



The Campus Green

Issue 8

April 2016

Rider University 's first sustainable newsletter!

Green Tip

It's beginning to look a lot like Spring now, and that means time for SPRING CLEANING! If you are going to do some spring cleaning, take a look around your house for leftover household products that contain corrosive, toxic, ignitable, or reactive ingredients are considered to be "household hazardous waste." Products, such as paints, cleaners, oils, batteries, e-waste and pesticides that contain potentially hazardous ingredients require special care when you dispose of them. Do your part and be sure to check how to properly dispose of those items to prevent pollution!



Welcome to Earth Month! Known for its environmentally-centered events and activities, this month helps celebrate and raise awareness about environmental issues locally and globally. In this issue, you will learn about the Earth Month events we have planned for the Rider community along with some other interesting features. Enjoy!

Pencil into your Calendar:

Earth Day Festival Thurs., April 21st at 11 A.M. to 1 P.M. on the Cranberry's Patio (music, yoga PiYo on the lawn, pudding dirt cups, games, giveaways and more)

Earth Day Comedian: Peterson Toscano Thurs., April 21st at 9 P.M. in the BLC Pub (Show starts at 9:30 P.M.) <https://petersontoscano.com/>

Arbor Day—Fri., April 29th Tree planting at 9:30 A.M. next to the General Services Building (GSB)

Arbor Day—outdoor viewing of "The Lorax" Friday, April 29th at 7 P.M. on the Campus Green located between BLC and Sweigart Hall (film starts at 8:30 PM and is free and open to the public)

Beach Sweep Sat., April 30th 9 A.M. – 12:30 P.M. at Island Beach State Park

Feature:

Local Bike Trails

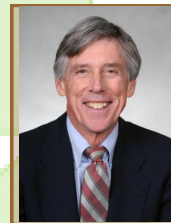
The Lawrence Hopewell Trail : 18.7 miles running through Lawrence and Hopewell townships that can also be used for hiking!

Freedom Trail Bikeway: runs through South Brunswick Township, through woodlands, wetlands, and neighborhoods . Two completed sections of the trail are accessible at Monmouth Junction and Kingston!

Spotlight:

Dr. Thomas Simonet

Have you been active in promoting sustainability in your journalism classes?



One semester, I devoted the In-depth Reporting class to the subject of fracking. We had a lot of help from people at Rider and in the area. Geologists from Rider told us how it's done and what the risks and benefits are. Then, we got in touch with people in Pennsylvania, the town called Dimock. That was a town that had a lot of problems. People said that their well water was ruined by fracking. So, we got to go there. We had a local person who was a protester against fracking and he showed us around. He introduced us to some of the families who were affected and that was very moving because their water was really ruined.

You've been at Rider for many years. What have you been most pleased with as far as our evolution to being a more "green" university?

The most visible change is the lake. In the old days, the lake was like you see at corporations or golf courses. The grass went right down to the edge and so did the geese, and they were all over the place. Now they let the natural vegetation grow along the edge of the water, so the water is cleaner and more filtered. It has two fountains in it, which aerate it. And that is a tremendous change. I think the lake is beautiful now.

What about you? How are you sustainable in your own life?

I'm also a maniac about recycling, and I'm very frustrated when I see places that don't recycle. I compost at home too and it feels good because it's free and you get the world's best dirt out of it. I've been composting for more than 15 years. It boils down to very little in the end, but it would be a lot in a landfill. I am putting in solar on my roof, to charge my new Chevy Volt. I got it mainly out of idealism. I love the idea that you're polluting less.

We have to believe in science. It's really the one thing that's kept us alive so far. And it's very easy for the media to cherry pick quotes that seem to say "oh, I'm not too sure," and make it seem like it's in doubt, but it's apparently not. I don't see any responsible people doubting it. So, I like the challenge too, that sort of partisan, take sides, go with our cause, raise our flag... It's invigorating.

SUPERFOOD MUST-TRYS:

Superfood: a popular buzzword to describe foods that are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals



BLUEBERRY MANGO
Lemonade Smoothie

INGREDIENTS

- 1 small apple, cored
- ½ whole large lemon
- ½ cup blueberries, frozen
- ½ cup mango chunks, frozen
- 1 scoop protein powder
- 1 Tbsp chia seeds
- 1 cup coconut milk

INSTRUCTIONS

1. Add all ingredients to a blender and blend on high until completely smooth. Serve immediately and enjoy!

Contact info

Follow us!



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

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