



The Campus Green

Issue 17

October 2019

Rider University's first sustainable newsletter!

Upcoming Events!

Green Film: Paris to Pittsburgh
Monday 10/14 & Wednesday 10/16
7PM at Sweigart 115

Amazing GREEN Race!333
Tuesday 10/15 at BLC Patio
Check in at 11AM, Race starts at 11:30AM

Campus Sustainability Day
Tuesday 10/22
BLC Lower Patio 11AM-1PM

Beach Sweep
Saturday 10/26
Bus leaves at 7:30AM, Return at 1:30PM

Green Film: The Boy Who Harnessed the Wind
Monday 11/11 & Wednesday 11/13
7PM at Sweigart 115

America Recycles Day
Thursday 11/14
SRC Atrium 11:30AM-1PM

Green Film: Pump
Monday 12/9 & Wednesday 12/ 11
7PM at Sweigart 115

Amazing GREEN Race

Want to win an awesome new bike? Then test your knowledge on sustainability in the Amazing GREEN Race, hosted by the Office of Sustainability. In teams of 2, partake in numerous tasks that relate to sustainability to uncover clues that will get you to the finish line! Check in for the race begins at 11am, and the race starts at 11:30am. Only 10 teams of 2 people allowed. **To register, email us at brongsgogreen@rider.edu**
YOU MUST BE REGISTERED TO RACE!

Recipe: Dark Chocolate Coconut Almond Granola

Ingredients

- 2/3 cup coconut oil
- 3/4 cup almond butter
- 1/2 cup raw honey or agave
- 5 cups rolled oats
- 1 1/2 cups sweetened coconut flakes
- 1 1/2 cups almonds or almond slices
- 1/2 tsp. salt (if not using salted almonds or almond butter)
- 4 oz. at least 65% dark chocolate chunks or chips

How to make it:

- 1.) In a large bowl, combine oats, coconut, almonds & salt.
- 2.) In a small saucepan, melt down coconut oil, then stir in almond butter and honey until smooth. Pour over dry ingredients.
- 3.) Stir until completely combined.
- 4.) Pour granola onto large, lined baking sheets and spread evenly.
- 5.) Bake at 350F for about 20 min or until brown. Stir halfway through baking time.
- 6.) Remove and let cool COMPLETELY .
- 7.) Once cool, stir in dark chocolate pieces.



DIY

Sustainable Makeup Wipes!

Makeup removing wipes are a waste AND a waste of money! There are a few new sustainable options, like the reusable Makeup Eraser cloth that only requires water, but why not use what you already may have!?

To Make Reusable Wipes:

Start by cutting up an unwearable t-shirt or an old towel into your desired size and shape (you can sew the edges for a cleaner look.).

To Make The Solution You'll Need:

- Pint-sized jar with a tight fitting lid
- 1 tbsp. pure aloe vera
- 3 tsp. witch hazel extract
- 1 tsp liquid castile soap (Dr. Bronner's Baby Mild is a perfect choice)
- 1 tsp. fractionated coconut oil (or your favorite skin cleansing oil)
- 8-12 drops skin-soothing essential oil (like lavender or frankincense)
- Optional: 1 tsp vitamin E oil or 6-8 drops rosemary essential oil as a preservative



How to Make It:

Add ingredients together, soak your cloths and wipe away makeup! (Shake and heat if natural separation occurs)



Spotlight: Robin Shane

Robin Shane is the Assistant Professor of Technical Theatre and Costume Design at Rider University. She has been the incredible artistry behind the magic of the costumes for Rider's School of Fine and Performing Arts for the past eight seasons, and is now a full time wardrobe goddess! Because of her love for the environment and theatre, she has just brought a new program to Rider straight from New York City: **The Broadway Green Alliance**.

Why is sustainability important, especially in today's time?

"The idea has been on my mind that we need to be more aware, but it really set off when I needed a new car. I started looking and knew that we had chargers at Rider, so I looked at the electric cars and I ended up getting a Chevy Bolt EV! That's how I met Melissa Greenberg and through her, I learned there's so much more that we can do. And my attention just shifted. It's a personal matter. Until these people have something personal happen to them, they aren't going to do anything. If there are little things we can do, just to bring it to people's attention, I think we're going to make a big change. The environment is an economic issue and until it hits someone's wallet, they're not going to pay attention."

How are you sustainable in your daily life?

"About 5 years ago, we had a challenge at my kids' school where you could make one change in your house to do something better for the environment. So we decided as a family that we would stop using paper napkins... we only used fabric and cloth napkins. It was only one step, but here we are however many years later, and we haven't used a single paper napkin! It's just one small thing after another that leads to us being more sustainable."

Tell me about your new program: The Broadway Green Alliance and how students can get involved.

"When I first heard about the Broadway Green Alliance last March, I knew we had to do it at Rider, so I signed us up. Basically we are trying to emulate what is happening on Broadway in terms of 'greening' our theatres, and our rehearsal process. Each show, starting in the spring is going to have a "Green Captain" who is elected for that show and reminds the cast and crew of ways they should be green. There are a lot of things we're already doing here at Rider that are suggestions from the alliance like using LED stage lights, having recycling receptacles everywhere, having stage managers do their outreach digitally, and whatever paper there is, it's double sided. It's really hard to actually produce and be 100% green. You can't do both, but you can do better and that's the whole idea of this program. For example, every time we use a mic pack, which is every night of a show, we have to put fresh batteries in, so we're going to see if we can collect those batteries that still have life and take them to facilities where they use batteries all the time. I'm also interested in talking to the box office and see what happens to the programs after they are printed and after the show closes. Do they get recycled? Can we reduce the number printed? Could we do a QR code where you can access the program on your phone? Obviously, we're not going to eliminate the use of paper here, but to reduce it by something as small as 10%, that's a win for the environment and for the budget. Saving resources saves money. And of course, I'm here initiating this, but I ultimately want it to come from the students because they're the ones in the rehearsal process and will help us bring together some really green ideas."

What does Sustainability mean to you?

"It means that we're not screwing the future up for my children and their children. It means that we're taking action now so your generation doesn't have to grow up worrying about your house flooding, or having clean water. There is nothing in your life that isn't affected by the changing climate. How can it not be important? It's our world. It's the number one most important thing in our lives right now."

Upcoming Events!

Beach Sweep

Love seeing our beloved beaches clean and pollution free? Then join the Eco Reps for a Beach Sweep at Island Beach State Park! Meet outside the SRC by 7:30am, and we will return to campus by 1:30pm. On the way back, we will be going to Surf Taco for lunch! Gloves will be provided. The cleanup is rain or shine, so dress accordingly!



Campus Sustainability Day

Join the Eco-Reps for the biggest sustainability event of the semester! Campus Sustainability Day will take place on the BLC Patio from 11 a.m. to 1 p.m. on October 22nd. There will be plenty of giveaways, fun games, crafts and more! Bring your friends and learn how to be more sustainable on campus. Rain location will be in the BLC Lobby.

Fall and Winter Tips

-Instead of throwing leaves away and having them sit in a landfill, try either composting the leaves that fall in your yard or put them at the base of your trees and shrubs in your yard. This will help the leaves break down and provide nutrients to your leaves and shrubs which will be useful to them in the spring.

-Check tire your tire pressure. As the weather gets cooler, tire pressure can go down, making your car use more fuel than it normally would.

-Make sure all windows and doors are sealed tight to prevent cold air from leaking into your house. This will save energy and money on heating.

-When the roads and sidewalks start to freeze this winter, try to reduce your use of road salt or opt for a greener alternative to road salt such as Magic salt.

-Buy locally grown produce that is in season. Not only is locally grown produce fresher, it is better for the environment too! This fall and winter try eating produce that is in season such as pumpkins, apples, beets, pears and winter squash.

-Instead of going shopping for new winter clothes from retail stores, take a look at your local thrift store. Thrift store clothes are far less expensive and are more environmentally friendly by giving clothes a second life and reducing the need to produce new clothes.

-To go along with the tip above, try donating your unwanted clothes rather than throwing them away.

-When making jack-o-lanterns this fall, instead of throwing away the insides of the pumpkin, use it to make fun seasonal treats like pumpkin pie, pumpkin muffins or smoothies!



Green Film: From Paris to Pittsburgh

From coastal cities to America's heartland, this film celebrates how Americans are demanding and developing real solutions in the face of climate change. As the weather grows deadlier and more destructive they aren't waiting on Washington to act. Award-winning actress and activist, Rachel Brosnahan, takes the audience through the inspiring steps communities across the country are taking to confront the severe health and economic threats posed by climate change. The film is being shown on Monday, October 14 and Wednesday, October 16 at Sweigart 115 at 7 p.m.



Shared Read event:
"The Poisoned City" Author, Anna Clarke will be speaking at Rider on 10/29. Stay tuned for details.

Contact info

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