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# University of South Carolina EcoReps Manual



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University of South Carolina Housing

Adapted from the UVM EcoReps Manual

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# The Basics

## Introduction to the EcoReps

The University of South Carolina EcoReps program was piloted during the 2008-2009 school year and was redesigned into its current form for the 2011-2012 school year. Our program was modeled after similar successful programs at the University of Vermont and Tufts and is designed to promote environmental stewardship and sustainable practices to students living in the residence halls. The EcoReps are funded and supported by University Housing and are closely tied to the Residence Hall Association.

*The mission of the EcoReps program is to educate students at the University of South Carolina about sustainability and environmental issues through fun, interactive programs and events. You will make the important connection between individual behaviors and environmental stewardship for your residents and teach your peers about living a sustainable lifestyle in the residence halls and beyond.*

The University of South Carolina has 24 undergraduate residence halls and 2 halls for graduate and family housing that house over 7,000 students. The majority of these are first-year students, giving the EcoReps a chance to impact students' engagement with the university and its sustainability goals from their first semester. In the words of one of our former EcoReps, "The EcoReps are an accessible and motivating sustainable group because it consists of devoted and environmentally concerned peer leaders."

The EcoReps are advised by the Coordinator of Environmental Sustainability for University Housing (currently Margaret Bounds). Day to day operation is managed by the Program Coordinator, currently Alia \*\*\*, a graduate student in the Higher Education and Student Affairs program. She will be your main point of contact for meetings, questions, and event planning. Throughout this manual you will see places that reference contacting Alia; her email address is \*\*\*\* and her phone number for calls or texts is (\*\*\*)\*\*\*-\*\*\*\*.

### *Learning Outcomes of the Program*

As a result of this experience, you will be able to:

- Explain current environmental issues to a wide variety of audiences
- Model environmentally friendly behaviors to other students in your residence hall and campus-wide
- Design educational programs about current environmental issues for your residence hall and the greater university community

### *Graduation with Leadership Distinction*

Serving as an EcoRep is an approved leadership position that fulfills the peer leadership requirement for the Professional and Civic Engagement pathway for Graduation with Leadership Distinction. Find out more about the requirements here: <http://www.sc.edu/usconnect/leadership/pcoverview.shtml>. If you are interested in pursuing graduation with leadership distinction, we suggest that you speak with Margaret or Alia before the end of your first year at USC. They can help connect you with opportunities to fulfill the other requirements for this track.

## Position Description and Responsibilities

As an EcoRep at the University of South Carolina, you will become a peer educator in your residence hall. You will be responsible for planning educational programs for your residents about environmental issues and how to live in a more environmentally friendly way. You may also be asked to help distribute information and post flyers in your hall for upcoming events. Finally, you are a liaison to your hall government and should attend periodic hall government

meetings to advise them on making their events more sustainable and to suggest opportunities for collaboration with the EcoReps program. In total, you are expected to spend 3-4 hours per week on your EcoRep responsibilities. Details about what you will be expected to do in your role are below.

We will have weekly meetings focused on different environmental issues and professional development on planning, leadership, and campus sustainability. You are expected to attend all weekly meetings and any event that you coordinate or sign up for as a volunteer. If you must miss a meeting or event, please send an email or text message in advance to Alia.

### Responsibilities of an EcoRep:

- Attend weekly EcoRep meetings on **Monday at 7:00pm** in the Learning Center for Sustainable Futures (Green Quad Building D) and **complete the weekly “To Dos”** to prepare for our discussion at each meeting (see below).
- **Plan and host 3 events in the Fall Semester and 4 events in the Spring semester for your residence hall**; up to two of these per semester can be in collaboration with RMs, Hall Government, another group, or other EcoReps.
- Complete a **proposal and evaluation for each event** and submit it to the Program Coordinator (see page 35).
- **Attend Hall Government Meetings at least 4x per semester**, if the meeting time conflicts with classes or our EcoReps meeting please work with Alex to connect with your hall government.
- **Volunteer for at least 4 hours per semester** at campus-wide EcoReps events. Opportunities will be announced at least 2 weeks prior to the event in our weekly meeting.
- Encourage residents to participate in the Green Dorm Room Certification Program (see page 36).
- Follow, and encourage your residents to follow, us on social media (facebook.com/scecoreps and @scecoreps).

### Weekly Tasks

Each week you will have a “To Do” to complete before you come to the meeting. Sometimes this activity will take only a few minutes, but sometimes it will require planning a couple of days in advance. Please read the descriptions carefully and come to the meetings prepared. There are also Event Suggestions for each theme. These suggestions are ways you can take what we learn and discuss in our meeting back to your residence hall for one of your events and integrate it into your own life. Read more about and find resources about for meeting theme starting on Page 21.

Meeting Date	Theme	To Do	Activity/Event Suggestions
August 31	First Meeting	None	None
September 7		NO MEETING – Labor Day	
September 14	Making the Case for Sustainability	Meet with your RLC/RHD and complete the <b>Get To Know Your Residence Hall</b> worksheet.	Survey your hall to discover barriers to recycling in the residence halls.
September 21	Consumption	Bring a <b>list of everything you bought from Saturday Morning until the meeting</b> with you.	Set up a Freecycling area in your residence hall (or clean up an existing area).
September 28	Trash and Recycling	<b>Carry ALL trash/recycling you produce today</b> with you in a bag and bring to the meeting.	Find something in one of your hall trash cans that you can re-use or repurpose. Take a pic and post it on social media, make sure to tag @scecoreps.
October 5	Transportation	<b>Take the campus shuttle</b> this week and take a picture of yourself on the shuttle	Organize a group carpool or walk/bike to an errand you would normally do alone

		and post it on GroupMe.	(ex: to Target, the grocery store etc...).
October 12	Food	Go to either the Healthy Carolina Farmer's Market on Tuesday, October 6 or to the Soda City Farmer's Market on Main St. on Saturday, October 10. <b>Cook a dish with something you bought at the market and bring it to our meeting</b> for a pot luck dinner.	Volunteer for 1 hour in the community garden (behind <u>Green Quad C</u> ) before the next meeting <b>or</b> collect food waste from your hall for one day and take it to the compost bin in the <u>Green Quad Learning Center kitchen</u> .
October 19		NO MEETING – Have a great fall break!	
October 26	Energy	<b>Take a carbon footprint quiz</b> and bring your results to the meeting: <a href="http://www.footprintnetwork.org">www.footprintnetwork.org</a>	Put a sign on any communal light switches on your hall reminding residents to turn the lights off.
November 2	Water	<b>Catch 2 people Green Handed</b> using a reusable water bottle or a water bottle filling station. <i>Handouts and prizes will be distributed at the October 13 meeting.</i>	Encourage 5 residents to complete the Green Dorm Room certification.
November 9	Social Justice	<b>Read the article</b> about a current environmental justice issue that will be emailed to you prior to the meeting.	Design a poster explaining the impacts of landfills on poor and minority communities. Post in your trash room.
November 16	Prep for Spring	<b>Bring 1 event idea</b> for the Spring Semester and be ready to discuss it in a group.	Power Down your room for Thanksgiving.
November 23		NO MEETING – Have a great Thanksgiving break!	
November 30	Holiday Party!	<b>Bring a small gift</b> for the gift exchange.	Pass out Power Down flyers at your final hall meeting. They will be distributed at our meeting.

### *FAQs about being an EcoRep*

#### **How will I be held accountable?**

We need your participation for the program to be a success. During our training day we will discuss and agree on guidelines for our community. If you do not follow the agreed upon guidelines, you may be asked to leave the program and/or you will not receive the semester stipend.

#### **Write our community standards here:**

I am allowed to miss \_\_\_\_ meetings before losing my stipend.

### ***How long will I be an EcoRep?***

You will be expected to serve as an EcoRep for the full academic year. We would love for you to submit an application to return in following years.

### ***Will I get paid for this?***

You will receive a small stipend at the end of each semester as a thank you for your service as an EcoRep. The stipend for the fall semester is \$100 and the stipend for the spring semester is \$150. If you do not fulfill your obligations as a Rep, you will not receive your stipend.

### ***How many hours should I work?***

Your stipend is not based on a specific number of hours per week; however, we expect you to spend approximately 3-4 hours per week on EcoRep activities including our regular meeting.

If you are feeling overwhelmed with schoolwork, other jobs, or your responsibilities as an EcoRep, please come talk with one of the program advisors. We want to support you so that you establish a sustainable life pace in your first semesters at USC. Remember to take time to do the things you love!

### ***What buildings or groups will I work with?***

Generally, you will be responsible for 1-2 residence halls (or apartment complexes) alone or with one other Rep. Our preference is to assign you to the residence hall you live in, but depending on our total number of Reps you may be asked to work in additional halls.

### ***Who do I talk to if I have questions or need help?***

Alia will establish weekly office hours in the Learning Center for Sustainable Futures. She will also be available before or after our weekly meetings or by email.

Margaret, the program's staff advisor, is available either by email ([boundsm@mailbox.sc.edu](mailto:boundsm@mailbox.sc.edu)) or in person at her office in Green Quad C Building between the hours of 8am and 4:30pm. Feel free to stop by (she may not always be there), send her an email or call her office at (803)777-6331 to set up a meeting time.

## **Program Communication Methods**

***Listserv:*** [scecoreps@listserv.sc.edu](mailto:scecoreps@listserv.sc.edu)

The program has a listserv to make it easy to communicate with all of the Reps and key staff members at one time. Anyone who is a member of the listserv can send emails to the entire list by addressing an email to the address above. You can only send emails to the listserv from the email that you were signed up with.

***Facebook Page:*** [www.facebook.com/scecoreps](http://www.facebook.com/scecoreps)

***Twitter and Instagram:*** @scecoreps

The fan page is under the name University of South Carolina EcoReps. Encourage the residents in your hall to "like" our page so they can find out about events, learn more about environmental issues, and "ask an EcoRep" if they have a question about living a more sustainable lifestyle. Please share and comment on as many of our posts, tweets, and photos as you can to spread the word about what we are working on!

***Facebook Group:*** <https://www.facebook.com/groups/537311282948942/>

This is a private group for EcoReps and alumni. We will use this page to announce events, post reminders, and to communicate internally. You can also use this group to plan social events or other outings with your fellow EcoReps.

### ***GroupMe***

You will be added to our GroupMe at our first meeting. This is a way for you to communicate with the whole group at once if you need help at an event, have a photo to share, or need to get a message out quickly. **Please DO NOT post to the GroupMe when you need to miss a meeting – that should be privately communicated to Alia.**

## Being a Peer Leader<sup>1</sup>

A peer leader is a person trained to assist others in their peer group to make decisions about a specific topic through educational activities. Peer leader or educator programs spread across campuses initially as a way to teach students about sensitive topics like drinking and sexual health. Recently, the peer leader model has been adapted for use with more varied topics including sustainability. Your role as a peer leader is important because you can communicate with other students in a way that faculty, administration, and staff of the university cannot.

As a peer leader you will need to take on four different 'roles:' friend, educator, activist, and role model. Depending on the situation, you may find that you switch between different roles or that you need to combine all of these roles at once. Key things you should do in each of these roles are:

### Friend

- Be available and listen to people's stories
- Link people to resources
- Be supportive and encouraging

### Educator

- Teach people about the latest environmental issues
- Teach people about how their actions impact the campus and greater community
- Increase awareness about campus sustainability goals and how people can impact them
- Correct myths and misperceptions about environmental issues and sustainability

### Activist

- Try to change the campus, not just individual students
- Create partnerships and networks that increase your effectiveness
- Challenge attitudes and behaviors
- Don't be a passive bystander

### Role Model

- Lead a life that is healthy and balanced and connects with your 'green' values
- Lead by example
- Share your own stories

There are many benefits from peer leadership both for the leaders and for the students they are interacting with. The residents in your hall(s) will be able to learn from someone they feel comfortable with and will feel like they are part of a community. By serving as a peer leader you will make choices in line with your values, develop leadership and communication skills, gain knowledge about current issues, and prepare yourself for your future career.

### To be a successful peer educator:

- Act as a role model
- Educate and lead by example
- Be a resource for students
- Empower peers to take action
- Be respectful of and try to engage with people from diverse backgrounds (including race, ethnicity, religion, gender, sexual orientation, socioeconomic status, abilities, etc...)
- Have knowledge about sustainable practices
- Take initiative to learn more through reading, activities, and participating in discussions about sustainability

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<sup>1</sup> Adapted from the *Certified Peer Educator Training Program* by The BACCHUS Network (2008) [www.bacchusnetwork.org](http://www.bacchusnetwork.org)



## Campus Partners

We encourage you to reach out to other departments on campus for collaboration on events or ideas for making changes on campus. The contacts below are just the main departments and people you may come in contact with. If you are looking for information about another topic or a contact in another area, feel free to ask Margaret. ***Please copy Margaret or Alia if you send an email to any of our campus partners.***

### *Residence Life*

The EcoReps program has been connected with the Residence Hall Association since its creation and functions within University Housing, so it is useful to get to know the Residence Life staff. Below is a quick guide to the positions you will need to interact with in your role as an EcoRep:

- **Residence Life Coordinators (RLCs)** – RLCs live in and oversee the RMs and learning communities in the larger residence halls on campus. They have advanced degrees in student affairs. Buildings with RLCs are Capstone, Columbia Hall, East Quad, Green Quad, Honors, South Tower, and South Quad.
- **Residence Hall Directors (RHDs)** – RHDs are graduate students at the University who serve a similar role to RLCs, but in smaller buildings. They live in a building and oversee the RMs and building operations.
- **Resident Mentors (RMs)** – there is at least one RM per floor in most residence halls and some larger halls have two per floor (exceptions are the French House and the Horseshoe Apartments)
- **Assistant Directors for Residence Life** – There are 3 Assistant Directors for ResLife who oversee the three areas of campus: north, central, and south. They supervise the RHDs and RLCs in their area and deal with building operations.
- **Hall Governments** – Every residence hall (or group of halls) has a Hall Government with an elected President, Vice President, Treasurer, Senators and Floor Representatives. Each Hall Government has a budget that they can allot as they see fit – and may be willing to fund EcoReps events in their halls. The EcoReps should work with the Hall Governments on events and on making sure that all of the events his or her hall government is planning incorporate sustainability.
- **Residence Hall Association (RHA)** – The RHA Senate is another source of funding for EcoReps programs that includes many residence halls. RHA has a President, Vice President, Treasurer, Secretary, a National Communications Coordinator, a Public Relations Director, and three Area Liaisons.

**Introduce yourself to the RHD/RLC of the building(s) you are assigned within your first week.** Explain your role to her/him and discuss the options within your building for bulletin boards, holding events in the lobby or other hall spaces, and emailing information out to residents. A good relationship with your RLC/RHD will be critical for your success.

**My RHD/RLC(s) and how to contact her/him:**

**My RM/other RMs I can collaborate with:**

**My Hall Government Contacts:**

### *Campus Facilities*

Campus Facilities is responsible for recycling and waste management, energy, and water in all buildings on campus excluding residence halls.

#### **Larry Cook**

Campus Recycling Coordinator

(803)777-2223

[lcook@fmc.sc.edu](mailto:lcook@fmc.sc.edu)

### *Office of Sustainability*

The Office of Sustainability works to foster sustainability on campus by integrating it into all aspects of university life including curriculum, research, and student outreach. Sustainable Carolina is a student organization run out of the office of sustainability to plan large, campus wide events and engage students in sustainability projects.

**The staff listed on this page under Office of Sustainability and Green Quad work in either Green Quad C (workroom) or in the Learning Center for Sustainable Futures.**

#### **Michael Koman**

Director, Office of Sustainability

#### **Namita Koppa**

Project Coordinator

#### **Hayley Efland**

Education and Outreach Coordinator

#### **Erin York**

Leadership GA, Sustainable Carolina

### *Green Quad*

#### **Joe Jones**

Faculty Principal, Green Quad

#### **Laura Maas**

Assistant Principal, Green Quad

#### **Audrey Jones**

Administrative Assistant for Green Quad

**\*\*Contact Audrey with requests for event space in the Green Quad Learning Center\*\***

#### **Rohan Thakkar**

RLC of Green Quad

Green Quad A

(

#### **Duncan Culbreth**

Graduate Assistant, Green Quad

## Resources

### *Tools and Supplies*

**Art Supplies:** If you would like to make a bulletin board or do any other craft projects you can find colored paper, markers, a button maker and other art supplies at the Resident Student Learning (RSL) Office. The RSL Office is located on the office garden level in Patterson Hall. The hours of operation are 8:30am-5:00pm, Monday-Friday. Remember to take your Student ID with you to check out materials like scissors and glue. Please be courteous of the other students working in the room and be sure to clean up after yourself. Another tip: saving up scrap paper or using other found materials can help you make a great bulletin board and eliminate waste!

**Meeting/Event Scheduling:** Try Doodle-ing to find a time when everyone is available! (<http://www.doodle.com/>). It's an online calendar tool that helps find common available times, and it's very easy to use.

**Emailing your residents:** You should be able to send emails to everyone in your residence hall through your hall's Blackboard site; let us know if you need help.

**Learning Center Library:** The Learning Center has books and DVDs available in the lounge (room 101). You can use these materials for events or for personal use.

**Publicizing your work:** Send information about upcoming events to our Social Media Manager at least 1 week in advance to make sure that s/he can publicize it. Sustainable Carolina can also help publicize large events on the website [sc.edu/green](http://sc.edu/green) or on their social media.

### *Information on Other EcoReps Programs*

Our EcoReps program is one of many programs at colleges and universities nationwide. Many of these programs are well established and have lots of resources that can help as you try to develop events and programs for your residence halls this year. Searching different school websites or Googling "EcoReps" can give you lots of ideas and information about other programs. Some great resources can be found by going directly to the website below.

For a list of all EcoReps programs at colleges and universities that are members of the Association for the Advancement of Sustainability in Higher Education (AASHE) visit: <http://www.aashe.org/resources/peer-peer-sustainability-outreach-campaigns>. As a student at a member institution you can request a password to access their members only resources (marked with a padlock). They have lots of great information about sustainability programs all over the country.

The following websites have been especially useful in the past:

#### **University of Vermont**

<http://www.uvm.edu/~ecoreps/>

They have a lot of resources including manuals that formed the basis of our own manuals and program. They also have a blog for their EcoReps here: <http://ecoreps.blogspot.com/>

#### **Barnard College**

<http://barnardecoreps.wordpress.com/>

This is an example of an interesting EcoReps blog. The Barnard EcoReps program is completely student run, and they are very willing to answer questions if you contact them (and Margaret is an alumna of Barnard!).

#### **Dickinson College**

<http://blogs.dickinson.edu/ecoreps/>

This is another example of a blog format for an EcoReps website. This small college in Pennsylvania is extremely sustainable and their program may provide inspiration for how we could transform our campus as well.

# Planning and Holding Events

## Planning a 'Green' Event

### *Step 1: Brainstorming event ideas*

After you have decided to host an event, you will need to choose your topic. Event ideas broken down by our weekly themes are listed below, starting on page 17. Feel free to choose one of these ideas or come up with something on your own! After you choose a topic, you should decide what format will be most effective for communicating the information. Be sure to know your audience – students will probably enjoy an interactive and fun program more than a lecture. Audio-visuals, games, questions/discussion, and handouts will all improve participation at the event and will help people remember what you present.

Collaborating with other EcoReps or student organizations is a great way to improve your event and get more people to come. Try reaching out to SAGE, Net Impact, your Hall Government, or one of the Sustainable Carolina project teams as soon as you start planning. They might have a great idea or resources to bring to your event!

In accordance with our green values, try to make your event as inclusive as possible. Ask yourself these questions before you settle on a format: is this program accessible to any member of the community that may have disabilities? Does this program promote traditional gender roles? Does this program promote traditional heterosexual activities without providing equal opportunity for members of the LGBTQ community to participate? Is this program centered on a specific religious holiday? Does this program stereotype specific individuals or groups?

Remember to fill out the event proposal form on page 35 and submit it to Alia at least **one** week before your event if you do not need funding and **three** weeks before the event if you do need funding. After your event, please complete the evaluation section within **one** week.

### *Step 2: Picking a Date*

Consult the campus-wide calendar on page 16 to see which days don't have any pre-planned events or if there is an event you can collaborate on. We have found that Wednesday is one of the best days to have a tabling event at the Russell House – there is a lot of traffic from Chicken Finger Wednesday. Friday and Saturday nights are hard nights for events, unless it is a party or something more exciting. Try to pick your date at least 3 weeks in advance. You should also be sure to check if your chosen day coincides with any religious holidays that may prevent people from participating (ex: Yom Kippur, Good Friday, Ramadan).

### *Step 3: Choosing and Booking space*

**If you would like to have your event in your residence hall**, you must work with your RLC or RHD to secure a specific location. Your residence hall should be the primary location of your individual events.

**If you would like to have your event in the Learning Center for Sustainable Futures**, you will need to book the room. You should plan to book the room *as soon as you have picked the date*. To book space in the Learning Center for an event, fill out the online form at <https://docs.google.com/forms/d/1h3yA7mlsCXQtS4D6DeoeJN-tk69m7oHbfF4mGshzQq4/viewform> and put University Housing as the Department and Margaret Bounds as the sponsor; you can leave Department and Fund # blank. The Learning Center is good for events like film screenings, speakers, and dinners.

**If you would like to have your event at the Russell House**, you will need to work with Margaret and Veronica Farrell (our EcoExec) to reserve space (like Greene St. or the patio). Only officers are able to login to the system to look for available dates and reserve the space. The Russell House is best for tabling events where people can walk by and participate quickly. They will provide tables and chairs as part of your event reservation. *We need at least 10 days notice for events you would like to have at Russell House.*

### *Step 4: Securing Funding*

If you will need money for food or prizes for your event, you should plan to ask your Hall Government, RHA, or the EcoReps *at least 3 weeks in advance* to make sure that the approval goes through in time. By going to your hall

government meetings regularly, you will be able to request money for your events. To request money from RHA you will need a RHA senator to write a bill and introduce it in RHA Senate. RHA should only be asked to fund events open to students from ALL residence halls. The EcoReps program has a limited budget for programming and should be used for events that are collaborations between multiple EcoReps or as a last resort if RHA and your Hall Government have not agreed to fund your event.

### *Step 5: Advertising*

**Facebook and Twitter:** You should work with the SocialMedia Manager to create an event on our Facebook page and promote the event on Twitter. *Make sure to invite the other EcoReps and all of your residents to the event.* Post it on our Facebook group wall so that everyone in the group knows the details. You can also work with the Sustainable Carolina Marketing GA (see contact list on page 10) to advertise the event on their Facebook page.

**Flyers:** Talk to your RLC or RHD for approval to put up flyers in your own residence hall. You can also submit, through Margaret, a request for University Housing to promote your event on their lobby screens. Please send an email with the information requested in the online submission form to Margaret as soon as you decide you would like to advertise this way. Do not submit the form yourself. More information and the request form can be found here:

<http://www.housing.sc.edu/flyerdist.html>

**Emails:** As a member of your hall government, you should have access to the RHA blackboard site that allows you to send emails to all your residents. If you do not have access, please contact Alex Joen (Chief Officer of Sustainability) about getting added to the site. *Use this privilege responsibly.* Remember that if you send too many emails, chances are they will be ignored.

**Sustainable Carolina Calendar and Newsletter:** Please submit your events to [\\*\\*\\*\\*\\*](#) for inclusion in their weekly newsletter and for posting on their website calendar. *Try to submit your event at least 2 weeks in advance.* This newsletter goes out to student, staff, and faculty lists.

**Website:** Make sure to send your event date/time/description to [ecorepsusc@gmail.com](mailto:ecorepsusc@gmail.com) so it will be posted on our website calendar.

### *Step 6: Assembling Materials Needed*

Whether or not you requested funding, there may be things you need for your event (like recyclables, a projector, a movie, handouts, or prizes). Make sure to plan ahead so you have time to assemble everything you need – especially if you will be collecting recyclables for a craft or sorting game. Don't be afraid to ask local businesses for prize donations – Yoghurt, Moe's, Target, Cupcake, and Insomnia Cookies have all donated in the past.

If you need supplies from Alia or Margaret, please make sure to schedule a drop off time at least 3 days in advance.

### *Step 7: Food for Events*

To respect the rules of the Learning Center and live by our own green values we try to order food in minimal packaging, never serve drinks in individual bottles, and always provide vegetarian and vegan options at our events. If RHA is providing the funding, their treasurer will write the purchase order and give it to the Chief Officer of Sustainability for payment. We use the following restaurants frequently:

#### **Rosewood Market Deli and Grocery Store**

Serves vegan/vegetarian/macrobiotic options every day from 11:30am-2:30pm and 5-7:30pm. They will deliver to the Learning Center in reusable containers; you will need to return them. Good place to purchase vegan, vegetarian, local, organic and gluten free foods.

(803)256-6410

2803 Rosewood Drive

Open: Mon-Sat 8am-8pm and Sun. 9am-6pm

**Cool Beans (upstairs)**

Coffee, sandwiches, pastries  
 (803)779-4277  
 1217 College St.

*shares a building with*

**College Grounds (downstairs)**

Sandwiches, soups, salads  
 (803)708-9476

**Whole Foods**

Lunch trays, salads, drinks. Menu found here: <http://shop.wholefoodsmarket.com/store/default.aspx>  
 (803)509-6700  
 702 Cross Hill Rd + Fort Jackson Blvd

***Step 8: Holding the Event***

- **Prepare** any handouts and/or activities a day **in advance**.
- **Take care of yourself!** Try not to stress, dress comfortably, eat, and bring a drink if you will be talking a lot.
- **Arrive to the location early to set-up.** Make sure you know how to work any technology before people begin arriving. Have your presentation loaded and showing on the screen 10 minutes before the start time. Make sure the tables/chairs are arranged, the food is set out, and there are signs up outside if you need to direct people to the location.
- Have a **backup plan**. What will you do if the projector doesn't work? What if no one is talking to each other?
- **Know your facts**, but you don't have to be an expert. It's much better to say, "I don't know, but I can find out" than to make up an answer.
- **Do introductions and/or do community building** if your event relies on people working together (ex: team game, volunteering etc...).

***Step 9: Make it a Waste-Free Event***

Hosting a waste-free event is a great way to educate people on trash/recycling/composting even if that isn't your main topic. It also shows attendees that we practice what we preach!

- Bring a bucket for collecting compost (if you are in the Learning Center there will be one in the kitchen for you to use) and take the food scraps to the compost bins in the community garden after your event.
- Have attendees bring their own cups, plates, and silverware or use the kitchen items in the Learning Center kitchen for events there (but please put them in the dishwasher at the end!).
- Put out recycling bins for any bottles/cans or paper that your event may generate

***Step 10: Reflection and Wrap-Up***

Consider giving a feedback survey to the event attendees. This could be a quick 1-2 question sheet they fill out at the end of the event or a longer survey sent by email a day or two later. Ask Alia or Margaret if you are interested in developing a feedback form for an event. We also have a program Survey Monkey account that you can use.

Don't forget to fill out the "Evaluation" section of the Event Proposal Form at the next EcoReps meeting following your event. This will give you space to reflect on the event, what successes you had and how you could have made it better.

If you requested funding, please also bring any receipts for reimbursement to the next meeting. Once we submit the paperwork, you will pick up your reimbursement in cash at the Business Services window in the Housing offices on the lower level of Patterson Hall. It will usually take around 1 week between when you submit your receipts and when your reimbursement will be ready.

# 2015-2016 Campus Wide Events

Use this calendar as a guide to events already happening on campus and to identify good days to host your own events.

**Key:**  
 No classes   
 NO EcoReps Meeting in red  
 Sustainable Carolina Event in green

SEPTEMBER '15						
M	T	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 3 Football @ UNC
- 7 Labor Day Holiday
- 12 Football vs Kentucky
- 19 Service Saturday
- 19 Football @ Georgia
- 22 Sustainability Showcase
- 25-27 Parent's Weekend
- 26 Football vs UCF

- 2 Know Tomorrow
- 3 Football @ Missouri
- 3 Service Saturday
- 10 Football vs LSU
- 12-17 Homecoming Week
- 17 Football vs Vanderbilt
- 22-25 Fall Break
- 31 Football @ Texas A&M

OCTOBER '15						
M	T	W	Th	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER '15						
M	T	W	Th	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 2-7 No Impact Week
- 3 Reclaimed Runway
- 7 Football @ Tennessee
- 7 Service Saturday
- 14 Football vs. Florida
- 15 America Recycles Day
- 18 Green Networking B'fast
- 21 Football vs. Citadel
- 25-29 Thanksgiving Break

- 4 Last day of classes
- 7 SC Arbor Day
- 15 Start of Winter Break

DECEMBER '15						
M	T	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY '16						
M	T	W	Th	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1-10 Winter Break
- 11 First day of classes
- 18 M.L.K. Jr. Day of Service

- 7 RecycleMania begins
- 26-27 EcoReps Conference

FEBRUARY '16						
M	T	W	Th	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

MARCH '16						
M	T	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 6-13 Spring Break
- 26 Earth Hour @ 8:30pm

- 2 RecycleMania ends
- 22 Earth Day
- 22 Discovery Day
- 25 Start Give It Up for Good
- 25 Last day of classes

APRIL '16						
M	T	W	Th	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY '16						
M	T	W	Th	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 5 Res Halls Close @ 10am
- 6-7 Commencement
- 9 End Give It Up for Good
- 22 Give it Up Yard Sale



## Event Ideas

### *Consumption/Trash/Recycling*

#### **Waste Sort Competitions**

Think your residence hall is doing a better job recycling than your neighboring hall? Challenge them to a waste sort! We will collect the same amount of trash from a random selection of trash rooms in each hall and dump them on tarps outside. Get volunteers to help sort through the trash of each hall, pulling out all the recyclables. Weigh the amount of recycling from each hall – lowest amount wins! Prizes could be a pizza party, ice cream party, t-shirts etc.

**Materials Needed:** Bags of trash, tarps, body suits, gloves, buckets/trash cans for sorting, scale, prizes

#### **Let's Talk Trash**

Educate your residents about what can and cannot be recycled on campus by having them sort a bag of waste into trash and recycling. Divide the group into teams and then have them sort their own bin/bag into trash, mixed paper, cardboard, and bottles and cans. Speed and accuracy will be used to determine the winning team. This will help them learn about tricky materials like napkins, paperboard, and yogurt cups.

**Materials Needed:** Bags of CLEAN unsorted trash and recyclables, bins for sorting into, stopwatch, prizes

#### **Make Your Own Notebooks**

Make notebooks out of scrap paper, using the paperboard (ex: cereal box) as a cover. Decorate the covers with collages from magazines, newspapers, etc.

**Materials needed:** scrap paper with at least one blank side, paperboard, scissors, heavy-duty stapler

#### **Freecycling**

One person's trash is another person's treasure. Have people drop off things they don't want any more (clothes, household goods, CDs, DVDs, etc.) in advance in exchange for a ticket. They will then present their ticket at the door and 'shop' for things they do want. Leftover items can be taken to the Salvation Army or Goodwill.

**Materials needed:** space, tables, music, snacks

#### **Bottle Tree**

Hang bottles from a tree to show how many bottles of water are thrown away in your residence hall. Remember to take the bottles down after a week.

**Materials needed:** A tree near your residence hall, old yarn, step ladder, bottles from your trash room (cleaned)

#### **"Trashformations: Trash to Treasure" Craft Night (inspired by an event at Ohio University)**

Transform items you find in your hall trash bins or under your bed into new, usable items. Some fun crafts to consider and the materials necessary are listed below.

1. Book Cover Picture Frames – books, glue, exacto knives, foam board to protect tables, clear transparencies
2. CD Case Calendars – CD cases, pre-printed calendar pages
3. Notebooks – used paper with one blank side, paperboard from cereal boxes, binding tape or large stapler
4. Bottle Cap Magnets – bottle caps, magnet strips, magazines, Mod Podge, brushes
5. Decorating reusable tote bags – EcoReps tote bags, paint, fabric glue, sequins.

#### **Bag Exchange**

Collect 10 plastic grocery bags from each person in exchange for a reusable tote bag. Donate the plastic bags to Harvest Hope. **Materials Needed:** table, box/bag for the bags, tote bags

#### **Greening the Holidays**

Help people get their gifts wrapped before they leave for the Holidays using recycled or reusable materials. Show them that you don't need new, shiny wrapping paper to make your gifts beautiful.

**Materials needed:** newspaper, magazines, old maps, scraps of yarn, other found objects, etc.

### **Battle of the Recycled Bands**

Have people make instruments out of recycled and found objects, then host a battle of the bands and determine a winner!

**Materials needed:** various recyclables, found objects, a gathering space, judges, prizes

### *Transportation*

#### **Bike Ride**

Rally some folks to take a bike ride with you. Follow the Capital City and Fort Jackson sections of the Palmetto Trail, a bike trail more than 400 miles long! The Capital City section runs down Wheat St. near the Green Quad. Maps can be found here <http://www.palmettoconservation.org/maps.asp>.

**Materials needed:** bicycles and an adventurous spirit

#### **Park Ranger Walk**

Take a break from your busy life as a student and join a Columbia Park Ranger in the Riverfront Park South to learn about fish, birds, plants, insects, and the fall line that Columbia sits on. Walks are every Saturday morning at 9am. Try to get to the park without driving!

**Materials Needed:** shoes

### *Food*

#### **Localvore Super Bowl Party**

Watch the big game in a multi-purpose room (eliminating the energy of many TVs) and eat local food, made from local ingredients.

**Materials needed:** food, space, tables, chairs, TV or projector w/ cable connection (Learning Center lounge is a good option for this type of event)

#### **Eating for the Environment**

Host a potluck dinner and hang out session; this could be held during midterms or finals for a nice break from studying.

**Materials Needed:** food, lounge space, kitchen for cooking

### *Energy*

#### **Light bulb Exchange**

Have your residents bring their old incandescent light bulbs to your table and exchange them for a longer lasting and more energy efficient compact fluorescent light bulb. Make sure you educate them about what to do if they break a CFL and how to recycle it on campus.

**Materials Needed:** CFLs, bin to collect old bulbs in

#### **Do It in the Dark**

Have an event that doesn't use electricity. Turn off the lights, hand out glow sticks, have acoustic music. You might be surprised what you can do without using any energy!

**Materials Needed:** space, musicians, glow sticks

### *Water*

#### **Tap Water Challenge**

Have people taste 4 mystery waters and try to guess which the tap water is and which the most expensive water is. Have them pick their favorite before revealing which is the tap water. Most people actually prefer tap water!

**Materials Needed:** 3 types of bottled water (1-2 bottles of each), tap water, cups, table, quiz sheets, key for keeping track of which water is which type, prizes/stickers for people who take the challenge

## *Giving Back*

### **Green Up Day**

Gather a group of folks to clean up around your building/campus by picking up litter, cigarette butts, etc... Make sure to separate recyclables!

**Materials needed:** garbage bags, gloves

### **Columbia Canal Clean-Up Day**

Gather a group of 10-15 people for a day of kayaking and cleaning up a Columbia waterway; some kayaking experience is required. Contact [avgrizzell@columbiasc.net](mailto:avgrizzell@columbiasc.net) for more information. They can provide some kayaks; ORec may be able to provide additional kayaks if necessary.

**Materials Needed:** people, bathing suits, water shoes (kayaks, lifejackets, paddles, bags provided)

## *General Events*

### **Eco-Trivia**

Gather a group of people to form teams to answer four rounds of eco-trivia questions.

**Materials Needed:** space, computer, projector, trivia powerpoint/board, answer sheets, prizes

### **View and Review**

Host a screening of a film and hold a discussion afterwards.

**Materials Needed:** your favorite eco-film, a screen, projector, computer/dvd player, popcorn

### **Green Cleaning Supplies**

Make your own cleaning supplies from common household ingredients. Here are the recipes:

Window wash: Simply mix 3 tablespoons vinegar with 2 cups of water (or for a bigger job – 1/2 cup vinegar to 1 gallon water) and spray right on your windows. You can also use straight fresh lemon juice or club soda to get your windows and other glass items sparkling clean. Spritz your glass with club soda and scrub with recycled newspaper. If you use straight lemon juice use a lint-free cloth to scrub with.

All-purpose disinfectant: Mix 2 cups water, a few drops of natural soap, and 15 drops each of tea tree and lavender organic essential oil. You can spray this on all kinds of home surfaces – changing tables, cutting boards, toilets, sinks, walls, and more.

Scrubbing toilets: Drizzle your toilet bowl with vinegar, lemon juice, or spray on some of your all-purpose disinfectant. Sprinkle with baking soda. Let it sit for 10 minutes. Scrub with toilet brush. This mix will also clean sinks perfectly.

**Materials Needed:** baking soda, lemons, white distilled vinegar, table salt, essential oil like tea tree, lavender or rosemary, olive oil, natural soap, water, spray bottles

### **Caught Green Handed**

Go out on campus or in your residence hall to catch students practicing “green” habits like recycling, using a reusable water bottle or mug, turning lights off etc.

**Materials Needed:** prizes, Caught Green Handed flier (see page 39)

# Critical Issues

## Making the Case for Sustainability

### *Community Based Social Marketing*

Community based social marketing (CBSM) is a method to encourage behavior change by first identifying the barriers and benefits to a behavior and then using behavior change tools to promote the desired outcome. It has been shown to be very effective in promoting sustainable practices like recycling, energy efficiency, and carpooling. Below are 5 behavior change tools used in CBSM.

1. Commitment – people who make a public commitment are much more likely to follow through with a behavior. Written commitments are more effective than verbal, and if they are posted in a public place they are even more effective.
2. Prompts – these are reminders to do the behavior. The prompt should be self-explanatory and presented as close to the desired behavior as possible (ex: a reminder to turn out the lights on the light switch).
3. Norms – people are much more inclined to do a behavior that they think is what is *normal* or *expected* in their community. Use norms to encourage someone to participate in a positive behavior (ex: We recycle here at USC)
4. Communication – capture the attention of people you are hoping to reach by making your message “vivid” with relatable images or examples. Make your message clear and specific and connect it to community goals.
5. Incentives – you should pair the incentive and the behavior as closely as possible and use them to reward positive behavior (ex: reusable bag discount at the grocery store). Incentives don’t have to be monetary; public recognition can work as well!

Adapted from: *Fostering Sustainable Behavior* by Doug McKenzie-Mohr and William Smith

Found online here: <http://www.cbsm.com/pages/guide/preface/>

### *Winning the Argument for Sustainable Behaviors*

It can be intimidating when you are confronted by someone who says they don’t “believe” in sustainability or climate change science. You should approach this as an opportunity to have a conversation that might just change their mind. Don’t approach the situation as an argument or debate. Faced with an objection you should:

1. Acknowledge you hear what they are saying – “It’s true that...” or “It is complicated, isn’t it...”
2. Find common ground – this helps someone decide if you are someone worth listening to
3. Treat them with respect and don’t use derogatory language about their views
4. Own and hold your views – “This is what I think and this is why...” not “You’re wrong about...”
5. Use facts to argue your case – answer the objection by using facts from a credible source and shifting the other person’s perspective (ex: That may be true here, but not in developing countries)
6. Tell them about your personal journey – what was the moment you realized that you needed to change your behavior? What convinced you? Ex: “For me, seeing the IPCC report was enough evidence...”
7. Fit it into their worldview – what do they care about? Kids? Economics? Are they scared that climate change means they are going to have things taken away from them?
8. Offer rewards – and remember that they don’t have to accept climate change to accept that there are rewards to eco-friendly behavior (money savings, health, outdoor recreational activities etc...)
9. Encourage them to explore the topic more on their own – “the EPA website has some great resources on ...”
10. Don’t expect agreement during the conversation – they will probably not say “you know what, you’re right” at the end of the conversation. You’ve planted the seed in their mind; and that’s a great start!

Adapted from:

*The Guide to challenging the true/false/good reasons for not taking action* found online here:

<http://www.unprme.org/resource-docs/Theguidetochallengingthetruefalsegoodreasonsfornottakingaction.pdf>

*How to Talk to a Climate Change Denier* (video): <http://talkingclimate.org/george-marshall-how-to-talk-to-a-climate-change-denier/>

Objection to Sustainability/Climate Change	Response
<b>What's the point – it's too late anyway</b>	It's true that some climate change may continue no matter what we do, but we can impact the severity of the changes by reducing our emissions now. The longer we wait the more serious the problems that we will be facing.
<b>How can we predict the weather for the next century when we can't even get it right for next week. It was cold this winter – doesn't that disprove global warming?</b>	Weather is what the atmosphere is doing in the short term; it is very variable making it hard to predict exactly what will occur. Climate is the long term average of the weather – we may not know exactly what temperature it will be on a specific day, but we do know that July in SC will be hot. Climate scientists use these long term trends to predict what will occur in the future.
<b>Warming is normal; it's caused by the cycles of the sun.</b>	When we attempt to calculate the average temperature of the earth using the sun's cycles and other natural parameters; it only correctly reproduces what we actually experienced up to 1970. When you add in the increasing concentration of human-produced greenhouse gases, it does match the current temperatures.
<b>Who cares about the polar bears!?</b>	It's true that the disappearance of polar bears will not affect the daily lives of most people. But it is the place of the polar bears in the whole ecosystem that causes problems. Imbalances between species can have huge impacts and animals play a critical role in the ecosystem that we are all a part of.
<b>Humans have always found a way adapt and solve problems and we will again.</b>	You're right, even if we do nothing now we may find a solution to the challenges of climate change in 10 or 15 years, but at what cost? 50% of living species are expected to disappear by 2050; are we really untouchable?
<b>I can't do anything on my own. How do you expect me to change anything.</b>	Beyond just the small action we are asking you to take, it is the example you are setting for others. Together as a residence hall or campus we can have a big impact.
<b>The economic costs of sustainability are too high! These regulations are killing businesses.</b>	It's true that some things, like renewable energy, have high up-front costs. But they usually end up paying for themselves in just a few years from energy savings. In fact, an MIT study found that most companies with sustainability plans have actually seen an increase in profits.
<b>Recycling is actually more expensive than just making something new.</b>	Sonoco Recycling here in Columbia is actually a subsidiary of a company that makes cardboard tubes, like Pringles containers. If it wasn't profitable for them to use recycled material, why would they set up a recycling branch of their company? Recycling also helps our state economy by creating 25 jobs for every 5 tons of material, landfilling that material would only create 1 job.

## Consumption

American college students spend over \$200 billion every year! Imagine the power of using all these dollars in an environmentally and socially responsible way. Here are some ways you can make a difference with your dollar:

1. **Purchase used items** or items made from recycled materials. Used items that you find at antique or thrift stores, yard sales, craigslist, or through Freecycle will be more affordable, may last longer, and will have less of an environmental impact.  
*Wondering where to find good used items in Columbia?* Sid and Nancy, Revente, Roundabout Consignments
2. **Shop local** to support the local economy and avoid national chain stores and restaurants. Small local stores often pay better wages and are more responsive to the local community's needs. Farmers' markets give you access to lots of local food, usually for less money than you would spend at a grocery store chain.  
*Wondering where to shop local in Columbia?* Rosewood Market, Soda City Farmer's Market, Five Points shops
3. **Go organic** whenever you can. Organic means the material was grown without the use of synthetic pesticides and fertilizers, antibiotics, genetic engineering, irradiation, sewage sludge, artificial ingredients, and many other practices that may be harmful to you, the farm workers, or the environment. Remember, organic isn't only for food! Clothing, bedding, and accessories can all be made from organic materials (cotton, bamboo etc...).
4. **Support Fair Trade** and positively impact the lives of people in developing countries. Coffee, tea, other food items, and household goods can be found with the certified Fair Trade label.
5. **Buy energy efficient** items that will save you money in the long run and reduce your impact on the environment.
6. **Avoid excess packaging** and think about how much material you will have to throw away just to begin using the item you are about to purchase. Find things that come in less packaging – even better if the packaging is recyclable or reusable. Don't use a disposable bag if you only buy a few items or bring your own.
7. **Choose products made from sustainable materials** and avoid plastics or other petroleum-based products. Something made from a rapidly renewable resource (like cork or bamboo) and that is biodegradable will have a much smaller environmental impact than something plastic (even if you recycle).

AND don't feel guilty if you occasionally forget your reusable tote bag, order takeout, or buy something just because you want it. Focus your attention on the big issues that matter most to you and don't get bogged down by small decisions. We all have days when we consume more than we'd like to! The overall impact of your good decisions will greatly outweigh anything you might feel guilty about.

Take a moment to think about your consumption and how you might be impacted by the 3,000 advertisements you see each day. How does consumption actually fit into your goals and values? Could you spend the time you used to spend shopping on something more worthwhile like friends, family, and outdoor activities? Cut out the card below and carry it in your wallet. Whenever you are about to buy something ask yourself the questions on the card. Think about your answers to each question – they just might make you realize you don't need to buy it!

### Further Reading

*The Better World Shopping Guide: Every Dollar Makes a Difference* by Ellis Jones

*The Conscious Consumer: Promoting Economic Justice through Fair Trade* by Rose Benz Ericson

*No Impact Man* by Colin Beavan

### Web Resources

The Story of Stuff <http://www.storyofstuff.com/>

The Freecycle Network <http://www.freecycle.org/>

Center for a New American Dream <http://www.newdream.org/>

Environmental Working Group's Skin Deep database

<http://www.ewg.org/skindeep/>

Corporate Accountability International

<http://www.stopcorporateabuse.org/>

The Church of Stop Shopping [www.revilly.com](http://www.revilly.com)

### Before you buy, ask yourself...

Why am I here?  
Do I need this?  
How will I pay for it?  
What if I wait?  
Where will I put this?  
How soon will I throw this away?

## Trash and Recycling

The average South Carolina resident produces about 4.2 pounds of trash every day! Once all that trash goes to the landfill it not only stays there for a long time (and some things, like Styrofoam, will be there forever), but it also contributes to other environmental problems like groundwater pollution and methane emissions. We don't have infinite landfill space and as long as South Carolina continues to accept trash from states as far away as New York, the demand for new mega-landfills will increase. Would you want one in your backyard? The 3 Rs – Reduce, Reuse and Recycle (plus composting!) – should be your guides for reducing the amount of trash you produce. Buying recycled products closes the loop and ensures that recycling remains profitable.

Over the last few decades, our industrial economy has transformed from one of producing primarily durable goods to non-durable goods. From disposable razors and diapers and eating utensils to cheap furniture, tools, and appliances made with less expensive materials, we are continuing to become a throw-away society that is filling our landfills too fast. Break the trend and create less waste!

### *Reduce*

It should be obvious: the less you buy the less you will eventually throw away. Follow the tips in the Consumption section to buy less and hang on to the things you do buy longer.

### *Reuse*

Avoid disposable products like razors, utensils, and napkins. There are reusable versions available at your favorite stores. If you do end up with things like plastic utensils, wash and reuse them as long as you can.

Make a “no trash” kit that includes a Tupperware container, a reusable water bottle or mug, utensils, a tote bag, and a cloth napkin. Carry it with you every day so you are prepared to avoid making waste.

### *Recycle*

Recycling should always be the last resort after you have reduced and reused everything that you can. Follow the guidelines on the next two pages for recycling on campus. Save things like electronics, ink cartridges, and plastic bags and take them with you on your next trip to Target (or other large stores like Best Buy) for recycling.

### *Composting*

Another way you can reduce your waste is by composting your food waste. If you want to collect compost in your residence hall room (and you talk to your roommate first!), you can collect your food scraps in a sealable container and bring them to the compost bins in the community garden behind Preston or the Green Quad C Building.

### *Buy recycled*

When you buy a product made from post-consumer recycled materials, you are proving to manufacturers and waste management companies that recycling is profitable. This will help ensure that recycling remains available to your community. Look for paper products (printer paper, notebooks, Post-Its) and plastic products (tote bags, pens) that contain recycled material. Even the carpet you buy could have recycled content – be sure to read labels.



*This is the back of your stop shopping card.*

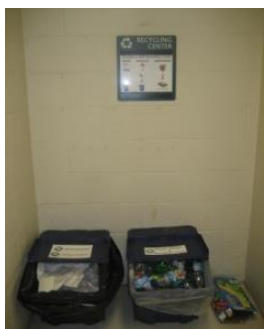


*You will have the chance to wear a Recycle Guy costume at our events!*



## Recycling in the Residence Halls

Every student should have a small recycling bin provided in their room. If the recycling bin is missing from your room or the rooms of others in your residence hall, call (803)777-6331 for replacements. Recycling bins must be left behind when you move out!



Recycling centers are located on every floor of most residence halls; they are usually in the trash room or kitchen. Most recycling stations have at least 2 blue bins (one labeled Mixed Paper and the other labeled Plastic Bottles and Aluminum Cans). Honors and Green Quad have multi-sort recycling stations but the same labelling system. Women's Quad and Patterson have both transitioned to mixed recycling – meaning that bottles, cans, and mixed paper can be mixed together in the same bin. Flattened corrugated cardboard should be placed on the floor next to the bins. If you are missing bins or the recycling center sign, please call (803)777-6331.

Students should separate paper and bottles/cans into the appropriate bins. They should remove paperclips, tape, rubber bands, and binder clips before recycling.

## Where are the Recycling Centers?

<u>Residence Hall</u>	<u>Recycling Center Location</u>
Bates House	Floor trash room
Bates West	Floor trash room
Capstone	Floor kitchen
Carolina Gardens	Dumpster areas
Columbia Hall	Floor kitchen
Cliff	Floor trash room
DeSaussure	Bottom of stairs
East Quad	Floor trash room
French House	Bottom of stairs
Harper/Elliot	Bottom of stairs
Honors College	Floor Waste Warriors
Maxcy	Floor trash room
McBryde	Floor bathrooms
Patterson	Hallway/Trash rooms
Pinckney/Legare	Bottom of stairs
Preston	Hallway on each floor
The Roost	Floor trash room
Rutledge	Ground floor on back porch
South Quad	Floor trash room
South Tower	Floor kitchen
Thornwell	Bottom of stairs
Women's Quad	Hallway/Trash rooms
West Quad	Floor trash room
Woodrow	Ground floor on back porch



## Special Recycling Events

### Move-In Cardboard Recycling

During move-in weekend each year, staff from Housing and University Facilities volunteer to run cardboard recycling stations at each residence hall. They have box cutters to assist students and their parents in breaking down boxes and they will be near a cardboard recycling dumpster where all flattened cardboard should be placed. Last year we recycled over 16 tons of cardboard during move-in!

### RecycleMania

*(8 weeks from February-April)*

RecycleMania is a nation-wide recycling competition among colleges and universities. Each year USC competes in challenges like the Gorilla Prize, which ranks schools by the total number of pounds they recycle, the Grand Champion Round, which ranks schools based on their recycling rate, and the Per Capita Classic, which ranks schools based on their pounds recycled per person on campus.

### Give It Up for Good Program

*(Last 3 weeks of Fall and Spring Semesters)*

Not enough room for everything you accumulated this year in your car? Instead of leaving unwanted items in your room or throwing them away, donate them to charity. Each residence hall will have a collection station for food, clothing, household goods, and appliances and a bulk collection station nearby for carpet and metal and wood from loft beds. Look in your residence hall lobby for instructions on what and where to donate. Housing will sell the items in a massive yard sale benefitting Habitat for Humanity at the end of the year!

*The spring Give It Up for Good Yard Sale is scheduled for May 22, 2016.*

# What to Recycle on Campus

Recycling will take only a few minutes out of your schedule, but will have a profound impact on the environment.

## MIXED PAPER

White and colored paper  
Notebook paper  
Magazines  
Newspapers  
Junk mail and envelopes  
Post-it® Notes  
Manila folders and paper binder dividers  
Paperboard (cereal box, tissue box etc...)  
Cartons (milk, juice etc...)



\*Remove paper clips and tape if possible\*

**NO: Paper towels, napkins, tissues, transparencies, food**

Did you know? Recycling saves 7,000 gallons of water per ton of paper produced.

## ALUMINUM/PLASTIC

Aluminum cans and steel food cans  
#1 – 7 plastic containers  
Clean aluminum foil and containers  
\*Please empty and rinse\*



**NO: plastic bags, Russell House compostable cups**

Did you know? Recycling an aluminum can uses only 5% as much energy as it does to make one from raw materials.

## GLASS

Clear and colored glass



\*Glass can only be recycled in the trash rooms of the West Quad, at the Green Quad Learning Center, and at outdoor multi-sort receptacles at Woodrow, Maxcy, and West Quad.\*

Did you know? Because it doesn't degrade during recycling, glass is considered infinitely recyclable.

## CORRUGATED CARDBOARD

Flattened corrugated cardboard (thick with ridges and grooves) and flattened paperboard (ex: cereal box)



\*Stack next to recycling center mixed paper bin\*

**NO: Pizza boxes with food on them, waxy paperboard**

Did you know? USC makes \$20 per ton of recycled cardboard; we would have to pay to put it in a landfill.

## FAQs About Recycling

### Why is recycling different in different buildings?

We are currently working towards switching all of our recycling bins on campus to the mixed-recycling garnet and black bins you see in the library and Women's Quad. Due to the large scale and cost of the transition, it will take at least 5 years to standardize all of our bins across campus.

### Where can I recycle plastic grocery bags?

You can recycle bags at many retail and grocery stores including Publix, Piggly Wiggly, and Target. They are also collected during our Give It Up *for Good* event at the end of the Spring Semester.

### What else can I recycle?

Almost everything! You can donate many unwanted items to the Give It Up *for Good* program. Most carriers will collect used cell phones and batteries in their stores, or provide you with a postage label for shipping. Printer cartridges and small electronics can be taken to stores like Best Buy, Target, and Staples.

## BATTERIES

Dry cell battery collection stations are located in the lobby of your residence Halls!

\*except the Horseshoe Apartments.



Please recycle this flyer or hang it on your recycling bin as a reminder of what you can recycle!

## ***Further Reading***

*Cradle to Cradle: Remaking the Way we Make Things* by William McDonough and Michael Braungart

*Garbage Land: On the Secret Trail of Trash* by Elizabeth Royte

*Garbage Wars: The Struggle for Environmental Justice in Chicago* by D. N. Pellow

*Gone Tomorrow: The Hidden Life of Garbage* by Heather Rogers

*Love and Garbage* by Ivan Klima

*Rubbish! The Archeology of Garbage* by William Rathje

*Toxic Sludge is Good for You* by John Stauber and Sheldon Rampton

*Waste and Want: A Social History of Trash* by Susan Strasser

## ***Web Resources***

University of South Carolina Recycling <http://www.facilities.sc.edu/facilities-recycling.shtml>

Housing Recycling Guide [http://www.housing.sc.edu/sus\\_recycle.html](http://www.housing.sc.edu/sus_recycle.html)

South Carolina DHEC <http://www.scdhec.gov/environment/lwm/recycle/>

Carolina Recycling Association <http://www.cra-recycle.org/>

Re3.org <http://www.re3.org/>

College and University Recycling Council <http://www.curc3r.org>

Earth 911 <http://www.earth911.com>

Global Recycling Council <http://crra.com/grc/>

Grassroots Recycling Network [http://grn.org /](http://grn.org/)

Green Disk/TechnoTrash Cans <http://www.greendisk.com/gdsite/technotrash.aspx>

Zero Waste <http://www.grn.org/zerowaste/index.html>

Zero Waste Alliance <http://www.zerowaste.org/index.htm>

## ***Films***

Plastic Paradise: The Great Pacific Garbage Patch (2014)

Waste Land (2010)

Bag It! (2010)

Meet the Freegans (2009)

Addicted to Plastic (2009)

Trashed (2008)

## Transportation

Transportation is the second largest contributor to greenhouse gas emissions in the United States (after electricity production). It is also one of the most environmentally damaging behaviors that all of us engage in almost every day. In addition to causing air pollution, transportation contributes to water pollution and the destruction of natural habitats for roads. Fortunately, there are easy things you can do on campus and in Columbia to decrease your use of cars and save yourself money.

Cars and trucks don't only release greenhouse gases into the atmosphere. They are also the main sources of lots of other types of air pollution including photochemical smog, ground level ozone, carbon monoxide, sulfur oxides and nitrous oxides, which cause acid rain and particulate matter.

Ground level ozone is of particular concern here in Columbia, because we often have days in the summer where ground level ozone reaches concentrations dangerous to human health. On these days DHEC recommends limiting your outside activities, especially if you have asthma or other respiratory diseases. We can all help reduce ground level ozone by walking instead of driving, filling up our gas tanks at night and not topping off the tank, and using gas powered equipment only at night. Also, remember to turn your car off instead of idling when you're stuck at a train crossing or waiting for your friends. If you'll be stopped for more than 2 minutes, this saves you gas and oil!

### *What can you do?*

#### **Walk (or skip, run, jog, dance) to class or to go out**

It takes about 20 minutes to walk from one end of campus to the other (for example, from the Roost to Capstone). If you plan well there is no reason for you to drive to class. It would probably take you that long to find a parking place anyway! There are also restaurants, shops, clubs, grocery stores, and pharmacies within easy walking distance of campus.

#### **Bike (or rollerblade, skateboard, unicycle)**

There are bike racks located all around campus and dedicated bike lanes on Wheat St. A bike lane on Sumter St. is coming soon. If you do ride, remember to be safe and use a helmet, reflectors, and hand signals when turning.

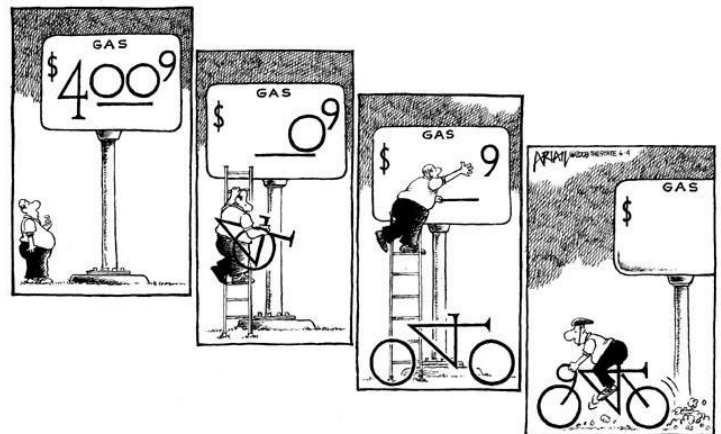
#### **Take the Carolina Shuttle**

The campus shuttle bus is a great way to get around campus when it is hot/raining/you don't feel like walking; and it's free! For the shuttle map and schedule visit: <http://www.sc.edu/vmps/shuttle.html>.

If you live off campus at an apartment complex take their free shuttle service to campus instead of driving yourself. You will save yourself the stress of driving in traffic and finding a parking place and you'll save yourself money if you don't buy a campus parking pass.

#### **Join the Hertz on Demand carshare program**

If you are worried that not having a car on campus would leave you stranded or unable to run an errand, the car share program can solve your problem. You only have to be 18 to use the car share program (unlike most rental cars) and the prices range from \$6.50-\$10 per hour. The hourly rate covers gas, insurance, and roadside assistance. The cars have GPS and iPod adapters for your use. Find out more and sign-up here: <http://www.sc.edu/vmps/connect.html>



### **Further Reading**

*How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life* by Chris Balish  
*Cutting Your Car Use: Save Money, Be Healthy, Be Green!* by Randall Howard Ghent, Anna Semlyen, Axel Scheffler  
*Transportation and Sustainable Campus Communities: Issues, Examples, Solutions* by Will Toor, Spenser Havlick  
*Asphalt Nation: How the Automobile Took Over America and How We Can Take It Back* by Jane Holtz Kay  
*Retrofitting Suburbia* by Ellen Dunham-Jones and June Williamson  
*Suburban Nation* by Andres Duany, Elizabeth Plater-Zyberk, and Jeff Speck

### **Web Resources**

University Transportation Plan Genesis 2015 <http://www.sc.edu/vmps/AFV.html>  
America Walks <http://americawalks.org/>  
American Public Transportation Association <http://www.apta.com/Pages/default.aspx>  
Bikes Not Bombs <http://www.bikesnotbombs.org/>  
Carbusters Magazine <http://www.carbusters.org>  
Carfree Cities <http://www.carfree.com/>  
International Bicycle Fund <http://www.ibike.org/index.htm>  
Public Transportation Takes Us There <http://www.publictransportation.org/Pages/default.aspx>

### **Films**

Who Killed the Electric Car? (2006)  
Contested Streets (2006)  
Still We Ride (2005)  
We Are Traffic! (1999)  
The Bicycle Thief (1949)





## Food

Food has a huge impact not only on your health, but also on the environment. The meat industry alone generates 1/5 of all manmade greenhouse gas emissions and the production of food contributes to erosion and water pollution and on a large scale requires the use of harmful pesticides and herbicides. We have also become used to purchasing any fruits and vegetables we want year-round, requiring that they often travel long distances on planes, boats, and trucks before they reach our grocery store shelves. In fact, most foods will travel 1,500-2,500 miles from the farm to your kitchen! You will probably find that going meatless and eating local food helps the environment, your waistline and your wallet.

Eating locally and eating in season are two of the most important things you can do to reduce your personal impact on the environment. Below is a partial list of fruits and vegetables and the seasons they are available locally. There is a Farmer's Market on campus most Tuesday's from 9:30am-1:30pm in both the fall and spring semesters and the Soda City Farmer's Market is open every Saturday from 9am-1pm on Main Street near the Columbia Museum of Art.

### *Seasonal fruits and vegetables in South Carolina*

Spring	Summer	Fall	Winter
Asparagus	Beans	Apples	Beets
Beets	Beets	Beets	Broccoli
Cabbage	Blackberries	Butter Beans	Leeks
Cucumber	Blueberries	Cucumber	Sweet Potatoes
Tomatoes	Broccoli	Okra	Radishes
Strawberries	Butter Beans	Tomatoes	Cilantro
Green Onions	Cantaloupe	Cilantro	Leafy Greens
Cilantro	Leafy Greens	Leafy Greens	
Leafy Greens	Okra	Watermelon	
	Peaches		
	Watermelon		

After you have committed to eating more locally, you should also try to reduce your meat consumption. Beyond the ethical concerns about animal treatment, meat has a large environmental impact. It takes a large area of land to raise animals for meat and much of the animals' waste ends up in waterways. Meat processing also produces large amounts



of greenhouse gases and it is extremely water intensive; 1,800 to 2,500 gallons of water are used just to make **one pound** of ground beef. Don't want to give up meat entirely? Try eliminating meat from your diet just one day per week and buying meat and fish from the Farmer's Market. Meatless Monday is a national movement to go meatless just one day per week and last year the Bates House dining hall on campus started participating in Meatless Monday. Participating in Meatless Monday (or meatless any other day) can save as many carbon emissions as not driving for an entire week and enough water for over 200 showers!

Seafood can have a lower environmental impact than other types of meat if you make sure you are conscientious about what you are eating. Some of the environmental concerns associated with seafood are overfishing, bycatch (when other fish, like dolphins, get caught in nets meant for something else), and habitat destruction. Also, if you eat a lot of seafood, you should be concerned about heavy metals. Heavy metals, like mercury, accumulate in fish and can cause damage to the brain and nervous system, especially in fetuses and young children. This may sound gloomy, but there are sustainable fish choices. Visit the Monterey Bay Aquarium's website to download a pocket guide or App for choosing sustainable fish. ([http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/sfw\\_recommendations.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/sfw_recommendations.aspx))

### ***Further Reading***

*The Eco-Foods Guide: What's Good for the Earth is Good for You!* By Cynthia Barstow

*The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan

*In Defense of Food: An Eater's Manifesto* by Michael Pollan

*The Way We Eat: Why Our Food Choices Matter* by Peter Singer & Jim Mason

*Twinkie, Deconstructed* by Steve Ettlinger

*American Wasteland* by Jonathon Bloom

*The Locavore's Handbook* by Leda Meredith

*Slow Food Nation* by Carlo Petrini

### ***Cookbooks***

*The Starving Students Vegetarian Cookbook* by Dede Hall

*Vegan on the Cheap* by Robin Robertson

*PETA's Vegan College Cookbook* by PETA

*Fast, Fresh, and Green* by Susie Middleton

*Simply Organic: A Cookbook for Sustainable, Seasonal, and Local Ingredients* by Jessie Ziff Cool

*Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight Table* by the Moosewood Collective

### ***Web Resources***

Soda City Market <http://www.sodacitysc.com>

Meatless Monday <http://www.meatlessmonday.com/>

Food Carbon Emissions Calculator <http://www.foodemissions.com/foodemissions/Calculator.aspx>

Seafood Watch <http://www.montereybayaquarium.org/cr/seafoodwatch.asp>

100 Mile Diet <http://100milediet.org/home/>

FoodRoutes.org <http://www.foodroutes.org>

Bill McKibben "A Grand Experiment" (article about eating only local food in the winter... in Vermont)

[www.transom.org/tools/beginnings/2006/200602\\_bill\\_mckibben/gourmet\\_article.html](http://www.transom.org/tools/beginnings/2006/200602_bill_mckibben/gourmet_article.html)

*Turn the page to find out why this space  
is blank!*

### ***Films***

Fed Up (2014)

GMO OMG (2013)

Dirt: the Movie (2009)

Fresh (2009)

Food, Inc. (2008)

The Garden (2008)

Food Fight (2008)

King Corn (2007)

The Real Dirt on Farmer John (2006)

The Future of Food (2004)

Super Size Me (2004)

Soylent Green (1973)

## Energy

We are all using energy every minute of our day. Listening to our iPods, watching TV, running our lights, refrigerators, heating, and air conditioning all requires energy. The University of South Carolina spends \$16.3 million each year on our energy bill, and it's growing by \$1-2 million each year. Over \$600 of the tuition you paid went towards this energy bill! Of this bill, the residence halls account for \$1.3 million alone. The University of South Carolina is served by SCE&G for our energy needs. Four energy plants produce steam for heat and hot water in the majority of our campus buildings. Natural gas is the main source of energy for the campus.

### *Efficiency Upgrades*

The University of South Carolina has a 16 year energy performance contract with the company Johnson Controls. Through this contract Johnson Controls (JCI) has provided the University with lighting, water, and steam efficiency upgrades and has guaranteed annual savings of \$3.8 million each year due to these upgrades. In their first phase of upgrades, more efficient lighting was put into 90% of campus spaces, thermostat controls were improved, steam systems were repaired and upgraded, low flow water fixtures were put into 100 buildings on campus and vendor misers were added to vending machines. More information can be found on the website listed below. Their on campus team is always looking for new money saving projects and they hire student interns to help with their work.

### *Renewable Energy*

Solar panels on the bridge next to Blatt PE Center provide almost 28,000 kWh of electricity each year. That's enough to power 3 average homes for a year. Solar panels were also installed at the baseball stadium. The new business school building, opening this fall, may be our first "net zero" building. This would mean that the building is able to produce almost all of the energy it needs for operations through solar panels or other on site renewable energy.

### *Nuclear Energy*

Nuclear power is one of the most important sources of electricity in South Carolina – typically providing half of our electricity generation. Environmentalists are divided about whether or not nuclear power should be considered a good alternative to fossil fuel energy. Operating a nuclear power plant produces almost no carbon emissions and even a life cycle assessment of carbon emissions including mining, milling and enriching the uranium, transporting it to the power plant, and transporting the waste shows that nuclear power creates only 6% of the emissions of coal, natural gas, and even 'clean coal' plants. However, there are many negatives to nuclear power as well. We still don't have a system for safely and effectively disposing of the radioactive waste, malfunctions can release radiation into the environment, and the mining and milling of uranium also have environmental impacts. Think it through and come to your own decision about nuclear power.

### *Energy Conservation Tips*

Per capita electricity use in South Carolina is higher than the nationwide average, due in part to high air-conditioning demand during the hot summer months and the widespread use of electricity for home heating in winter. Follow the tips below to lower your energy consumption!

- **Turn the lights off** every time you leave an empty room even if it is only for a minute, and even if it's the bathroom, trash room or lounge
- **Cut out this sign and put it on your light switch** as a reminder to turn off the lights
- Use your computer's **sleep mode**
- Buy **Energy Star** appliances





- Use a **drying rack** for your clothes
- Wash clothes in **cold water**
- Use compact fluorescent light bulbs (**CFLs**)
- Use a **laptop** instead of a desktop
- Keep your room **warmer in the summer** and **cooler in the winter**
- **Unplug** cell phone chargers and other appliances when not in use or use a power strip and switch it off when you don't need it – just remember to leave your fridge plugged in

### *Further Reading*

*Big Coal: the Dirty Secrets behind America's Energy Future* by Jeff Goodell

*The Citizen-Powered Energy Handbook* by Greg Pahl

*The Home Energy Diet: How to Save Money by Making Your House Energy-Smart* by Paul Scheckel

*Energy Switch: Proven Solutions for a Renewable Future* by Craig Morris

*Green: Your Place in the New Energy Revolution* by J. and M. Hoffman

*Strange as This Weather has Been* by Ann Pancake (fiction)

*Freedom* by Jonathon Franzen (fiction)

### *Web Resources*

Johnson Controls Projects on Campus <http://www.cpc.sc.edu/JohnsonControls/areas.html>

350.org <http://www.350.org/en>

Department of Energy, Energy Star Program <http://www.energystar.gov>

EPA Clean Energy <http://www.epa.gov/cleanenergy/index.html>

I Love Mountains: End Mountain Top Removal <http://www.ilovemountains.org/>

National Renewable Energy Laboratory <http://www.nrel.gov/biomass/>

### *Films*

Switch (2012)

Avatar (2010)

Kilowatt Ours (2008)

The End of Suburbia (2006)

Syriana (2005)

Oil on Ice (2004)

## Water

Water pollution, groundwater depletion, and access to safe drinking water are some of the most serious environmental issues facing countries around the world currently. Though water covers most of the Earth's surface, the amount available for human use is less than 1% of the total amount of water. Adding to the problem is the fact that this water isn't evenly distributed to all the areas that need it. Currently, 40% of the world's population lives in countries with severe water shortages. Even when water is available, in many developing countries it is unsanitary or unsafe to drink. Water borne diseases are responsible for 80% of illness and deaths in the developing country, and often affect children the most.

People in the United States consume more water per capita than any other people in the world and most of our freshwater use goes towards irrigation. Of your domestic water needs (69.3 gallons per day per person in the United States on average), toilets make up the largest percent of use followed by clothes washing, showers, and faucets. The United States is also one of the biggest consumers of bottled water, one of the most environmentally unfriendly products you can buy. Not only does it cost almost 1000x more than tap water, it also impacts the environment and your health through transportation emissions, petroleum use, chemicals found in the bottles (like BPA), and plastic pollution. In addition, tap water is actually more stringently regulated than bottled water. Get a filter system instead of buying bottled water and you could save yourself over \$300 a year!

USC spends \$2.37 million each year on our water bill for 548,776 hundred cubic feet of water (410,484,448 gallons). This amount of water could fill an Olympic swimming pool 622 times. Conserve water and save the university money by:

- Turning off the tap while you brush your teeth,
- Shaving from a sink or bucket instead of with the water running,
- Reducing your shower time (even 1 minute less can save over 2,000 gallons in a year),
- Running only full loads of laundry,
- Storing a pitcher of water in the refrigerator so you don't have to wait for the tap water to get cold,
- If you have a dishwasher, run it only when full,
- If you wash dishes by hand, fill up the sink with soapy water and stop, then fill with clean water for rinsing, and
- Not buying bottled water.

### Further Reading

*Cadillac Desert: The American West and Its Disappearing Water* by Marc Reisner  
*Every Drop for Sale: Our Desperate Battle Over the Sale of Water* by Jeffrey Rothfeder  
*Water Wars: Privatization, Pollution, and Profit* by Vandana Shiva  
*Running Out of Water* by Peter Rogers and Susan Leal  
*The Atlas of Water* by Maggie Black and Jannet King

### Web Resources

Gills Creek Watershed <http://www.gillscreekwatershed.org/index.html>  
South Carolina Department of Natural Resources <http://www.dnr.sc.gov/water.html>  
The Story of Bottled Water <http://storyofstuff.org/bottledwater/>  
Calculate your water footprint <http://www.waterfootprint.org/?page=files/home>  
Think Outside the Bottle <http://www.thinkoutsidethebottle.org/>  
Water.org <http://water.org/>

### Films

Plastic Paradise: The Great Pacific Garbage Patch (2014)  
Tapped (2009)  
Drying Up Palestine (2009)  
Flow (2008)  
Between the Tides (2008)  
Blue Gold: World Water Wars (2008)



Plastic bottles are the biggest source of plastic pollution in our waterways and oceans.

## Environmental Justice

There are three main concepts within the larger movement of environmental justice: the participation of all people in decisions and lawmaking on environmental issues, the disproportionate burden of pollution that is placed on poor and minority people around the world, and equal access to shared natural resources. Issues of environmental justice often touch on more than one of these issues; for example, the burden of pollution and access to government decisions on zoning or landfill sites go hand in hand.

The Environmental Protection Agency defines environmental justice as “the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies.”<sup>2</sup> Below are two examples of fights for environmental justice here in the United States.

### *Location of Hazardous Waste and Landfill Sites*

The environmental justice movement is often traced from 1982 when a predominately African American community fought against North Carolina’s decision to place a PCB disposal site in their area. Over 16,000 residents staged protests and marches against the facility but ultimately lost their fight because they had no direct access to the decision making process. Still today, minorities and those who are disadvantaged in terms of income and education “not only bear a disproportionate share of environmental risk and death but also have less power to defend themselves.”<sup>3</sup> Studies completed in the 1980s and 1990s showed that ¾ of the hazardous waste landfill sites in the Southeast were located in low-income African American or Latino communities.

### *Mountain Top Removal*

Mountain top removal is a coal mining process where the top of a mountain is literally blown off with explosives to expose the coal seams below. The waste material is dumped into valleys, covering up streams and leaching toxic chemicals into the ground. It is extremely harmful to the environment and to the life of people living in Appalachia and it has taken away the livelihood of many people who were involved in traditional mining by replacing most work with machines. There are many groups like Mountain Justice and Appalachia Rising that are dedicated to ending mountain top removal through protests, marches and lobbying the government.

### *Further Reading*

*The End of Poverty* by Jeffrey Sachs

*Strange This Weather Has Been* by Anne Pancake

*A Civil Action* by Jonathan Harr (film made in 1998)

*Soil Not Oil: Environmental Justice in an Age of Climate Crisis* by Vandana Shiva

### *Web Resources*

Testimonies of Justice: <http://www.youtube.com/playlist?list=PL2tuXXfyo5WSt6fH9uM6e5oomAcLQibFR>

NRDC Environmental Justice page and history of the movement: <http://www.nrdc.org/ej/default.asp>

Appalachia Rising: <http://appalachiarising.org/>

Mountain Justice: <http://www.mountainjusticesummer.org>

### *Films*

The Last Mountain (2011)

Sun Come Up: The Story of Climate Change Refugees (2010)

Sweet Crude (2009)

Erin Brockovich (2000)

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<sup>2</sup> U.S. Environmental Protection Agency. (2011) *Environmental Justice*. <http://www.epa.gov/environmentaljustice/>

<sup>3</sup> Kristin Shrader-Frechette, *Environmental Justice: Creating Equality, Reclaiming Democracy* (New York: Oxford, 2002) 6.

## Appendix A: Event Proposal and Evaluation Form

Please turn into Alia at least 2 weeks prior to your event if you require funding or other supplies.

### *PRIOR TO EVENT*

I am working on this program:  Independently  
 In Collaboration with (circle): Hall Government RHA other

Date of program \_\_\_\_\_ Title of Program \_\_\_\_\_ Location \_\_\_\_\_  
What is the purpose of the program?

How will sustainability be incorporated? How is this beneficial for residents?

What items will be purchased using EcoRep funding? Please include an itemized cost list. If purchasing food, consider how you will minimize waste (buying in bulk, minimal packaging, etc...).

What is the total money requested? \_\_\_\_\_

---

### *AFTER EVENT*

**TOTAL ATTENDANCE** \_\_\_\_\_ (attach sign-in sheet)

What were some of the strengths of the event?

What were some of the challenges you experienced as part of this event?

Please provide any additional comments about the experience, including suggested methods for improving the event.

Total Amount Spent \_\_\_\_\_

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(For Staff Use Only)

Original Receipt Received \_\_\_\_\_ Amount \_\_\_\_\_ Date \_\_\_\_\_

Reimbursement Complete \_\_\_\_\_ Date \_\_\_\_\_

## Appendix B: Green Dorm Room Application

Name of Room Representative: \_\_\_\_\_ Email: \_\_\_\_\_

Residence Hall: \_\_\_\_\_ Room #: \_\_\_\_\_

Names of Other Occupants: \_\_\_\_\_

### *Instructions for Completing the Checklist*

Check off any habits or practices that you have or that you will commit to while living on campus. **You must check at least 2 items per category.** Details about each item are provided in the program manual on our website.

Requirements by level: Mist Green = 15/40 Light Green = 20/40 True Green = 30/40 Evergreen = 35+/40

### *Waste and Recycling*

We....

- have at least one designated recycling bin and recycle paper, bottles, cans, and cardboard in your room.
- reduce paper margins in order to decrease the length of documents we print and/or print double sided whenever possible.
- reuse paper that has text on only one side. We keep a scrap paper pile near our printer and/or copier.
- use reusable bags when shopping or buying lunch, supplies, etc...
- have reusable mugs, dishware, and silverware for use in our room/kitchen.
- do not purchase bottled water.
- use paper that contains at least 30% post-consumer recycled content.
- do not purchase cardboard and plastic boxed meals.
- use paper that contains 50% or greater post-consumer recycled content.
- will conduct a waste audit of our personal trash and recycling to see what items we are throwing away the most and have taken steps to reduce our waste.

# Completed: \_\_\_/10

### *Energy and Water Conservation*

We...

- make a conscious effort to turn off all lights when leaving rooms and while sleeping. This includes common areas such as restrooms, common rooms, and kitchens.
- make an effort to tightly turn off faucets and showers and report any leaks to 777-FIXX.
- use CFLs (Compact Fluorescent Light bulbs) in desk lamps.
- try to minimize our water use (examples: shower for 10 minutes or less, don't leave the sink running, etc...).
- take the stairs instead of the elevator (if possible ).
- use power strips and switch them off at night and/or unplug all appliances/chargers when not in use.
- have a pitcher of water in our refrigerator for shared use
- shut off computers and/or manually send computers into energy-saving mode (standby or hibernate) when not in use.
- purchase Energy Star rated appliances (printers, microwaves, etc)
- have invested in a Smart Power Strip to help manage vampire energy use.

# Completed: \_\_\_/10

### Transportation and Climate

We...

- walk or bike to locations less than 1.5 miles from our residence hall (this includes 5 points).
- carpool with friends to get groceries, dinner, etc...
- have taken a carbon footprint quiz like this one: [www.footprintnetwork.org/en/index.php/GFN/page/calculators/](http://www.footprintnetwork.org/en/index.php/GFN/page/calculators/)
- did not bring a car to campus.
- have picked up a FREE pass to ride the Comet (city bus system) from the Russell House.
- use the campus shuttle.
- have signed up for Scootaway, Scooter Ride Share.
- have rented a bike from the Outdoor Recreation Bike Shop at Blatt PE Center.
- consider 'green' hotel options when travelling.
- offset emissions from air travel by purchasing carbon offsets.

# Completed: \_\_\_/10

### Campus Engagement

We...

- know our building's EcoRep and how to contact them.
- receive a newsletter from Sustainable Carolina that is shared with all residents. Sign up at [sc.edu/green](http://sc.edu/green).
- have liked the EcoReps facebook page or followed them on Twitter (@scecoreps).
- attend the Healthy Carolina Farmer's Market (Tuesdays 10am-2pm on Greene St.).
- have attended one of the free yoga classes offered in the Green Quad Learning Center.
- have encouraged at least one other building resident/friend to participate in the Green Dorm Room Certification Program.
- have attended at least one Sustainable Carolina event this semester. **Name of event:** \_\_\_\_\_
- will** donate unwanted items (mini-fridges, clothes, food, household goods) to Housing's Give It Up *for Good* program at the end of the school year instead of throwing them away.
- will** participate in No Impact Week
- have inspired another person to pursue a Green Dorm Room Certification. *This means said person has actually submitted their checklist.* **Name, Residence Hall, Room#:** \_\_\_\_\_

# Completed: \_\_\_/10

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### Room Audit Form

EcoRep(s): \_\_\_\_\_ Date: \_\_\_\_\_

Completed at least 2 items per category?    Yes    No    Total number of items completed: \_\_\_/40

Level of certification awarded:    none    Mist Green    Light Green    True Green    Evergreen

I, \_\_\_\_\_, confirm that to the best of my knowledge, this room has adhered to all applicable standards for the level of certification awarded.

Appendix C: Sample Caught Green Handed Fliers

You just got caught  
**GREEN** handed!



**Thank you  
for  
recycling.**

Please enjoy this token of our appreciation!

You just got caught  
**GREEN** handed!



**Thank you for  
using a  
reusable  
water bottle.**

Please enjoy this token of our appreciation!

You just got caught  
**GREEN** handed!



**Thank you for  
turning off  
the  
lights.**

Please enjoy this token of our appreciation!

You just got caught  
**GREEN** handed!



**Thank you  
for  
recycling.**

Please enjoy this token of our appreciation!