “St. Tropez RSVP.”

COMMUNITY SERVICE OPPORTUNITIES

Volunteers needed to work at the SDCBA water station at this year's Rock 'n' Roll Marathon.

June 1, 2008
4:30 a.m.

The SDCBA water station will be in front of the Hall of Justice on Broadway. Setup for the race begins at 4:30 a.m.

Volunteers are rewarded with a free race crew T-shirt, a goodie bag and tickets to the post-race concert featuring Pat Benetar and Neil Giraldo.

To sign up to volunteer visit www.rnrmarathon.com/volunteer.html#volonline and fill out the volunteer registration form.

Be sure to list the SDCBA under the “Group” listing. Sign up sheets are also available at the Bar Center.

June 7, 2008
9:00 a.m. - 1:00 p.m.

It is FaceLift time again! Volunteers needed to join the community and spruce-up a block in City Heights. Volunteers will help senior citizens, disabled persons, and low-income families get makeovers on their homes.

Volunteers will paint the exterior of the homes, provide

Collect and recycle used electronics:

Your office probably has some old calculators or printers sitting in storage, and your officemates certainly have outdated cell phones and computer parts collecting dust at home. Consumer electronics are frequently replaced, yet they are not easy to recycle. Place a collection bin in your common area and ask people to drop off their old electronics for recycling. There are a handful of retailers, such as Staples, who will process and recycle these items at no cost. You can find a list of business that recycle electronics at <http://Earth911.org>. For computer components, which typically cost about \$10 to recycle, a number of manufacturers will take back their own equipment. A list of manufacturers and their details can also be found at Earth911.org.

Switch to compact fluorescent light bulbs:

Given how easy and effective it is to use compact fluorescent bulbs, this should be an immediate priority. However, it's something you will have to discuss with your office manager, and is typically implemented only after a standard bulb burns out. The benefits of compact fluorescent bulbs are undeniable, particularly in commercial buildings. Replacing one 75-watt bulb will save \$25 per year, considering direct energy savings and reduced air conditioning costs. The initial investment in a compact bulb is paid back in about one month. Your office could save hundreds if not thousands of dollars in energy costs by making the switch, not to mention the emissions you are avoiding.

Taking these steps will get you on your way to "going green" in your office. They will also help you make a significant impact without significant cost or inconvenience. And you thought this was going to be hard!

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minor landscaping, and remove trash and debris from the area.

Volunteering for this event is both fun and tremendously rewarding. Free t-shirts, breakfast and lunch provided. To volunteer, contact smeter@bsllp.com.

Upcoming Events**YNLD SOFTBALL TEAM – LAST CALL**

The YNLD is looking for participants for two softball teams to play in the SDCBA Softball league. Both teams are Co-Ed. 20 people per team. The season runs from the end of June through October. One team will play on Sundays in the Co-Ed rules league. The second team will play on Saturdays in the regular rules league. All skill levels are welcome.

Sign-ups are on a first come, first served basis and will close when teams reach capacity. Teams are open to all YNLD members and law students.

Cost of registration and a team t-shirt will be approximately \$40.00 per person. For questions and registration contact ynld@sdcba.org.

CONTINUING LEGAL EDUCATION – CIVIL LITIGATION 101

**June 25, 2008
12:00 p.m. - 1:00 p.m.**

YNLD CLE – "Preparing Your Case, Part 4: Gathering Evidence Through Deposition."

YNLD announcements to be made prior to the CLE. .

SDCBA & LAWYERS CLUB PRESENT WORK/LIFE BALANCE SYMPOSIUM

On June 19, 2008
10:00 a.m. to 1:30 p.m. at
the Bristol Hotel.

SDCBA and Lawyers Club of San Diego will present a *Symposium on Work / Life Balance: Bridging the Gap and Facing the FACTS*. This program is part of the Balance Campaign, to identify, develop and promote the adoption and implementation of effective alternative employment

policies and practices that encourage and enable the hiring, advancement and retention of women in the San Diego legal community.

The June 19 program will feature nationally recognized experts in this area and will offer attendees 3 hours of MCLE, including specialty credit in elimination of bias, networking opportunities, a continental breakfast and lunch.

The program will address ways to balance without sacrificing the firm bottom line.

To register call 619-595-0650 or go to www.lawyersclubsandiego.com

\$55 for program OR \$25 for members' lunch/\$30 for non-members' lunch.