



# The Campus Green

October 2015

Rider University's sustainable newsletter!

## Green tips

As you settle into the year, try to implement these simple green habits into your life:

- ◆ Only run the washer when you have a full load & use cold water
- ◆ Utilize natural & green cleaning products
- ◆ Sort your trash and recyclables into the proper receptacles
- ◆ Open your windows for natural light and fresh air as opposed to using energy-guzzling lamps and fans



Welcome Back!! We hope you had a great summer- now it is time to take a step in the green direction and have a sustainable school year! The Office of Sustainability and the Eco-Reps are excited to have a green year and conserve more than ever. Please take time to read our first edition of the Campus Green. We have some excellent events in store!

## Green Films and Events:

- "Just Eat It" 10/13 & \*10/15 (\*10/15 is a change from it's original date due to a conflicting event)
- "The Human Experiment" 11/10 & 11/11
- "Merchants of Doubt" 12/8 & 12/9
- Campus Sustainability Day 10/21 @ 11 a.m. to 1 p.m. | Campus Mall (If Rain: SRC Lobby)
- America Recycles Day 11/15
- Make a Difference Day TBD
- Green Apple Day of Service TBD

All green films are shown at 7 p.m. in Sweigart 115

## Featured business:

### Whole Earth Center

Whole Earth Center has been providing the Princeton area and surrounding communities access to locally grown and environmentally-friendly products since 1970— but that's not all! They collaborate with other local businesses to support initiatives such as: organic farming and gardening, sustainable transportation, recycling efforts, conservation and more. Whole Earth Center was created on the premise of using portions of their profits to fund sustainable projects and they have been doing just that in the Princeton community.

Support a community centered effort by visiting Whole Earth Center on Nassau Street in Princeton and shopping their variety of foods and home products or dining in their vegetarian café.

## Spotlight: Who's Who 2015-2016 Eco-Reps



Hi guys! My name is Ambria Dell'Oro and I'm from Mount Laurel, Nj. I'm currently a junior, Geo-science major with a concentration in Geology. I'm definitely excited to learn more about how to live a more sustainable lifestyle while also giving back by educating my peers on what I have learned! My favorite quote is by e.e. cummings, "It takes courage to grow up and become who you really are." Can't wait to meet you all at the green team meetings!



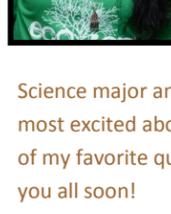
Hey! My name is Kevin Miller and I am from Warrington, PA. I'm a senior Environmental Science major, with a minor in Sustainability Studies. I am a returning Eco-Rep with last year being my introductory year. I'm very excited for this year, with so many new and returning Eco-Reps I feel we really have a great group of people waiting to show the students how amazing Rider can be! My favorite quote comes from Yvon Chouinard: "I live for the moment. I'm basically a Buddhist-type person. I'm just here right now, and I don't think about what's going to happen a hundred years from now. I try to concentrate on what's going on right now".



Hey, ya'!!! My name is Marianna Buseman and I'm from Sewell, NJ. I'm a junior majoring in English with a concentration in creative writing and a minor in American Studies. I am beyond thrilled to be a new Eco-Rep this year! It'll be so great to be able to share with my university exactly how important it is to become sustainable. My favorite quote is from J.K. Rowling's "Harry Potter and the Prisoner of Azkaban": "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." I hope to see you all come out to our events this year!



Hi everybody! My name is Samantha Sawh and I'm from Kearny, NJ. I'm a junior Journalism major with a minor in English Writing. I'm so happy to be a new Eco Rep! I'm excited to keep learning about sustainability with our fabulous team, and to share what we know with all of Rider! My favorite quote at the moment is from Buddha and says, "Better than a thousand hollow words, is one word that brings peace." I can't wait to meet you all at our upcoming events!



Hello everyone! My name is Tiffany Girado Parker and I'm from a small but mighty town called West New York, NJ!! I am a sophomore with a Marine Science major and a double minor in General Business and Spanish! One thing I can say I am most excited about is to be able to educate myself and others of our big beautiful world! One of my favorite quotes has to be "When we heal the earth, we heal ourselves" by David Orr. See you all soon!

## Healthy living:

**Purchasing items made of plastic or packaged in plastic is not only harmful for the Earth, it's also harmful for your health. Plastics contain a variety of toxic chemicals that can have negative effects on the nervous system and endocrine system among others and some have even been identified as known carcinogens. To limit your plastic exposure, try some of these easy tips:**

1. Use reusable, non-plastic containers to transport food and drink such as: glass, bamboo, stainless steel, or cloth.
2. Never buy bottled water; not only is the plastic bottle harmful, but the water is less regulated than tap water.
3. Avoid products made with the most dangerous plastics (#3, #6 & #7). These can be found in items such as: plastic wrap, Styrofoam, squeeze bottles and some children's toys.
4. Shop in bulk and avoid convenience products. By buying more at once you will avoid the excessive packaging that comes along with individually wrapped items.

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Hey guys! My name is Kathy Blachut and I'm from Clifton, NJ. I'm a senior environmental science major with a minor in sustainable studies. Being a returning Eco-Rep, I'm psyched to work with both new and familiar faces and can't wait to get the ball rolling on cool and new initiatives for the campus. My favorite quote is "Life is 10% what happens to you and 90% how you react to it" Keep on being green!



Hey there! My name is Lexi Reynolds, and I'm here from Toms River, NJ. I am a junior Sociology Major, with minors in Sustainability and Ethics. I'm excited for a new year with a new team and all that it has in store. Also, I'm already looking forward to earth month in April, as it's always jam packed with events (and warm weather). "If everyone demanded peace instead of another television set, then there'd peace." - John Lennon



Hey everyone! My name is Rachel Nangle and I am from Parsippany, NJ. I am a senior Environmental Science major, with minors in Biology and Sustainability Studies. I am super excited to be an Eco Rep this year and help show my peers the benefits of living a more sustainable lifestyle. My favorite quote is "Not all those who wander are lost" by J.R.R.Tolkien. I hope to see you all at the amazing events that will be going on this year!

