

students + sustainability

5

Ways Ball State
Students Can
Go GREEN



BSU Cardinals
Reduce, Reuse,
and Recycle

to my fellow BSU students,

College is a time where each and every one of us is trying to define who we are. We decide what to study, what career path to pursue, what political or social institutions to align with, and what values drive our decisions. I think it's safe to say that most of us share a few values in common; for example, we value a good education and trustworthy relationships with our friends. But where do environmental values fit into the scheme of decisions that demand our attention? In a world of classes, part-time jobs and extracurricular activities, thinking about environmental issues might be the last thing on our mind. After all, we are in college to learn, make friends and have fun-- not save the world! But what if I told you that by concerning ourselves with environmental issues, even if only a very small bit, we would be able to ensure that we are living healthier, happier, and more rewarding lives?

When I first came to college I had no idea about environmental issues. I certainly had no clue what the word 'sustainability' meant. But as I have gone through my 4 years here at BSU, I have learned that issues of sustainability are tied to every aspect of my experiences here. Sustainability is not only about environmental issues. It's about how to save money and resources, which I know we could all use a little more of! Sustainability is about how to make sure that we are doing less damage to ourselves and the world around us. It's about ensuring that generations of BSU students will be able to enjoy the same traditions we did as students, rather than living on a crummy, exhausted campus because we weren't more careful about the decisions we made.

You may be wondering what makes me qualified to talk to you about issues of sustainability on campus. While I am not claiming to be an expert, I have done a fair share of research (all of which you can view by looking at my full project in the library). I have also tried out the things I have recommended to you-- and more! Some things fit into my current lifestyle, others I added to an arsenal of options I will choose from later when I have more flexibility. Finally, I have interviewed BSU students, faculty, and administrators to find out what they are currently doing and what they would like to see change. Backed by my research and conversations, I feel that I have a solid set of facts to stand on, and that the recommendations I make to you are worth a shot.

As you are looking through this guide, keep one thing in mind: You cannot simply vow to all of a sudden be "green." Deciding to be a green student isn't like starting a new class-- just waking up on the first day of the semester and rolling in a few minutes late not knowing what to expect. Being a green student is all about changing the way we think and making choices based on our new ideas. You have to make one or two small changes at a time and believe that they will have positive results. If you decide to adopt every behavior that I propose in this guide all at one time, you will find yourself overwhelmed, and will be less likely to see the positive outcomes of your changes. Pick one or two behaviors and focus on how those will fit into your everyday life without putting your education or other commitments in jeopardy. Once you have been able to master a few behaviors, you can move on to add others to your lifestyle as well!

If you want to know how to do more to become a sustainable student, look at my thesis project description in Bracken Library. There are tons of resources for you to utilize. Even if you decide that this isn't the right time for you to start living sustainability, challenge yourself to think about the impacts of your behaviors and how they might affect your choices in the future.

Meagan Tuttle



As students here, we have a lot of power to make choices that are better for our environment.

You may be wondering what impact you, as a college student, could really have. For starters, **you are a part of a large community of students, most of whom have behaviors very similar to your own.** Think about all of the energy you use, food you eat, and wastes you generate in just one day. Now multiply that by about 20,000 (the approximate number of BSU students). Your personal impact seems a lot more significant now, doesn't it?

To be completely fair, we as college students are actually using a lot less energy than most families with children or individuals that commute to work each day. **But our impact is still significant!** A lot of the environmental pressures our generation will face are a direct result of the environmental irresponsibility of our parents' and grandparents' generations. So why should we have to alter our behaviors because of someone else's mistakes? **The bottom line: because global climate change is real. And its not slowing down.** In fact, the Intergovernmental Panel on Climate Change (a fancy term for a bunch of scientist who study environmental stuff) has recently admitted that the climate changes they predicted are happening sooner and with greater intensity than what they originally thought. This means global climate change is not something of the future-- it's something that is happening right now and in increasingly more unpredictable ways.¹⁴

As students here, we have a lot of power to make choices that are better for our environment. We see examples each and every day of students advocating for, asking for, or downright demanding the goods and services they desire. You can look to campus organizations and see that students have joined forces in the name of just about any past-time, political issue, or protest. So why can't we take a stand for the environment? We are preparing to be the next generation of professionals, parents, and big-ticket-item consumers. **We need to start thinking about the effects our choices and actions will have on the future of our home-- Earth.** If we start thinking about these issues in the little things we do each day, we will be better prepared to embrace our passion for protecting the environment in a much larger way in the future!

We won't be able to stop global climate change from happening; the best we can do is try to reduce our impact on the environment so as to lessen its blow. This is why I think it's **important for Ball State students to make sustainability a priority.**

so why should we care?

Ball State has been committed to its concern for the environment for a long time; much longer than the recent marketing campaign would suggest. In that survey I conducted with Ball State students, most knew about the recycling bins on campus, but not much else about the University's attempts at being more sustainable. That's because some of the initiatives are just part of the scenery for students here-- literally and figuratively. For example, each and every day you are walking under a canopy of very strategically placed trees that are part of a plan Ball State created back in the 80's as a way to help keep campus cooler, among other things.⁸ Who knew? **This time line shows some of the other initiatives Ball State has taken through the years to try to be a greener campus.**

1980's

In addition to the reforestation movement that brought a green canopy to our campus, **many other sustainable initiatives took place in the 1980's.** For example, during this decade, the University created a new site plan that included more vegetation and a more compact campus. Additionally, an assessment was conducted on the University's buildings to capture an accurate picture of the energy use on campus. These steps **set the ball rolling towards a greener campus community here at Ball State.**⁸



Ball State University Quad

1991



Campus administrators formed the **Green Committee** to make recommendations for sustainable initiatives that could be adopted by the University, and to raise environmental awareness among students. This later became the G2 (Green Committee 2) in 2000.²

1999

Ball State signs the **Talloires Declaration.**² The declaration is signed by university presidents that agree to ensure that graduates are literate in issues of environmental responsibility, and that all departments of the university are doing their part to understand and implement sustainable alternatives and practices.¹³

2001

The **Council on the Environment** is formed. The council is made up of representatives from every academic department and administrative office on campus, as well as student representatives and community leaders. The council meets monthly to discuss sustainability initiatives that are going on around campus, generate and critique ideas and unite campus greening efforts.

**Geothermal
Saves
\$2 Million
&
85,000 tons
of CO₂**

2009

Ball State began construction of the **Geothermal system**; it includes a series of pipes drilled deep down into the ground, which **utilize the stable ground temperature to control the temperature of buildings above ground.**⁶ Once the system is completely finished, it will replace the coal-fired power plants that are currently in operation. **This will save Ball State University \$2 million and 85,000 tons of carbon dioxide pollution every single year!**¹

2000's

Ball State has made **many advances in its campus greening efforts:**

- Purchasing of hybrid-electric buses for campus shuttles
- Adoption of a new strategic plan which requires LEED certification on all new construction
- Recycling bins in nearly all campus classrooms, offices, dorms and dining facilities
- New recycled paper and plastic products in dining halls and 30% of produce purchased locally
- Courses offered specializing in sustainability



ball state university + green

During my survey, one of the things that I asked was, **“What do you think it means to live ‘green’ or ‘sustainability’?”**

“ It means to me to impact the earth as little as possible but still enjoying the pleasures we have today just in a better way. Evening out the plus and minuses. ”

“ Taking into consideration the economic, social, and environmental impacts of the decisions we make. Trying to reduce our wastefully consumptive habits in order to spend less money, waste fewer resources, and harm fewer individuals. ”

“ IN A NUTSHELL:
REDUCE,
REUSE,
RECYCLE. ”

I surveyed over 50 Ball State students and asked them all kinds of questions about their behaviors and thoughts on sustainability. I found that **2 of the biggest reasons why students don't think that they can be “green” is because they think that it will either cause them some great inconvenience, or they think it will cost them a lot of money.** So this guide is filled with things you can do that will either cost you little to no money... or might even end up saving you a few bucks! And you will still help make an impact on the environment! Bet you didn't think that was something you would hear, huh?

The checklist shows the **5 areas of your life that you can try to go green in** and a few of the suggestions that you will find throughout this guide. Read through the pages to find out why these will help you be a more sustainable student!

And by the way, the reference numbers that you see listed throughout this guide refer to my research that I did to make this. I had over 90 sources of information, and because I did not want this to be like a research paper, the numbers refer to a ‘sources cited’ section of my project description in Bracken Library.

GREEN

DOESN'T REQUIRE A LOT OF:



+



can I do to be a sustainable student?

5

Ways to Go GREEN

At Home

- Unplug all appliances
- Shower to your 3 favorite songs
- Recycle everything you can

In Class

- Take notes and turn in homework electronically
- Print double sided and use 0.6" margins
- Explore ways to tie sustainability to your major

Check these out!

Generation Green

by Tosh and Linda Siversten

www.thedailygreen.com

www.alternativeconsumer.com

Traveling

- Walk or bike if your trip is less than 2 miles
- Ride the MITS bus for longer errands
- Make sure your car's tires are pumped up

When you Eat

- Cut back on you consumption of meat
- Try to find locally grown food
- Avoid Drive-Thru lines

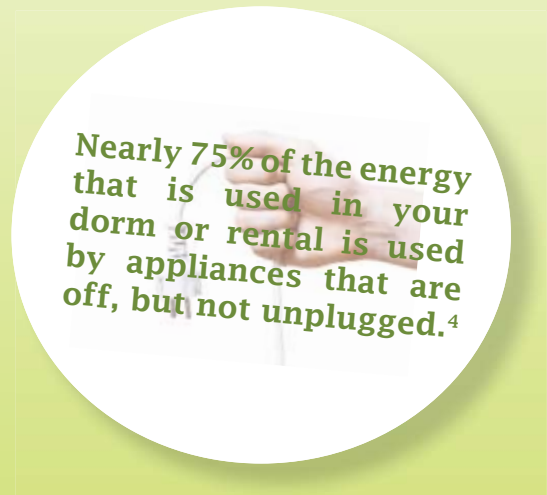
What you Buy

- Find things you need online or in second hand stores
- Support local businesses
- Take reusable shopping bags when you shop

Whether you realize it or not, most of you are already doing several things that could be considered “sustainable.” A majority of students on campus live either in dorms or apartments-- and if they live in off campus houses, most of them have at least 3 roommates or more! While living in close proximity to that many of your friends can sometimes be a distraction, it cuts down BIG TIME on the amount of energy and resources it would take for each student to live in their own place! Additionally, we are lucky to attend a campus that is pedestrian friendly... just think if all of Ball State’s nearly 20,000 students drove to school each day! Of those students I surveyed, **75% of them live less than 1 mile from campus--** definitely within walking distance! So, **why not figure out how we can take a few extra steps?**

kill the vampires

No, I am not encouraging you to sport a neon-green headband and join the ongoing humans vs. zombies game on campus. The vampires I am referring to are those **appliances in your house that you rarely use that are plugged into the wall, constantly sucking energy.** So roam around your living area and figure out what is plugged in that doesn’t need to be. Do you leave your cell phone or laptop charger plugged in between charges? What about lamps that you don’t use every single day? Unless it is your TV, alarm clock or microwave (you wouldn’t want to have to reset them each time), unplug it in between uses. If you live off-campus and have to pay your utilities... **see how much money you can save by doing something so simple!**



shave it off

Time, that is. **Shave off the amount of time you spend running the water in your living area.** If you live in a campus rental with at least 3 roommates, you probably use more than **100 gallons of water a day!** Think about ways you can use less water... and start with the shower! The US Geological Survey estimates that a shower uses about 2 gallons of water per minute.⁷ Create a play list of your **3 favorite songs and try to limit your shower length to the duration of those songs;** it will help you keep your showers to under 20 gallons of water! And before running your washing machine or diswasher, make sure that they are completely full!



recycle... everyone's doing it

Schools, sports venues, stores, and individual households. **Every where you go, recycling is taking place.** When I asked students if they recycle in their campus dwelling, 90% responded that they recycle some products. Muncie makes recycling so easy because they allow all recycleable materials to be placed in the same bag! Because most people already recycle, I have provided a list of items that are acceptable to place in those blue bags in order to step up the amount of recycling we are doing as a campus community!¹⁶

Paper and Cardboard

- Plain and printed paper
- Newspapers
- Magazines
- Phone Books
- Hard and Soft Cover Books
- Cardboard packaging (Cereal and pizza boxes, appliance boxes, etc)

Metals

- Aluminum cans
- Metal Food Cans
- Aluminum foil
- Aerosol Cans
- Paint Cans

Glass and Plastic

- Soda, Beer and Wine Bottles
- Plastics #1-7
- Beverage containers
- Shampoo bottles
- Cleaning Product Containers
- Plastic Food Containers
- Plastic Packaging



green in the classroom

At the beginning of each semester, we all flood into the bookstores to buy the supplies that we need for our classes. We come into the bookstore with one thought in mind: "Maybe this semester my books won't completely bankrupt me!" Its this cost-saving mentality that drives us to choose used books rather than the new ones. But did you realize that buying used books is also a way to be green when it comes to learning? **By selecting a used version of a book, we are cutting down on our use of resources--** the trees, water, and carbon emissions that it takes to print and ship a new book. There are many other ways that we can be green while we are learning... some of them actually involve doing less work than more!

Used Books cut down on the amount of trees and water that it takes to print a new book!

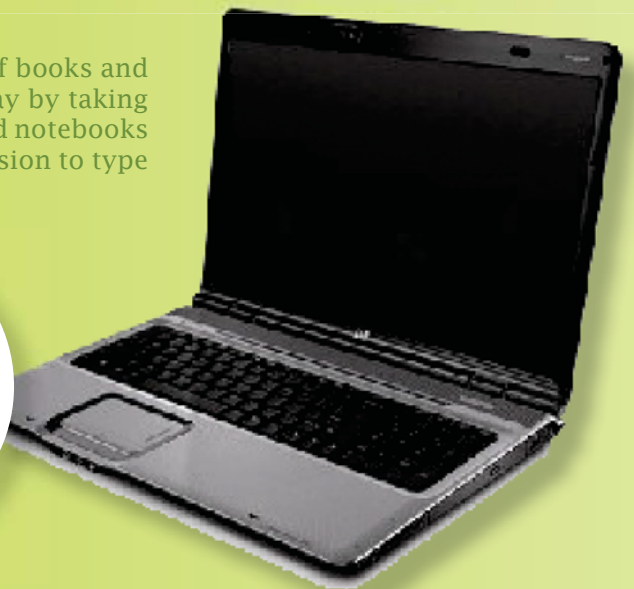
e-homework

Each of us has had those days... We put off that paper until the very last minute and finished with just enough time to get a few hours of sleep before class the next day. We missed the alarm the next morning and still had to rush to the library to print it off. Wouldn't it be nice if you didn't have to worry about rushing halfway across campus to print your assignments each time you had to turn something in? Last semester I talked to each of my teachers at the beginning of my courses and obtained permission to submit all of my assignments electronically. Not only did I not have to worry about last-minute printing problems, but I **saved TONS of paper from not printing out each assignment!**

You can also cut down on your need for loading up tons of books and notebooks that you will have to tote around campus all day by taking notes on your laptop. Avoid buying a bunch of spiral bound notebooks that you will only end up filling halfway by getting permission to type your notes on your computer.



Ditch notebooks to save paper-- take notes on your laptop!



less is more

If you can't get the permission to submit all of your assignments online, **make sure that you print double-sided**; most printers on campus allow for this option. And if you want to cut down your paper use even more, set your default margins to 0.6" rather than 1". Using 0.6" margins saves 25% of the amount of paper you use for your assignments!

If you aren't able to take notes on your computer, **try to use 3-ring binders with refillable paper**. You can use the binders over and over again and only fill them up with the amount of paper that you will actually use. And then you can recycle your notes when you are ready to reuse it the next semester!¹²

Recycling 1 ton of paper saves 17 trees and enough energy to power a home for 6 months!¹⁶

green your major

Just because you aren't studying Natural Resources and Environmental Management, doesn't mean there aren't ways you can incorporate sustainability into the things you are learning about your major. For instance, in the College of Architecture, students learn to plan new developments on reused lots, rather than selecting an untouched field or forest. They also learn things like how to use building materials most efficiently to cut down on waste. Business majors can learn about environmentally responsible business practices. Teaching majors can learn about how to relate green concepts to all ages of students. Fashion majors can learn about how to search for eco-friendly fabrics and production techniques. If you don't know how sustainability relates to your major, do a little searching. **Chances are your college has a representative on the Council on the Environment that could help you figure it out!**

Using 0.6" margins rather than 1" saves 25% of the amount of paper!



“Almost two-thirds of the energy use in the United States today is used in consumer-driven industries, including residential energy use and vehicular transportation.”⁵

hop on the bandwagon

More and more auto manufacturers are looking for green alternatives to their most popular brands of cars, trucks, SUV's, and now... buses! Muncie just recently replaced 5 of their buses with brand new Hybrid Diesel-Electric buses. These buses will cut down on the amount of emissions that are produced by offering public transportation and will take less gas to power!

Since you are a Ball State student you get to ride any MITS Bus for FREE! With 14 different routes, and frequent stops through campus, there is no place you can't hitch a ride! Whether its grocery shopping, hitting up the mall, heading downtown or just traveling from one end of campus to the other... **the MITS makes it easy to ditch your own car and travel green!**



pump up your tires to cut down on gas

Now, I recognize that its not always feasible to give up your car. Especially if you are traveling from campus to your hometown. But there are ways to make sure that your driving is more sustainable. According to Planet Green's Green Car Tips, keeping up with regular maintenance of your vehicle can help improve its efficiency and reduce the amount of pollutants it gives off. Something as simple as checking your tires to make sure they are inflated to the proper pressure! **“If every American's tires were properly inflated, we could save around 2 billion gallons of gas each year!”**⁹ You can also stay up-to-date on oil changes and make sure that your filters are always clean and clear to ensure that you get the best mileage possible out of your vehicle. And finally, **get the junk out of your trunk!** If your car is anything like mine, it's probably a catch-all for all types of junk. But toting around all of that extra stuff in your car weighs it down and causes decreased fuel efficiency!

“Driving releases 20 pounds of



40% of all urban travel is less than 2 miles!

ditch your car... and climate change

According to the Cliff Bar 2 Mile Challenge, "40% of all urban travel is 2 miles or less. 90% of those trips are by car."³ The map above illustrates a 2 mile radius from the Bell Tower on campus. If you live in and are travelling to any of the destinations within this radius, try to challenge yourself to ride your bike or walk. And if you absolutely cannot walk or bike, try to hop on one of the bus route that are shown, or carpool with friends going the same direction.

Carbon Dioxide per gallon of gas"⁹

tell me what you eat...

Do you look at your food's label to see if the ingredients are good for you and the environment?

Chances are if you knew more about what you were eating, you might think twice before ingesting it! Food producers are creating all sorts of ingredients to make our foods last longer, stretch farther, and look prettier. But those same products, in turn, are making us less healthy, using more scarce resources and creating significant harm to our environment. **After the fuel and energy used for our homes and cars, our food system consumes the greatest amount of energy and resources.**^{11vb}

Nutrition Information

Ingredient	% of Product
Fuel	50%
Social Injustice	20%
Global Hunger	10%
Global Climate Change	6%
Dangerous Chemicals	6%
Natural Ingredients	4%
Vitamins	2%
Healthy Stuff	1.5%
Local Ingredients	<0.5%



don't chow on cows

No, I'm not going to try to convince you to be a vegetarian! My reason for convincing you to cut back on animal products is purely to help reduce the negative impacts on the environment from the production of meat. Growing and transporting meat uses a significantly higher amount of resources compared to fruits and vegetables. **Try to limit eating meat to only a few times a week- especially beef.** It will save water, land, and cut down on methane and carbon dioxide, two greenhouse gases that are released through meat production.

1 pound of beef requires 5,214 gallons of water compared to only 24 gallons for a pound of potatoes!¹⁵

and I will tell you who you are

-Jean Anthelme Brilliat Savarin

good eatin' in your neighborhood



Your food travels between 1,300 and 2,000 miles to get to you!

On average your food travels anywhere between 1,300 and 2,000 miles from where it produced to where you buy it.¹⁰ There is a way to eat foods that are grown and made closer to home, and in turn cut down on the pollution created by transporting those foods. In the survey I conducted, I asked if the participants had ever been to a farm stand or farmer's market in Muncie. 70% responded that they had not been or did not even know that the opportunity existed! I know as college students, its not reasonable to expect to get all of our food from one of these venues, but at least stop and check out the Downtown Farmstand and the Farmer's Market at Minnetrista!

Try to think about the impacts of the food you purchase and choose local, natural or organic options when possible.

skip the drive thru

If you want to eat out, **choose a restaurant nearby that you can walk or bike to.** There are several local restaurants in The Village that are within walking distance and you don't pollute while waiting for your lunch!



As college kids, I know we are always looking for the **cheapest deals we can find on the things we need**. And that's what this section is about! Not only do these recommendations for what you buy and where you shop help save you money... they help save our natural resources and cut down on the amount of waste we generate!

surf the 'net



Second hand items save you money. They also cut down on the amount of items that get sent to the dump and the amount of resources used to make new products.

If you are looking for furniture or other items, check out **Craig's List**. This web site is a place where people in your local area can post second-hand (and sometimes brand new) items that they are looking to get rid of. Often times you can find them for really good prices!



Craig's List isn't the only site out there that allows you to buy second hand items at cheap prices-- most have heard of and probably used sites like **eBay and Amazon**. When I surveyed students, I asked if anyone had heard of or used Muncie's Freecycle network. NOT ONE had even heard of it! By going to www.freecycle.org you can search for a group near you, sign up, and receive notifications about things that are available .

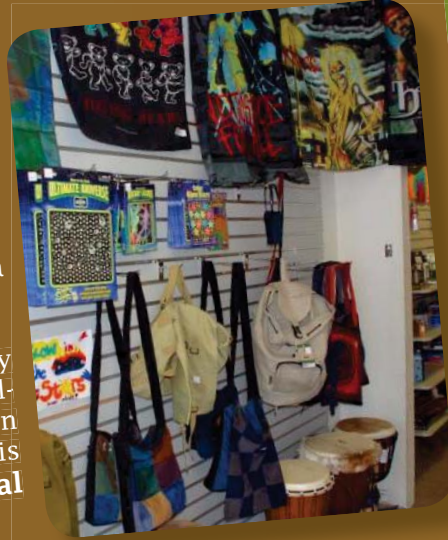


If you aren't into buying things online, you can also visit stores like Plato's Closet and Goodwill. When you just can't imagine wearing that ugly sweater your grandma got you for Christmas, or you are looking to sell your old iPod to upgrade to a new one, try to post your things on one of these sites or drop them off at one of the local second hand stores. **You will help your old things stay out of the dump, help cut down on the resources being harvested to produce more and more of the things we are already not using and help everyone save a little bit of money!**

down on main street

If you can't find the things you are looking for online or second hand, **try to seek out a local shop...** usually located downtown. Local places tend to get the goods that they sell from nearby, which cuts down on the cost and pollution generated by shipping things from far-off countries. Plus the money you spend stays closer to home, which helps everyone in the community have a better quality of life!

If you are department store junkie and just aren't ready to make the switch to local and recycled items, avoid Walmart at all costs. Target generally has the same selection and is also on the MITS bus route. But what's better, is that **they donate 5% of their profits to the local community!**



be a green shop-a-holic

B.Y.O.B.

Bring your own Bags, that is. If you live off campus and grocery shop-- or for any shopping in general-- **invest in some reusable grocery bags.** At the beginning of the school year the bookstores and some grocery stores around Muncie give them away with promotional items in them. And most stores sell them for just a few bucks each. You can even find some that have cool designs and look more like a tote bag than a grocery bag! **This cuts down on the amount of plastic and paper bags that have to be made (and eventually wasted)!** Carry them along with you when you shop. Next time you are asked, "Paper or Plastic?" you can tell them, "I brought my own."



This guide was created by:
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