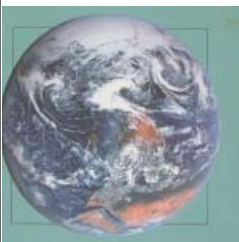




THE EARTH MAN

With all of the attention given to the natural environment, it makes sense that we should also consider the interior environment. By this, I don't mean indoor air but organs and blood. We pollute ourselves, and we mismanage our fuel (food intake) to energy-needed ratio.

Doctors aren't the only specialists who care about the interior environment. Juliet Rodman, registered dietitian and fitness specialist, and other relatively altruistic professionals are voices crying in the wilderness (like environmentalists of the past) (Over)



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Dear Associate:

The last thing you need is more information! That's why I've changed the name of my newsletter from FYI. The mission of this reading moment is to remind you that HFS exists, that we want to work with you, and somehow to demonstrate that we are supportive and interesting! If after money, the reason you work is for the joy of being around interesting and creative people, then, this page is FY, for you.

The collective conscience is maturing nicely. More people want to protect Earth's natural resources. However, we're not ripe until we move from "self" to "other." The issue of whether to wash dishes or use disposables is a perfect example.

Is it good enough to compare the two from the time the plates and cups come through the receiving door to the time they exit as waste? Or, should we stand back to look at (1) ingredient sources and manufacture of the paper plates and china, (2) delivery, and (3) the space each occupies in the waste stream? When we calculate costs, think about what clean air and water, ample waste space, and energy are worth. You may want to put in your two cents.

It's important to be reminded daily to conserve energy. Until we finally start implementing creative alternatives on a national scale, each of us is responsible for America's

Clay or Tree/Dishwash or Dispose The Race for the Heart of Mama-Earth

We don't have to ask architects twice to protect the environment. No sooner is a problem recognized than most want to do whatever they can to solve it. Clients frequently ask HOPKINS whether they should use disposable or washable ware in their cafeterias. Very recently, we took the time

to research the issue. Both clay (dishes) and trees (paper) are abundant in nature. They leave the gate nose to nose, but as the competition to be crowned

most environmentally friendly progresses, there are twists and turns in the course that favors one, then the other. Let's chart the race: (Over)

LEED the Way



dependence on oil and the unfriendly people who control it. Every kilowatt counts.

Stress-not! Relax! Burn calories for relief. Calories are the free, independently owned, and unlimited source of energy. If we could only hook ourselves up to the treadmill, and store the energy we expend there, we could lose weight, and turn on lights simultaneously! Think of it! That filet mignon and chocolate mousse could become the energy to run your cell phone! The neighborhood gym could be like the local windmill! Let's do it!

HOPKINS recently completed our strongest year ever, and we have great expectations for 2006. For those of you who contributed to this prosperity, we sincerely thank you.

May we never be too busy to check in with a friend ... or to read Lynn's letter.

Warmest regards,
Lynn Hopkins

TEAMING WITH NEW WORK

WORKPLACE

Beyer Blinder Belle:
Thurgood Marshall
Courthouse
Two New Opens, Park
Service, D.C. Courts
EYP:
U.S. Embassy, Juarez
Gardiner USA, H3:
N.Y. Academy of
Sciences
Gensler:
Corporate Board
Dickstein Shapiro
HOK:
N.O.A.A.
Kling/RTKL:
FDA, CSU2
Rafael Vinoly:
Van Andel Institute
Setty Associate:
National Geo Survey
URS:
US Embassy, Mumbai
Yost Grube Hall:
U.S. Embassy, Quito

EDUCATION

HSMM:
Northside High School
KPF:
Univ. of Michigan Ross
Bus. School
Polshek Partnership:
Westchester College
SOM:
Saint Albans School

HEALTHCARE

HDR:
New Hanover
Medical Center
URS:
Keesler Medical

RECREATION

Fentress Bradburn:
Army Visitor Education
Center
Pelli Clarke Pelli:
Center for Science
HSMM:
Acorn Hill Winery
SOM:
National Museum of the
U.S. Army

TIME FOR YOU

FY

Foodservice Planning and Engineering
Winter 2006

Cont'd Earth-Man

Clay-Tree >

for interior sustainability. Her organization, Wellness Corporate Solutions (WCS) exists to help us achieve and maintain interior environmental sustainability (health).

In the same way that our planet faces dangerous threats that increasingly affect the quality of life for all of us, so does the body. We rely on the well being of each other to produce in the workplace, to keep medical costs in budget, and to carry out the myriad of functions necessary to our families, cities, and country. We rely on the well being of each other for human-to-human bonding.

Consider this: 70% of health problems are preventable and directly related to lifestyle.

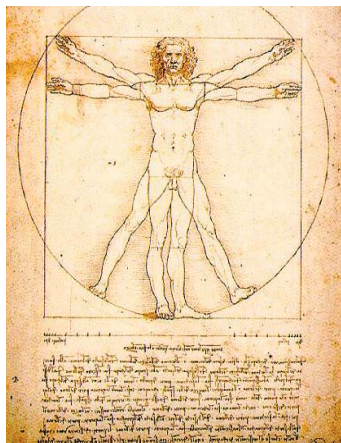
Obesity. Millions of us traded cigarettes for calories. Obesity rapidly approaches the Black Plague in human damage. Cost: \$123 billion per year.

Diabetes increases risk of heart disease, stroke, high blood pressure, kidney disease, and blindness. Cost: \$132 Billion per year

Metabolic Syndrome This silent killer leads to diabetes, cardiovascular, and kidney disease. Its components include:

- Insulin resistance,
- Overweight, particularly excessive abdominal fat,
- High blood pressure, blood sugar, triglycerides, and
- High cholesterol.

Every prescribed weight-loss diet has the same results. We lose weight and gain it back again. Only lifestyle changes turn an obese person into a lean person.



WASH	Production & Delivery	Win	In-Use	Win
Utilities	98% less energy used to make a glass than a Styrofoam cup	√	To operate dishwasher*	⊗
Water	Less water pollution	√	Recycle when possible, but...	⊗
Air Pollution	86% fewer air particulates 29% fewer greenhouse gases 99.7% fewer volatile compounds 99% fewer nitrogen-oxide and sulfur-oxide emissions	√	86% fewer air particulates 29% fewer greenhouses gases 99.7% fewer volatile compounds 99% fewer nitrogen oxide and sulfur-oxide emissions	√
Solid Waste	?	/	Lowest solid waste, big difference	√
Labor Cost	Per dish per meal period	√	Washing versus pitching	⊗
Space Need	Per dish per meal period	√	Dishroom = Store + trash rooms	=
Cost of Use			Quick return on initial cost Recyclable within cafe	√
Revenue Generation			Improved image and perception of food quality, increased usage	√

*Yet utility cost is still less than cost of disposables for one full load of dishes.

TRASH	Production & Delivery	Win	In-Use	Win
Utilities	More energy used to make	⊗	None	√
Water	Water pollution to make	⊗	None	√
Air Pollution	See Clay-Air Pollution cell	⊗	Incineration	⊗
Solid Waste	?	/	Plenty	⊗
Labor Cost	Per plate per meal period	⊗	Washing or Trash removal	√
Space Need	Per plate per meal period	⊗	Dishroom = Store + Trash rooms	=
Cost of Use			4-6% of cost of operation	⊗
Revenue Generation			Increased carryout patronage	√

The more critical reader will want a more scientific and comprehensive analysis. A study of china and paper should include a study of plastic and metal utensils too. Plastics and Styrofoam topple many earth-wise preferences for disposables.

Clay wins by a length! However, many customers are on the move. Until a better idea comes along, disposables must be used for carry out. The future restaurant may sell the plate and silverware with the carry out meal. Or ask customers to bring back the place setting for a refund of the deposit. Elegant!

In a recent Starbucks study, it was found that china use is good for an organization's public image. Of respondents 82% preferred the reusable cup, 59% of those said environmental impact was the reason. China conveys an interest in the environment. People want to protect the environment, or at least they want others to protect it for them. Live like you'll be here forever! Ω

Eat less.
Exercise more.

Juliet assists groupwide awareness and change as follows:

1. A health-risk assessment evaluates lifestyle and disease risk.
2. A wellness committee develops goals, programs, and incentives.
3. A program is implemented that includes health events, self-study projects, wellness challenges, and exercise programs.
4. A new assessment one year later tracks groupwide biometric and lifestyle changes. The program is updated.

To do:

1. Go to MyPyramid.com for great eating guidelines.
2. Remember that the road to success begins with one tiny step, one less bite, one small, continual push toward change.
3. Call or write Juliet 301.229-7555 or JulietRodman@wellnesscorporatesolutions.com Healthier people promote a healthier environment. It's a natural! Ω

