



The Campus Green

Issue 4

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Rider University's first sustainable newsletter!

Green tips

As the weather gets warmer and spring fever sets in, who doesn't look forward to a good barbeque? When cooking your food, try to stick to gas powered options rather than charcoal as it's a cleaner burning source! And as always, buy local produce and aim to reduce your meat consumption. Though don't forget, veggies can be grilled as well!



As we kick off Earth Month this April, there's a lot of excitement in the Office of Sustainability! In this issue of The Campus Green, you'll find green tips for spring, and more information on the events we have planned for you!

Mark Your Calendar

4/22- Earth Day Festival, 11:30 a.m. — 1:00 p.m., Campus Mall

4/23- Earth Day Speaker: Bill Nye, 7:00 p.m., Cavalla Room

4/24- Arbor Day tree planting, 2:30 p.m., behind General Service Building

4/25- Beach Sweep, 9:00 a.m., various locations, sign up [here](#)

5/1- Unplug and Unwind @ Artbeast Festival, yoga at 9:15 p.m., Academic Quad

Foodie's Feature:

Looking for new places which serve locally sourced food? Check out Jammin' Crepes, on Nassau St. in Princeton! Here you can get a delicious lunch, and desert to boot! Featuring homemade jams and ingredients from New Jersey farms, there's even a map on the wall to tell you where in the state your food was grown! Food is served on a combination of entirely compostable paper products and reusable dishes. Added bonus: they serve Small World Coffee!



Spotlight:

Q: From your perspective, how has the concept of sustainability changed in recent years?

A: Over the past year, I think the international progress made on reducing greenhouse gas emissions has been one of the more important events and certainly an encouraging trend in sustainability. Developed countries have been trying to find common ground on a climate change treaty since I was in college myself and, while there's still a lot of uncertainty about this political process, I think we might be turning the corner as the US, China, and other countries develop plans to create new industries using renewable energies to replace our reliance on fossil fuels.



Dr. Druckenbrod

Q: Who do you look up to as leader of the sustainability movement?

A: I'm impressed by the ingenuity, effort, and passion of many people working to make our societies more sustainable; however, I am most impressed by the efforts of environmental scientists to understand what makes our planet tick. As a species on this planet, humans will always have an impact, but it's up to scientists to determine and communicate how our impact affects the air, water, soil, and life. This knowledge is also important for our own welfare in defining boundaries beyond which ecosystem benefits like clean air, water, and productive soils become less sustainable. Scientists have been finding answers to these questions for some time (for example, Aldo Leopold and Rachel Carson), but there's much work still to be done.

Q: With Arbor Day coming up at the end of this month, can you tell us a little bit about the day and what you have planned on campus?

A: On Arbor Day at 2:30pm at the General Services Building, Melissa Greenberg and I will be bringing back American chestnut trees to campus. American chestnuts were once among the most common species along the eastern US, but were decimated by a fungal blight that was inadvertently brought to North America by trade in the early 1900s. Scientists at the American Chestnut Foundation have been working for decades to develop a hybrid tree that has all of the qualities of the American chestnut, but is also blight resistant. Rider University will be planting two seedlings from their most recent generation, which we hope will be blight resistant. Come join us!

Healthy living:

- ⇒ It's finally time for us all to come out from beneath the covers and switch off Netflix! We can start thinking about how nice it is to see the sun again, which is one of the best things you can do in the coming days. In fact, the sun's rays release serotonin in the brain making you happier, and an uplifted mood will benefit you more than anything else.
- ⇒ With the Northeast weather taking a turn from frigid cold to warm and even on some days hot, it's important to remember that opening the windows and getting fresh air is key. It's free of charge as well, unlike switching on the air conditioner that consumes both money and energy. Think also of the delightful scents of spring from blooming flowers to petrichor, the smell accompanied after a rain shower. All are impossible to recreate, while keeping the windows open easily perfumes the whole room.
- ⇒ With spring also marking a time of so much new life popping up and opening their eyes for the first time, now is the time to head to a farmer's market or local store. You'll discover many new fruits and vegetables from which your body will thank you. Fresh fruits and vegetables provide many of the natural sugars that your body wants and research shows that an apple in the morning will keep you awake more than a cup of coffee would. Guess it's time to make the switch then!

Contact info



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Twitter, Tumblr and Instagram: **@brncsgogreen**

Email us: **brncsgogreen@rider.edu**

Melissa Greenberg, Sustainability Manager: **megreenberg@rider.edu**