

The Springfield GREEN-Leader

Live Life Green

Live.Life.Green Committee E-Newsletter

Volume 2, Issue 1

The GREEN Team!

By: Angie Strider

The Live.Life.Green Committee is hard at work this semester. We developed a purpose statement that will help guide us in being more impactful as a committee. Our commitment statement is to educate students and staff within our department about sustainable issues that exist on campus and around the world. It is our purpose to advocate and implement new solutions to sustainability concerns. It is our purpose to engage students and staff in opportunities that positively impact our environment while collaborating with and supporting the efforts of others at our institution with similar purposes to our committee. In line with our purpose statement the committee supported, Green Apple Day of Service, on Saturday, September 28, during which we spent time with some students at the Missouri Hotel. The committee is also hard at work revamping the Green Games program. Instead of an on-going semester-long program, we will sponsor Live.Life.Green Monthly Challenges. The program will include individual and building challenges. Anyone and any building can win during any month throughout the year. Our first efforts include getting rooms green certified, by which students who live sustainably have a chance to win prizes. Throughout the year, you'll see our committee sponsoring fun and engaging ways in which you can be rewarded for living your life green. Our committee has many new initiatives and ideas that we'll be working on throughout the semester as well. Please let us know if you have ideas that will make our department more sustainable.

Live Life Green Events and Challenges

Green Apple Day of Service

In September, as a part of the nation-wide Green Apple Day of Service, the committee sponsored volunteering at the Missouri Hotel in collaboration with The Kitchen. 8 Students and staff came together to serve food and work in the kitchen for the homeless families of Springfield who live in one of The Kitchen's shelters, houses, or rooms. The food was donated by OTC from one of their picnics that had happened the day prior. During the time spent the group served roughly 125 people and helped clean up the Missouri Hotel kitchen.

Boomer County Fair— This program is a small fair put on by RHA that includes a variety of aspects including horse demonstrations by Trixie Chicks trick riders, line dances taught by volunteers, catered "fair food," and tabling organizations and businesses, from agricultural clubs to nonprofit organizations and farmers' markets. It's an opportunity for students to connect with the local food market in Springfield and with MSU's agriculture school. Both provide opportunities for all students, and are often overlooked by the average student. Attendees were able to visit with people tabling, learn about opportunities, collect flyers and other assorted free things, learn and perform line dances, watch trick riders, listen to presentations about MSU's equestrian programs and therapeutic riding partnership, eat fair food and have a generally good time.

By: Zachery Holder

October Building Challenge:

Reduce Your Use Week— October 21-25, 2013

Residence Halls will compete to see who can save the most energy! Turn off the lights and unplug those electronics and let the first Building Challenge BEGIN!

October Individual Challenge:

Green Room Certification

Be on the look out for us at lunch in both Blair-Shannon and Garst to sign-up to have your room or office green certified! Otherwise, visit Hammons 107 or contact Jessica Yates by email:

Yates619@live.missouristate.edu



Facebook Search:

Mo State Live Life Green



Students at the Missouri Hotel



Boomer at the Boomer County Fair



Living Life Green

Ways to Be Green On and Off Campus

By: Donald Clark



We live on planet with limited resources. Each day, each of us has the choice to exercise sustainable practices that could literally save our planet. There's a lot we can do in 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. Missouri State University 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.
- ♣ Use reusable bags when food shopping. A car can travel a mile based on the amount of petroleum used to produce 14 plastic bags.
- ♣ Take advantage of the dining centers on campus that recycle food waste. Also try not to grab more than you will eat, and if you don't know if you like something, then try a small sample to see if you like it to avoid wasting food. Also by eating at the dining centers you avoid the wasteful packaging so commonly used at fast food restaurants.
- ♣ 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 Republic Services to collect our waste, 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.



Bag it in style!

By: Abby Brown

Ok, so the idea of reusable bags isn't really a new one for most, but it's such an easy change that can be made to help heal our environment! Using and producing disposable plastic or paper bags causes a myriad of issues for our environment including over-harvesting of forests, chemical off-gassing, filling up landfills, littering the landscape, and hazards for wildlife. So with all of the downsides, why not go reusable?

These days there are so many different styles and materials to choose from that you can easily find bags that suit your taste and your practicality. Some models are made to mimic the shape of paper bags for optimal packing ease while others fold up into tiny pouches for easy storage. Higher end models even come with insulation to keep your groceries cold, and internal pockets for your wallet and cell phone. Reusable bags come in several different materials as well from hand-knit, which has the smallest impact environmentally, to cotton, canvas, and other synthetic materials.

If you're looking to make small changes toward greener living or even if you just want to be more stylish while you shop, it's always a good time to go reusable! Here are some top brands to get you started on your quest for sustainable life: BAGGU, Envirosax, Reuseit, Tyvek, CYMA, and ChicoBag. Happy shopping!

GREEN Product Spotlight

Missouri State's Energy Dashboard

By: Teresa Frederick

This month Energy Management is launching the campus' Energy Dashboard. The Dashboard allows the campus community to see real-time information on how much electricity, water, steam, and chilled water each building is using. This program provides a tool for us to be more aware of our utility consumption and encourages us to improve conservation and efficiency efforts.

When visiting the site, select the building you are interested in at the top of the screen. Once you have selected your building, you can click on the buttons at the bottom of the screen to see consumption rates. In addition to energy consumption, you can review the sustainable features for each building and learn more about the Student Sustainability Fund.

This year, Residence Life, Housing and Dining Services' utility budget is \$1.5 million. City Utilities rates are slated to increase over the next 3

years which will have a direct impact on our budget. We cannot change the rates we are charged, but we can change our consumption. How can you reduce your consumption?

- Layer clothing and minimize use of heating and air conditioning
- Keep windows closed if using heat or air
- Turn off lights and appliances when not in room or workspace
- Unplug appliances and electronics when not in use
- Utilize a network printer rather than having your own in your workspace/room

Take a moment to check out the dashboard and be on the lookout for more information on getting your room or workspace Green Certified!

**Energy Dashboard would not be possible without the support of the Student Sustainability Fund, Residence Life, Housing and Dining Services, Plaster Student Union, Foster Recreation Center, and JQH Arena.*

See your buildings Energy Use!*

*Missouri State's Energy Dashboard can be found here: <http://bedashboard.com/Kiosk/Home/Index/86/2004/rollover>



Use tour with some of the members of the Energy Committee. The Environmental Management Policy Panel visited us today. Missouri State University is on the news, as one of

Community Member GREEN Light!

By: Jessica Yates

Denise Stadler began her career at Missouri State University in February of 1995. Of the many things that Denise enjoys about her job as the Wells House Receptionist, her absolute favorite is the students! Denise practices sustainability at work by recycling everything that she possibly can, turning off all lights that are not needed, and by using dry erase package pick-up slips as opposed to wasting large amounts of paper! This is something that really caught the Sustainability Committee's attention last spring when we were doing Green Room Certifications. Denise was so excited and asked if we would stop by to Green Certify the Wells front desk (and of course we did). Thanks to Denise, we will now be conducting Green Certification checks at all of our residence hall's front desks and offices!!



Denise Stadler
Wells' House Receptionist

When asked what she would encourage others to do or think about regarding sustainability, Denise said, "It just makes sense to recycle!" She encourages students to recycle their

cover sheets instead of throwing them in the trash; every little bit helps!! Denise's sustainability practice extends beyond the workplace; she recycles at home, uses CFL bulbs, turns off her computer and other appliances when they are not in use, and makes use of reusable water bottles as much as possible instead of buying bottled water.

We would like to thank Denise Stadler for being in this issue's *Community Member GREEN Light* and for taking her time to share with us about her sustainable life choices. Community members like Denise make a huge difference in our department's effort to promote and educate others about being "GREEN".

If you would like to nominate someone for the Community Member GREEN Light, please contact us!

Contact Us:

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- Abby Brown- Business Services
- Donald Clark- Facilities and Operations
- Teresa Frederick-Facilities and Operations
- Seth Dotson-Facilities and Operations
- James Kennedy-Facilities and Operations
- Colton Strother-Facilities and Operations
- Rebecca Rice-Facilities and Operations
- Jessica Yates-Facilities and Operations
- Zachery Holder- Assistant Hall Director
- Angie Strider- Leadership Development & Programming
- Lauren Garoutte - Residence Hall Association
- Nicole Young- Dining Services