



The Campus Green

Issue 16

April 2019

Rider University's Sustainable Newsletter!

Upcoming Events!

Green Film: Growing Cities

SWG 115, Tue & Wed, April 9th & 10th @ 7PM

Beach Sweep

Saturday, April 13th

Meet in front of SRC @ 7:30AM

RSVP to brongsgogreen@rider.edu

Earth Day

Tuesday, April 23rd @ 11AM-1PM

Cranberry's Patio

Arbor Day: Roots for Rivers Trip

Friday, April 26th @ 12:45-4:15PM

RSVP to brongsgogreen@rider.edu

GREEN Beast!

Friday, May 3rd starting @ 3PM

Eco-Rep Position

Looking for an amazing and rewarding on-campus job? Well, the Office of Sustainability is looking for a new Eco-Rep! The main focus of the Eco-Reps is to educate students, faculty, and staff on the plethora of eco-friendly and sustainability initiatives we have here on the Lawrenceville campus. We are looking for an individual who is passionate about all things sustainable, who likes to learn, and who is willing to get out there and advocate. If you are interested in working for the Office of Sustainability as an Eco-Rep, please reach out to the manager of the Office of Sustainability, **Melissa Greenberg** at megreenberg@rider.edu

Recipe: Vegan Banana-Oat Pancakes

Ingredients:

2 cups rolled oats (can be quick oats)
2 ripe bananas
2 tbs apple cider vinegar
2 tbs agave (or maple syrup)
1 tps cinnamon
Pinch of salt
1.5 tsp baking soda
2 cups plant milk of your choice

How to make it:

1) In blender, add oats and pulse until flour texture has formed.
2) Add rest of ingredients, blend until smooth. Let sit for 5-10 minutes. This will allow oats to absorb some of the liquid.
3) Heat pan over medium/ low heat.
4) Pour batter into equal sized circles. Let cook for 3-4 minutes on each side. Make sure they don't burn!
5) Stack your pancakes and top as desired.



DIY

All natural bug spray!

With the weather warming, bugs are coming back, so bug spray is a must!

Materials:

-4 oz glass spray bottle
2 oz of witch hazel
2 oz of water
Essential oils



How to make it:

Add witch hazel, water and essential oil to your glass spray bottle.

For essential oil:

- ◆ Add 20-25 drops for kids aged 3+
- ◆ Add 40-45 drops for kids aged 10+

Here are some of our favorite oil combos

- ◆ 15 drops lemongrass + 15 drops eucalyptus + 20 drops citronella
- ◆ 20 drops lemongrass + 15 drops eucalyptus + 20 drops citronella
- ◆ 20 drops lavender + 20 drops lemongrass + 10 drops peppermint
- ◆ 15 drops eucalyptus + 20 drops lavender + 15 drops lemongrass



Spotlight: Dr. Kimberly Vaccaro

Kim Chandler Vaccaro is Associate Professor of Dance at Rider University in Lawrenceville, N.J. She earned a bachelor's degree in Choreography and Performance from the University of California at Santa Barbara; a master's degree in Dance Education from the University of California at Los Angeles; and a Doctorate of Education from Temple University in Philadelphia, Pa. Dr. Vaccaro's research for the past five years has centered on focus and creativity and her most recent piece, The Rider Dance and Sustainability Project, focused on the connections between art and the environment in our ever changing world.

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

The reason it's important to me, specifically, is to protect future generations and allow them to live in a world that we enjoy today. Unfortunately, however, we are in a crisis right now in which science has reached a gold standard, meaning the evidence is so clear with so much research and information to support the claim that humans are contributing to climate change; but it's the small minority that are convincing the public that it isn't a big issue. If people acted now, we can make an impact to preserve our future environment.

How could people get involved with sustainability?

If people were aware of how much plastic we used, that could persuade people to use less plastic! Nobody wants to see marine animals suffocating on plastic, but if people saw what effect it has, people might be less likely to use what's causing so much damage. If everyone changed just one behavior, such as choosing alternatives to plastic, people could make a huge impact without changing a lot in their lives.

How long have you been involved with living sustainably?

I've been trying to live sustainably for probably about 30 years by now. As a kid, I used to think, "I'll recycle to save money!", but my mother told me to do it not to save money, but because it was the right thing to do - and she was right! Since then, I've done a lot of small tasks to make an impact, from using less water and using reusable bags, to using chewable toothpaste tablets to cut down plastic waste.

What are your thoughts on Rider still following the Paris Climate Accord?

I'm so proud of Rider for still working so hard to adhere to the Paris Climate Accord. It's huge that a small campus like Rider can make such a big impact by cutting down on their water and energy usage, with more big goals in sight too.

What inspired you to mix sustainability and dance together?

With the theme of the dance being social activism, I thought sustainability would be the perfect way to bring together different parts of the university together. It allowed all these different groups to see the big picture with what's happening in the world around us. It was also important to me to be able to portray the plastic crisis we're in, not through a traditional lecture, but through a way that people can really understand it in their own way from the dance.

Upcoming Events!

Beach Sweep

Do you love the beach? Do you like seeing the beach clean and litter free? On **April 13th**, join the Eco-Reps for a beach clean-up at *Island Beach State Park*! Meet outside the SRC at **7:30am** and we will return at **1:30pm**. On the way back we will stop at Surf Taco for lunch! Gloves will be provided. The clean-up will be rain or shine! **RSVP to brncsgogreen@rider.edu**.



Earth Day

On **April 23rd**, come join the Eco-Reps on the **Cranberry's Patio** for our annual Earth Day Celebration. The celebration is from **11am to 1pm**. This event is an awesome opportunity to learn more about Earth Day with fun activities, games, crafts, Yoga, make-your-own trail mix, temporary tattoos and giveaways!

Summer Tips

The 7 Principles of Leave No Trace - These tips were developed to help minimize your impact on natural environments by preserving habitats and reducing human effects. Keep these seven principles in mind as you head out to explore the great outdoors this Spring and Summer!

1. **Plan Ahead and Prepare** - Know regulations of the area, look into the weather ahead of time, and plan your route so you can avoid traveling off the trails
2. **Travel and Camp on Durable Surfaces** - Concentrate on staying on the trails to reduce erosion and habitat destruction, try to find solid durable ground to camp on (or set up a picnic!) to preserve vegetation
3. **Dispose of Waste Properly** - Follow the "Carry in, Carry out" rules to reduce litter or dispose of it in the proper bins at the sites
4. **Leave What You Find** - "Take only pictures, leave only footprints", don't remove plants, animals, or rocks from their natural habitats to maintain the ecosystems
5. **Minimize Campfire Impacts** - Only build fires where permitted or where there are existing sites, keep fires small and burn them to ash to put them out completely
6. **Respect Wildlife** - Never feed wildlife as it can be harmful to expose them to new food sources and encourage dependence on human assistance, observe from a distance and don't follow or approach animals in their natural habitat
7. **Be Considerate of Other Visitors** - Keep the other visitors in mind, keep noise down and be courteous on trails and in parks, including managing your pets!

Green Beast!



Get excited and mark your calendars for this year's **AWE-SOME** art beast event that is **ALL** focused on sustainability! On **May 3rd from 3pm** to late into the night, there will be loads of cool things like DIY crafts, food, entertainment, and awesome activities for you and your friends to enjoy all day long.



Contact

Follow us!

Facebook: **Rider Lawrenceville Eco-Reps, Westminster Eco-Reps**

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