



The Springfield GREEN-Leader

Live.Life.Green Committee E-Newsletter

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Live Life Green Committee Highlights

In September, as a part of the nation-wide Green Apple Day of Service, the committee sponsored Adopt-A-Street. Students and staff came together to clean the Residence Life, Housing and Dining Services street. We had so much help it took less than an hour. Thank you to everyone who came out to help clean Walnut Street. Dining Services also hosted, Project Clean Plate, a food waste display in Blair-Shannon. The average person wasted $\frac{1}{4}$ pound of food at this meal. This program was successful at making patrons realize how much food is wasted on a regular basis.

details of a second semester sustainability competition similar to previous years Green Games! We are considering how students and staff can take part in the program. Recyclemania will be one aspect to the program with lots of great prizes at stake. We are working with Dining Services to offer a reusable bottle, which can be purchased and refilled at the PSU vendors for a nominal price.



Live.Life.Green Film Festival— The committee is accepting short videos that highlight all the sustainable efforts that are made within our department. Films are due on November 5. The Festival to see all the entries will be November 9 in the Carrington theater at 6:00 pm. More information can be found at:

The committee is also working on

<http://blogs.missouristate.edu/reslife/2012/09/28/green-film-festival/>



Project Clean Plate
Presented by: Dining Services



Special Thanks to the Sunville and Kentwood Staff for donating their Saturday afternoon to participate in our Adopt-a-Street during our Green Apple Day of Service.

The GREEN Team!

By: Zachery Holder

The **Live.Life.Green Committee** is a group of staff and student leaders within the department of Residence Life Housing and Dining Services here at MSU working to promote, create, and encourage sustainable living!

This e-newsletter will be a quarterly update about what the committee is working on, highlighting people in the community who are being sustainable, and ways in which you can live your life green and be more sustainable in your home as well as your day to day life.

We will be working hard to create ways to make Residence Life Housing and Dining Services sustainable. We hope that with what is offered here and through our programs, you then encourage others to do the same! We are always looking for ideas or ways you would like to see our campus become more sustainable! This newsletter is where we'll keep everyone updated on all the new initiatives and programs which will benefit staff and students in our residence halls.



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Living Life Green!

Tips and Tricks for your daily life to be more sustainable!



GREEN products

By: Abby Brown

Don't get grossed out yet. It's probably not what you're thinking. OK, maybe it's exactly what you're thinking...but it's totally sustainable and totally awesome.

The makers of Poo Poo Paper have discovered a way to create paper products out of the abundantly available waste matter that comes straight from the business end of fiber-eating vegetarian animals. These animals, namely elephants, pandas, moose, cows, horses, and donkeys, produce waste--or "poo-poo", if you will--that is rich with intact fiber which makes perfect pulp for the production of paper (say THAT three times fast).

Don't worry, though; through the process of rinsing and boiling, and the addition of other natural waste fibers like corn husk and banana stock, the end-product is clean, odor-free, functional, and makes for a great conversation-starter.

So, the next time you're bragging about how sustainable you are and your friends tell you you're full of "poo", you can say, "I'm not, but my notebook is!"

Stop by the Missouri State Bookstore, or visit the online "Poo-Tique" at <http://new.poopoopaper.com> and purchase your Poo Poo Paper today!



Ways to Be Green On and Off Campus

By: Donald Clark

The question is commonly asked, "What can I do to be "Green" on and off campus?" Well it turns out there's plenty we can do in a day on and off the Missouri State campus. Let's explore a day!

Take shorter showers and avoid taking baths. A five minute shower uses approximately 20-35 gallons of water while a bath uses nearly 60 gallons of water. In Residence Life, Housing and Dining Services low flow shower heads and faucet aerators are used, which can save up to 30% on water usage.

Before leaving the house, apartment, or residence hall be sure to raise or lower the thermostat a couple of degrees, depending on the season, to save electricity. You save about three percent on your bill for every degree you raise or lower the thermostat.

Riding a bike or walking to campus not only saves you money on gas and parking, but it also helps your heart and waistline. Residence Life, Housing and Dining Services also offers the Green Bike Program, which allows students to rent bikes at the beginning of each semester.

Make sure when you leave your home or office that all the lights are turned off. Whenever you're in your office use natural lighting whenever possible.

Bring a water bottle with you instead of buying plastic water bottles. Within all of the Residence Life, Housing and Dining Services buildings there are water filtering stations where your water bottles can be refilled. This saves money while sending less plastic to landfills.

Avoid wasting food by sampling and not taking more than you need. Take advantage of Chartwells Dining Centers, which recycles food waste and uses less packaging than the fast food chains.

While traveling on campus take advantage of shuttle busses or walk instead of using personal transportation.

Recycle any and all paper while on campus and use paper with recycled content whenever possible. Missouri State University gets paid for the paper it recycles. The University pays Allied Waste to collect our trash, so it is very beneficial to the University fiscally to recycle paper while also saving a tree. *

At the end of the day turn off computers and electronics, lower or raise thermostat temperature, unplug chargers, and make sure all lights are turned off.

Doing these things everyday could dramatically lower your carbon footprint and help you be a greener, healthier, happier individual while saving the planet.

*Missouri State University also offers recycling for: printer cartridges, batteries, food waste, plastic bottles, plastic bags, aluminum cans, glass, cardboard, fluorescent bulbs, LED bulbs, electronics, pallets, and paper.



Community Member GREEN Light!

By: Brittany Miller

There are many people within the Department of Residence Life, Housing and Dining Services that help make sustainability a priority. Through their dedication they show coworkers and students how to live a life more sustainably. This section within the E-newsletter will be used to recognize those individuals who go above and beyond within their positions and personal life to create a greener living environment.



Bill Bingham
Sunville Tower Custodian

Our first spotlight individual has been a dedicated worker at Missouri State University for over 20 years. Bill Bingham, currently a Custodian at Sunville Tower, has worked 18 years within Residence Life, Housing and Dining Services. Working in several different capacities for the department, Bill has always enjoyed working with students. He says some of his favorite memories have occurred during the summers while working with students. Bill enjoys being able to teach students as well as learn from them. He believes it is his job to set a good example by not cutting corners. He enjoys creating relationships with students in his building, which enables him to learn a lot and help students be more conscious of their living environment.

Recognizing the difficulty for some students to differentiate recycling and trash, Bill has created arrows that help direct attention to the appropriate receptacles. Bill goes through the recycling daily to ensure that items are being placed in the correct areas and not piling up. He has even gone so far as to bring his own microfiber cloths to work to assist in cleaning rather than using numerous paper towels. Our department has greatly benefitted thanks to Bill's conscious effort to maintain cleanliness and sustainability. Bill has also increased his efficiency by creating cleaning tools to help him get the job done.

This efficiency has also crossed over into his personal life. At home, Bill is a role model for his children. He keeps up with his tasks and doesn't believe in putting off a job that can be done immediately. Bill uses energy efficient light bulbs as well as an infrared heater at home to save money and energy. He believes that living sustainably can be mutually beneficial to the environment and the person.

Bill is a hard working individual and we have greatly benefitted from his work within the residence halls. Thanks for all you do, Bill!

If you would like to nominate someone for Community Member **GREEN** Light, contact us at Live.Life.Green.Team@gmail.com

Let's Take ACTION!

By: Nicole Young

With all of our busy lives today it's hard to find time to fit anything else in, let alone volunteering. However, when you look at the list of benefits you might find yourself thinking, "I'm too busy not to volunteer." Some of the benefits of volunteer work are obvious such as bettering your community, higher self confidence, and great opportunities to meet new people and make new friends, but some of the benefits might not immediately come to mind. Those who volunteer regularly are significantly less likely to feel the ever increasing effects of depression. Those who volunteer are typically more physically fit due to the often physical nature of volunteer work. Regularly volunteering in your community helps you to network and can even further your career. You can also learn valuable job skills while volunteering. Just because the work is unpaid doesn't mean what you will learn there is common knowledge or by any means basic skills. Volunteering in your community is also sustainable. Helping at a habitat for humanity work site or spending time in a community garden helps to

maintain our local eco system without the negative effects of commercially producing structures or trucking produce for those in need. Also when we volunteer where we live it creates a stronger sense of community which overall makes our community a more attractive place to live. Cleaning up a street or derelict structure makes the community more visibly appealing to visitors. Volunteering at local food banks or homeless shelters aids in getting those impoverished members of our community back on their feet and on their way to being self-sufficient additions to our community, who in turn are more likely to volunteer as a result of receiving the positive effects of someone else's generosity. Volunteer work creates an intense sense of pride in ones self and benefits the community in almost immeasurable ways. Below are some websites where you can sign up to help some local, sustainable, volunteer organizations. In this heavy political season it seems appropriate to quote one of our great past presidents. "No matter how big and powerful government gets, and the many services it provides, it can never take the place of volunteers." Ronald Reagan. **So get out there and volunteer!**

Live Life GREEN! Film Festival.

Residence Life, Housing and Dining Services is having its first Live Life GREEN! Film Festival. Residence hall students are encouraged to create their very own Live Life GREEN! themed video for the contest. All submissions are due by Monday, November 5, 2012 at 5:00PM to Hammons House 107. A committee will review the submission before airing them at the Live Life GREEN! Film Festival the following Friday, November 9, 2012 at 6:00PM.

We are looking for short films that encourage students to remain sustainable while highlighting already practiced sustainability efforts across campus, and specifically in the Residence Halls. Individuals who submit films will have the opportunity to win the following prizes:

- 1st Place: \$300 gift card and \$100 sustainable items prize pack
- 2nd Place: \$100 gift card and \$100 sustainable items prize pack
- 3rd Place: \$50 gift card and \$50 sustainable items prize pack



Events to Check Out!

Live Life Green Film Contest

Submissions Due: Nov. 5th to Hammons 107

Live Life GREEN! Film Festival

Friday, November 9, 2012 at 6:00PM.

Sustainable Energy Conference

www.habitat.springfieldmo.org/

www.convoyofhope.org/go/how/volunteer

www.swh.org

www.thekitcheninc.org/volunteer.php

Contact Us:

Live.Life.Green.Team@gmail.com

Abby Brown- Business Services

Donald Clark- Facilities and Operations

Teresa Frederick- Facilities and Operations

Zachery Holder- Assistant Hall Director

Joe Kamler- Resident Assistant

Brittany Miller- Facilities and Operations

Angie Strider- Leadership Development & Programming

Laura Wolf- Residence Hall Association

Nicole Young- Dining Services