



# The Campus Green

Issue 18

December 2019

Rider University's first sustainable newsletter!

## Upcoming Events!

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

**Earth Day**  
Wednesday, April 22nd  
11AM at BLC Lower Patio



## Upcoming Guest Speaker!

**Erin Brockovich**  
Wednesday, April 22nd  
7PM at BLC Theater

## Holiday Green Tips

- Get a real Christmas tree! Christmas trees are almost always regrown once cut down, and the leftover tree is always biodegradable.
- Donate your old Christmas tree to local organizations that use them on beaches to help strengthen the dunes.
- Use natural wrapping paper that can be easily recycled
- Reduce your food waste by keeping any leftovers after a holiday dinner and saving them to enjoy another time!
- Make homemade ornaments and decorations out of materials you already own

## Recipe: Vegan Peanut Butter Mug Cake

### Ingredients

4 tbsp. plain flour  
1/4 tsp. baking powder  
2 tbsp. smooth peanut butter  
5 tbsp. plant-based milk  
1 tbsp. maple syrup (to taste)  
Optional: 1 tbsp. dark chocolate chips

### How to make it:

1. Mix all ingredients together in a mug/small bowl until it has the consistency of cake batter - add a splash of milk if it's looking too dry.
2. Microwave for 50 seconds, or until the cake has risen and cooked through - test with a skewer or fork and make sure it comes out clean. Microwave in 10-second bursts until you get your desired result.
3. Enjoy immediately!



## DIY

### Homemade Laundry Soap Pods

Love Tide Pods but hate it when the plastic gets stuck on your clothes? These DIY Laundry Pods are a perfect sustainable, all-natural alternative for convenient laundry loads that leave your clothes feel fresh and clean!

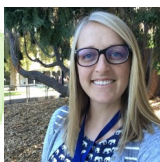


#### To Make The Soap You'll Need:

- 1 4-ounce bar of castile soap
- 1/4 cup baking soda
- 1/2 cup washing soda
- 1/4 cup salt
- 1/4-1/2 cup white vinegar
- 5-10 drops essential oils

#### How to Make It:

1. In a food processor with a grating attachment, shred the bar of soap (or grate it manually with the finest cheese grater you have).
  2. Mix the grated soap, baking soda, washing soda, and salt in a large bowl.
  3. Slowly add the vinegar a little at a time, mixing until it starts to clump and is easy to manipulate.
  4. Press into ice cube trays (really press hard- don't skip on this step)
  5. Set the trays out to dry in a sunny spot for at least 24 hours.
- NOTE: When you use the pods, add them in with the load and not in the separate area for detergent (if your machine has one). They won't dissolve properly without enough water!



## Spotlight: Dr. Kerrie Sendall

### How does sustainability relate to being a biology professor?

I teach Ecology and Plant Biology classes, so I rarely go a single day in lecture or lab without discussing a topic that relates directly to sustainability. It's not fair to students that earlier generations like my own left them with the problem of climate change, but I hope to help educate the next cohort of young scientists that will develop innovative solutions and enact new government policies to make the world a more sustainable place. I try to design my curriculum to meet both the needs of my students as well as the needs of our planet.

### Why is it important to be sustainable, especially in today's time?

I think those of us that are lucky enough to live in countries like the US have a difficult time grasping those limitations since most of us have running water in our homes and plenty to eat. A large proportion of people on our planet are not as lucky and face daily challenges of accessing scarce water and growing food in soil that has been degraded by years of poor farming practices. If we want our planet to continue to sustain our population, we all need to start living more sustainably and reducing our demand on resources.

### How are you sustainable in your daily life?

I try to focus on small changes I can make to my daily life that will have a large impact over time. I always have a reusable water bottle with me to fill up throughout the day, rather than purchasing single use plastic bottles. I do my research before elections and vote for candidates that support green initiatives. I use a drip coffee maker rather than a Keurig because the vast majority of plastic pods end up getting incinerated or dumped into landfills rather than being recycled. I purchased reusable travel silverware that I bring with me to all lunches and other events on campus so I don't have to use single use plastic forks and knives that will end up in a landfill. I try my best to buy produce at supermarkets that is not wrapped in plastic, and I ALWAYS bring my reusable grocery bags when I shop. I also try to limit my meat intake, and eat vegetarian about 95% of the time.

### What does sustainability mean to you?

It means any and every change a person can make to reduce their environmental impact. There is a lot of doom and gloom surrounding this subject in the media and it is certainly a scary thing to think about, but if every student at Rider (or in New Jersey, or even the world!) decided today that they would make small changes to their lifestyle to minimize their impact, we could start to make a dent in this huge problem that faces future generations. I, for one, would love to keep our planet healthy and able to sustain not just the human population but the populations of all other organisms we share this space with.

## Beach Sweep

Our beach sweep earlier in the semester was a HUGE success as we all played an important role in preserving the environment by cleaning the beach. Be sure to join in on the fun and serve our environment with the Office of Sustainability's spring beach sweep!



## Shutting Down for Break

It's getting close to the end of the semester, which means winter break! Before you leave for break, be sure to turn off all of your lights, unplug all electronics, and set your heater unit on a low setting to reduce energy use while you're away. Also, be sure to recycle any applicable items while cleaning up before leaving for break! Everything makes a difference!

## Winter Green Tips

-Use a humidifier! Not only will it combat the uncomfortably dry air you get from using the heat, it will help reduce the amount of heat you need to use to begin with!

-Winters can be brutal! But constantly having the heat on will harm the environment, and your wallet too! The best way to reduce your energy use is to dress in thicker, layered clothing.

-If you are going on vacation this winter or plan to be visiting family, and won't be in your house, be sure to save energy when you're not home. Turn down your thermostat and turn off lights!

-When you put up your beautiful Christmas decorations, be sure that you either have your lights on a timer, turn them off during the day or turn them off when you aren't home!

-Use LED lights! The shorter days in the winter months means the sun is out less and less sunlight can affect your mood and body, so use eco-friendly LED lights to get bright light all throughout the winter!

-If you are feeling extra inspired, install an electric fireplace into your house! Completely emission free and produces lots of heat!

-Even though carpooling is a year-round way to be more sustainable, it especially makes sense in the winter because of how brutal the cold weather is on most motor vehicles.

-The best and most effective way to warm up your car is by driving it! Don't let your car be idle and waste fuel because it takes a lot more fuel to heat up an idle car and causes a lot more emissions.

## Green Film: Pump

PUMP is an inspiring, eye-opening documentary that tells the story of America's addiction to oil, from Standard Oil's illegal tactics to the monopoly oil companies enjoy today.

The film explains clearly and simply how we can end this monopoly—and finally win choice at the pump. Filmmakers Joshua Tickell and Rebecca Harrell Tickell expose the reasons behind America's addiction to oil and investigates replacement fuels that are cheaper, cleaner, and made in the USA. Check out this film on Monday, December 9th and Wednesday, December 11th at 7PM in Sweigart 115.



## Contact info

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