

Muhlenberg Cares!

Muhlenberg Guide to Sustainable Living



A guide for students by students.

“Only within the moment of time represented by the present century has one species – man – acquired significant power to alter the nature of his world.”

– Rachel Carson



Residence Halls/M.I.L.E. Properties

Being Green In Your Room

- When you can control the thermostat, set the temperature a little higher in summer and a little cooler in the winter.
- Make sure heating and AC systems are turned off every night
- Keep doors and windows shut when using the heat or AC.
- Recycle properly. Bottles and cans go in the blue bins, paper goes in the green bins.
- Plug all appliances into one power strip. When you are not using those appliances turn off the entire power strip. Even though a device is *off*, it is still using energy if it is plugged in.
- Set your computer to sleep mode while you are not using it. Screen savers DO NOT conserve energy.
- Turn off your printer until you are ready to use it. Also, make sure to stock it with recycled paper.
- Only purchase and use appliances with an ENERGY STAR symbol on the package. ENERGY STAR is a government program to promote energy efficiency.
- Use ENERGY STAR light bulbs instead of standard incandescent light bulbs. They last longer and use far less electricity. Take advantage of the natural sunlight during the day as opposed to turning all of the lights on.
- If you know you are the last one to leave the room, turn off all of the lights.
- Wash dishes by hand, but don't keep the water running! Fill the entire sink. If using a dishwasher, make sure you only wash a full load of dishes.
- Share the refrigerator with your roommate. There is no need for each roommate to have a personal refrigerator.
- Decorate your room with lighter colors, for example light blue instead of dark blue. Your room will appear brighter and you will not need to use as much light.



Did you know 40% of the total energy that you use in your home is for heating? Turning your thermostat down a little in the winter makes a HUGE difference!



Residence Halls/M.I.L.E Properties

Don't Flush Energy Down the Drain!

- When brushing your teeth, turn off the water. Leaving the water running for only 2 minutes wastes 3 gallons of water.
- Take shorter showers. This simple step will save up to 150 gallons of water per month.
- Use paper towels sparingly. Better yet, use a cloth towel. Be sure to buy paper towels made from recycled paper.
- If you are the last to leave the bathroom, turn off all lights.
- Do not use the toilet as a trash can for paper towels, tissues or other things. Use a wastebasket.
- Report all leaks, and do not let the water run.



Did you know that if every Muhlenberg freshman shortened their shower by just one minute, we could save over 80,000 gallons of water a year?

Clean the Earth While You Clean Your Clothes

- Make sure that you only wash a full load when doing laundry. Small loads waste water, energy and quarters!
- After one full dryer cycle is done if clothes still are not dry, hang them on a line so you are not wasting energy by powering up the dryer again.
- On warm days, hang a clothes line and let wet clothes air dry naturally. Also, use a drying rack for delicate items, such as wool or silk.
- Use more environmentally friendly detergents. Eco Plus, Sun and Earth or baking soda are all easily accessible. Or use OxiClean, which is a detergent ball. It can be used for up to 25 loads. These products are concentrated so you use less, and they are easier on the environment.
- Organic detergent choices are always available and easy to find at local retailers.
- Wash clothes in warm or cold water. This will use 80 to 85% less energy compared to hot water. Only use hot water for oily dirt or stains.



Housekeeping

Reduce

- Always try to buy cleaning products in concentrate. You get more product for less.
- Do not run water while you clean sinks or dishes. Shut the faucet off or fill a bucket with water and general purpose cleaner.

Reuse

- When cleaning your room, avoid onetime use products such as wipes. Instead, reuse old towels, tattered t-shirts, cotton wash-rags and natural-bristle brushes.
- Wear your clothes—especially pants—multiple times before washing, unless they're truly dirty. There is no need to wash clothes after only one wear. This saves water, energy and prolongs the life of your clothes.

Nontoxic Chemicals

- Attempt to use cleaners that have non-toxic chemicals in them. Toxic solutions can leach into groundwater where we get our water (including all bottled water.)
- Always read labels and **ONLY** buy products that say nontoxic, biodegradable, dye-free, chlo-

rine-free, phosphate-free, non-petroleum based, vegetable based or fragrance free.

- Chlorine bleach is harmful to the environment. If you need to bleach, use oxygen or hydrogen based products.
- There are many excellent and cheaper cleaners that you can prepare quickly on your own. Try using borax, baking soda, washing soda, club soda, salt, distilled white vinegar, cooking oil or lemons

Cleanliness Saves

- Try to keep your area, as well as yourself, clean and tidy. The less often you have to use cleaners and detergents, the better. It is also much more courteous to those who may be sharing common living space.



Did you know that the typical American consumes 6 times more energy than the world average?



Being Green Off Campus

Some people contend that there's nothing to do around campus. They're wrong. Before you hop into a car or bus, consider your options. There are tons of activities to do around Allentown that require no transportation, no greenhouse gas emissions and no pollution! All you need is a pair of sneakers!

Some of the many green activities available in Allentown include:

- **The Rose Garden:** Located at Parkway Blvd. and N. Broad St.
 - **Bucky Boyle Park:** Located at Front St. and Gordon St.
 - **Canal Park:** Located at E. Hickory St. off of E. Hamilton St.
 - **Cedar Beach Park:** Located at Ott St. and Hamilton Blvd.
 - **Little Lehigh Parkway:** Located at Little Lehigh St. off of Martin Luther King Blvd.
 - **Trexler Memorial Park:** Located at Cedar Crest Blvd. and Parkway Blvd.
 - **Union Terrace Park:** Located at Walnut St. and Elmo St.
 - **West Park:** Located at 15th St. and Turner St.
- Picnic outside on the campus lawns or at a nearby park.
 - Exercise and play outside.
 - Support your classmates by attending a performance at the Baker Center for the Arts instead of driving off-campus to the movies.
 - Walk to the Allentown Fairgrounds where the Farmer's Market is open Thursday through Saturday.
 - Walk to 19th St. where there are coffee shops, stores, restaurants and the famous 19th Street Theatre.



There are also many shopping centers within walking/biking distance. Take advantage of their convenient location. Enjoy a short walk to these shopping centers which include grocery stores, drug stores, restaurants, entertainment and more.

Did you know that energy efficient lights and appliances can cut energy bills by 10% to 50%?



Recycling

The Lowdown on Recycling

Recycling is one of the most important and easiest parts of environmental stewardship. By recycling just half of a typical household's waste, you can save 1.4 tons of greenhouse gases from entering the atmosphere.

Recycling is only one-third of the equation, however. It is important that we also reduce our waste, reuse what we can and recycle when we cannot get any more use out of something.

Recycling on Campus

The recycling system at Muhlenberg is so user-friendly! But it's up to everyone to comply and put recyclables in their respective containers.

On campus and in Allentown, only #1 and #2 plastic bottles can go into the recycling bins. To find out whether a plastic is #1 or #2, look for the recycling symbol with a number printed in the middle, usually found on the bottom of the item.

- Recycle all aluminum cans, steel containers, glass and #1 and #2 plastic products in the small blue recycling tote bins found near the residence halls.
- All plastics #3 to #7 go in trash bins.
- Recycle all paper and cardboard in paper bins and **nowhere else**.



- Please flatten all cardboard.
- **NEVER** place any trash into a green paper recycling bin or into a blue commingled recycling tote. This "contaminates" recyclables, and they must then be landfilled like trash.
- **NEVER** try to recycle ceramic.
- Paper plates, paper juice cartons and napkins are not recyclable and are often coated with a waxy substance that interferes with the recycling process. Put them in the trash.
- Please quickly rinse out all bottles and cans to remove food waste and help prevent stinging insects from being attracted to the recycling bins.

Still have questions about what can be recycled? Check out Plant Operations guide to recycling at:

<http://www.muhlenberg.edu/mgt/plantops/recycle.html>

Did you know that the energy saved by recycling just one aluminum can is enough to power a computer for 3 hours? or a television for 2 hours?



Taking a Byte Out of Waste: Recycling Technology

What's the Big Deal?

Although many people simply throw their old cell phones, computers and ink cartridges in the trash, this is not environmentally safe. Discarded electronics carry loads of heavy metals like mercury, cadmium, lead and others that can get into our drinking water if not disposed of properly. Electronic waste is the fastest growing waste stream. By recycling our electronic goods properly, we can allow for certain plastics and metals to be reused in other products, such as kitchen cabinets and circuit boards.

Here, in the Lehigh Valley area, we have many other, more environmentally safe options to dispose of our electronic waste that comply with federal and state laws intended to protect our health and environment. Most donations and recycling programs offer receipts that are tax deductible!



Did you know that it will take about 1 million years for a glass bottle to break down in a landfill?

Where to Recycle Tech Toys

Lehigh County Office of Solid Waste Management
1801 Union Boulevard
Allentown, PA 18104
(610) 797-7608

They are partnering up with AERC Recycling Solutions to recycle large electronic waste such as computers, monitors, printers, laptops, radios, TV's, etc. It costs \$1 for per item and \$5 for TV's. They collect every 2nd and 4th Friday of every month. Call to make sure they are collecting on the day you are going.

RePlace Discount Store
(Good Shepard's Work Services)
2330 26th Street
Allentown, PA 18103
(610) 709 - 0205

This is a local thrift store that offers electronics and other goods to people in need. To donate old technology, just call them up and tell them what you would like to donate RePlace will come and pick it up for you. They accept working computers, laptops, and printers. They are open Monday-Saturday, 9 a.m.-7 p.m.; Sunday, 11 a.m.-5 p.m.

Learn More about E-Waste

<http://www.computertakeback.com/>



Recycling

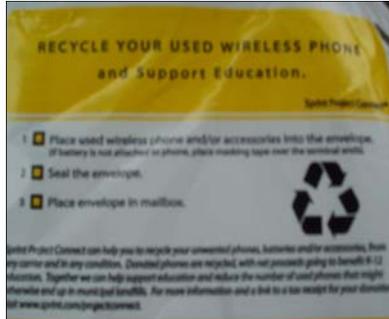
Cell Phones

**Verizon Wireless
(Lehigh Valley Mall)**
181 Lehigh Valley Mall Road
Whitehall, PA 18052
(610) 231-1720

Donates phones in decent condition to victims of domestic violence and sends phones that cannot be refurbished to the Wireless Recycling Center in Dexter, Michigan.

Cingular Wireless
1906 Macarthur Road
Whitehall, PA 18052
(610) 770-6894
The Cingular Reuse and Recycle Program donates phones in decent condition to the National Guard.

Sprint
2282 Macarthur Road
Whitehall, PA 18052
(610)782-2800
Sprint Project Connect will recycle old phones of any make or carrier, with the net profit going to benefit K-12 education in the Lehigh Valley.



Best Buy
1504 Macarthur Rd
Whitehall, PA 18052
(610) 432-6956

Cell Phone Recycling Program will recycle phones of any make or carrier and donate a portion of the proceeds to the Boys and Girls Clubs of America

Printer and Toner Cartridges

Best Buy
1504 Macarthur Rd
Whitehall, PA 18052
(610) 432-6956

There is a drop box at the entrance where you can just drop off your used cartridges.

Did you know that Americans throw away 42 million newspapers everyday? That's like throwing away 500,000 trees every week. Recycle those *Wall St. Journals* and *Weekly's!*



Recycling

Office Depot

Cedar Point West Shopping Center
480 Cedar Crest Boulevard
Allentown, PA 18103
(610) 432-9900

Simply drop your ink or toner cartridges into the appropriate bins, located near the customer service desk.

Staples

The MacArthur Plaza
2409 MacArthur Road
Whitehall, PA 18052
(610) 821-8711

Bring your ink or toner cartridges to the customer service desk and they will drop it in their electronics recycling bin.



For more information on local technology recycling, go to www.earth911.org

Batteries

You can save a lot of money and a lot of frustration by switching from standard alkaline batteries to rechargeable NiCd, NiMH, or Lithium-ion batteries. Available wherever batteries are sold, they initially cost more upfront, but you will ultimately save by not having to purchase expensive single use alkaline batteries.

If your rechargeable batteries no longer work, do not throw them out! There are many nearby battery drop-off locations that accept them.

Circuit City

1055 Grape St.
Whitehall, PA 18052
(610) 266-6399

Staples

The MacArthur Plaza
2409 MacArthur Road
Whitehall, PA 18052
(610) 821-8711

A.E.R.C. Recycling Solutions

2591 Mitchell Avenue
Allentown, PA 18103
(800) 554-2372

You can also recycle batteries on campus at Java Joe's. Just look for the giant battery.

Did you know that we recycled 109.26 tons of paper at Muhlenberg in 2006? That's the same as saving about 1,800 trees! Recycling DOES make a difference.



Clubs and Organizations

Advertising

Currently, many students get mailbox handouts that they throw out without ever reading them.

Fliers that do not stand out among the others are hung all over the walls near the staircase in Seegers Union; however, few people, if any, actually read them.



What You Can Do

- Facebook (Flyers, Groups, Event Invites): So many people at the College are on Facebook and check it constantly. Use this option to its full potential.
- Email: By simply contacting the Dean of Students Office you can have an e-mail for your event sent out to all of the campus e-mail addresses.
(Contact: DOStemp@gw.muhlenberg.edu)
- Banners: Hanging a banner in Parents' Plaza is a great way to advertise, and sheets are reusable.
(Contact: Begbie@muhlenberg.edu)
- 'Berg Bulletin/Message Board: Your message will be posted on the message board, and everyone will see it when they use a campus computer. This gets sent to every mailbox and saves A LOT of paper.
(Contact: Bruckner@muhlenberg.edu)
- Reusable handouts: If you must place handouts in mailboxes, use a reusable source, such as recycled cardboard or paper.
- *The Muhlenberg Weekly* is widely available and regularly read by thousands of students and off campus subscribers. Use *The Weekly* for advertising in print.
(Contact: weeklyeditor@gmail.com)
- *The Muhlenberg Advocate* is regularly read by students at the College. Use *The Advocate* for advertising electronically.
(Contact: advocate@muhlenberg.edu)

Did you know that the average American spends 8 months of their life opening junk mail? A simple cancellation phone call saves your life and some trees, too—literally.



Make the green switch!

Other departments have. You should, too!

Office of Community Service:

The Office of Community service has saved time and money by changing the way that it advertises. They stay away from fliers by keeping an up-to-date webpage. In general, every department should have a current website, where majors can go for interest related information. Additionally, they use target marketing to email people by interest, rather than mass-mailing 3000 fliers. If fliers are absolutely necessary to distribute, they should be printed on the back of recycled paper.

Student Council:

Student Council puts a limit on how much paper advertising can be used during a campaign. While this restriction is really meant to eliminate advantages in campaigning, enforcing a limit makes our campus one step closer to being greener. Currently, candidates are not allowed to campaign on Facebook, but we believe that if the Campus implements a campaigning website, we could save a ton of paper by giving everyone a central location to learn the candidate's platforms without giving any nominee an advantage.

Office of Residential Services:

Aaron Bova, Associate Director of residential services, is currently a member of the campus greening committee. He is taking many steps toward eco-friendly housing news. You may find it hard to believe due to the amount of junk mail we currently receive in our mailboxes, but most of the current residential services paper mailings are "necessary evils."

In the summer of 2006, ORS moved to a virtual summer mailing advertised through a small postcard versus a full sized mailing to be sent to every family. This move alone saved 33,029 pieces of 8" x 11" paper plus in addition to the paper saved with smaller postcard versus a large envelope. This saved \$660.58 in printing costs, as well as \$738.00 in postage.

In 2006, ORS also added AOL IM live chat sessions for students to have an outlet to receive information in an effort to cut back on some of their mailers. They have increased the number of sessions to 4 per month. They have also placed all of the applications and forms in PDF format online and gladly accept them electronically. Upon receipt, there is then no reason to print them. The "request to stay over break" form is completely paperless and can be submitted online. ORS hopes to use the online submittable form as a model for future submittable applications and forms.

Did you know that 87% of agricultural land is devoted to raising livestock for meat consumption. If everyone ate a little less meat, think of how many more people could eat.



Dining

Food

- **Meat:** We're not going to tell you to stop eating meat, but try eating completely vegetarian at least 3 days a week. Because cows have ruminants in their intestines, raising them strongly contributes to global warming. Also, raising chickens and other livestock significantly pollutes the waterways that we depend on for all of our water uses.
- **Fair Trade:** Support Sodexho's decision to offer Fair Trade coffee as an option at all of the college's dining facilities. Fair Trade beans are harvested in a more sustainable manner.
- **Organic Food:** Purchase organic food available for sale in the General's Quarters. Also, encourage Sodexho to continue purchasing more organic food. It is healthier, tastier and more sustainable to grow.
- **Water Bottles:** Avoid drinking out of bottled water bottles. The water is bottled tap water and is the same quality as that of the tap water. All drinking water must pass rigorous quality tests in the United States, therefore all water is safe. Water bottles take A LOT of energy to ship and thus significantly contribute to global warming.



Dining On Your Own

- When ordering in, politely say that you do not need any forks, napkins or condiments. This will significantly reduce waste.
- Always cover pots when cooking. Cooking time will be faster and use much less energy
- Buy groceries in bulk whenever possible. This reduces excess packaging.
- Avoid buying single use frozen meals. They are wasteful.
- If you are going to refrigerate hot food, let it cool awhile before putting it in the refrigerator to avoid raising the internal temperature. (Never leave meat, poultry or eggs out for more than an hour!)

Did you know that 27% of the food produced for human consumption in the United States is thrown away?



Dining

Waste

- Take only as many plates, utensils and cups as you actually need in the Garden Room. You can always get up to get more if needed.
- Use Greenware cups available for fountain drinks at the General's Quarters instead of the paper cups.
- Purchase a reusable Mule Mug at the General's Quarters and Java Joe's. Reduce waste AND receive a discount on your drink purchase.
- Napkin dispensers are designed to supply single napkins in an effort to reduce waste. Take only as many napkins as are truly necessary.
- Appropriately recycle bottles in the recycling bins.
- **NEVER** dispose of any food in a recycling bin.
- Never put paper plates or napkins in the recycling bins.
- Discourage the use of plastic bags in the General's Quarters.
- Look towards replacing existing equipment with ENERGY STAR equipment, which will decrease energy use.
- Use alternative packaging methods in the General's Quarters for foods. Currently, items such as buffalo chicken wraps and cupcakes are always placed in a non-compostable plastic containers.
- Support the implementation of a food waste composting program.
- Students should keep organizing organic food nights in the Garden Room. These have become a model for other schools in the area.

Recommendations for the Future

- Request more vegetarian options to reduce our impact on the environment and improve our health.
- Request more local and organic options.



Did you know that over 30 million Americans will go hungry this year?



Classroom Tips for Professors

Conserve Energy

- Turn off blue screens and projectors when you're finished using them.
- Turn off photocopiers at night. The energy wasted by leaving photocopiers turned on is enough to make 5,300 copies.
- Turn off computers when you're finished using them rather than leaving them on standby. The energy wasted by leaving them on puts about 1 ton of unnecessary greenhouse gases into the atmosphere per computer.
- Shut off the lights in your office when you leave the room. There's no reason for your lights to be on while you're teaching a class or away from your office.
- If you have a thermostat, turn the temperature down by two degrees in the winter and up by two degrees in the summer. By simply doing this, you can save over 1 ton of greenhouse gases from being released into the atmosphere.

Waste Less

- Print multiple page documents double sided.
- Consider accepting assignments via email.



- Reuse paper to write notes.
- Use Blackboard or Moodle to communicate information to students. This also makes classroom readings and assignments much easier for students to keep up with.

Recycling

- In the lab, **NEVER** place broken Pyrex into recycling containers. It must be thrown away.
- Recycle all paper, empty bottles and aluminum cans. Every department office has a paper recycling bin.

Field Trips

- Fill college vans to capacity. There is no need to use extra gas for the sake of a little leg room on a short trip.
- Take closer trips. Try to take advantage of local resources first instead of going further from campus if possible.

Did you know that enough paper was recycled at Muhlenberg in 2006 to power a typical home for almost 55 years?



Nonacademic Study Tips for Students

Conserve Energy

- If you need to use a computer, use a laptop instead of a desktop if you can. Laptops typically only use 50% of the energy that a desktop uses.
- Only leave your printer on when you are about to use it. Otherwise, it is wasting lots of energy.
- Do not leave pencil sharpeners, desk lamps, cell phone chargers or other appliances plugged in when they're not being used. They still consume energy even if they are off. If you must leave appliances plugged in, plug them into a power strip that you can switch off at nighttime or when you're away from home.
- Do not leave an away message up online when you are asleep or in class. This wastes a lot of energy and reduces the life of your computer due to the dust collecting on its fans.



Did you know that about 80% of what Americans throw away is recyclable? Unfortunately, our overall recycling rate is at about 28%.

Consume Less

- Ask your professors if you can submit papers via email or Blackboard Digital Dropbox.
- Send documents and information electronically instead of by hard copy whenever it is professional and acceptable to do so.
- Print papers and projects double sided. To do so, click print odd pages and print. Once the pages have finished printing, put the papers back in the print tray and select the option to print even pages.
- Check out books from Trexler Library instead of buying them when you can. If you need to buy a book, try to buy it used. This will reduce the amount of paper used to make books.
- Art students can donate used art supplies to nearby schools or day care centers.
- Read homework online whenever possible to avoid wasting paper.
- Reuse school supplies from previous semesters. No need to go out and buy brand new binders if your old ones are in good condition. This will also save you money.



Driving

Facts on Motor Vehicle Emissions

Cars release pollutants from tailpipes as a result of the process of fuel combustion, as well as from underneath the hood and throughout the fuel system. Such processes happen when heat causes fuel evaporation. This occurs mostly during the “cold start” phase during the first few minutes it takes a car to warm up.

According to the U.S. Environmental Protection Agency, driving a car is the single most polluting activity that most of us do. Motor vehicles emit massive amounts of pollutants into the air every year. Auto emissions contribute to the following:

- Several toxic pollutants that cause up to 1,500 cases of cancer every year in the U.S.
- Environmental problems such as acid rain and global climate change.



- **Hydrocarbons** react with nitrogen oxides in the presence of sunlight and elevated temperatures to contribute to ground-level ozone. They also cause eye irritation, coughing, wheezing, shortness of breath and can lead to permanent lung damage.
- **Carbon Monoxide** is a colorless, odorless and deadly gas that reduces the flow of oxygen in the human bloodstream and can impair mental functions and visual perception. In cities, motor vehicles are responsible for as much as 90% of all carbon monoxide in the air.
- **Nitrogen oxides** contribute to ozone formation and the formation of acid rain which impacts water quality.
- **Ground level ozone** is a serious air pollution problem in the Northeast and Mid-Atlantic states. While ozone is great in the upper atmosphere, it is extremely dangerous at the ground level.
- Motor vehicles also emit large amounts of carbon dioxide, which traps infrared radiation from reflections off of the earth's surface. This, in turn, causes global climate change.

Did you know that you can save enough energy to power a standard light bulb for 4 hours just by recycling a glass bottle?



Gas costs more than just what you pay at the pump

Consider the Cost!

- The Federal Highway Administration estimates that it costs between \$0.22 and \$0.29 per mile to operate a car, depending on the size of the vehicle.
- By carpooling, commuters can save up to \$3,000 every year on gas, insurance, parking, and general wear and tear on a car.
- Idling and stop-and-go traffic costs motorists 753 million gallons of gas every year, \$1,194 per driver in wasted fuel, and millions in lost productivity.

Driving on Campus: It Doesn't Save Any Time

- Don't drive short distances around our tiny campus just to save time!
- Save gas, and our environment, by walking or riding a bike. Besides, despite what you might think, it doesn't actually save you any time to drive across campus. By the time you factor in walking to your car, driving, and then searching for an impossible to find parking space, you often take just as much time, if not more.
- And did we mention the time it takes you to walk to the cashier's office to pay for your parking ticket...



Freshmen: You Aren't Supposed to Have a Car Anyway

Of course everyone wants to have their cars on campus, but consider the environmental effects of more than 600 extra cars emitting dangerous pollutants everyday! Cutting back on the overall number of cars on the roads will aid in the overall effort to reduce carbon dioxide emissions that pollute our environment.

Take the Shuttle—Why Not?

Luckily for freshmen, who are not permitted to have cars on campus, the Muhlenberg shuttle service will take you *anywhere* you need to go in the Lehigh Valley at convenient times. If you are planning on going to the movies, hop on the shuttle and go with your friends who are already on their way as well. Saving the extra gas will emit fewer pollutants into our environment, and reduce your personal ecological footprint. Shuttles are not for freshmen only! All students should take advantage of this College service.

Did you know that plastic production accounts for 14% of all toxic air emissions?



Driving

Stop Speeding!

Traveling at moderate, steady speeds, ideally between 55 and 60 mph, and reducing idling time will result in fewer emissions. After all, idling for more than a half of a minute burns more gas than it takes to restart the engine. So take it slow and avoid speeding tickets, park the car and walk into the restaurant instead of using the drive-through, and turn off the engine while waiting to pick up a friend!

Want to Get Away? Get on the Bus!

Thinking of traveling off campus this weekend? Want to visit New York City or Philly? Deciding to leave your car in the parking lot and traveling into the city by public bus is a much better option! Not only do you get to sit and relax, do some homework, and chat with your friends while someone else drives for you, but you can also enjoy knowing you are saving gas and the environment at the same time! And don't think its costing more to travel by bus—think of all the money you are saving on gas and city parking!

Taking a Class Trip?

When taking a class fieldtrip, talk to your professors about transportation concerns. If taking a shorter trip,

suggest filling one van completely before using a second one. If taking a trip to further destinations like New York or Philly, suggest a public bus as opposed to private transportation. Why drive a half-filled coach bus into a city when there are plenty of busses traveling into the city everyday? Taking one full bus instead of two-half empty ones saves money, gas, and the environment.

Who Really Wants to Ride Alone? Carpool!

If you must have a car on campus, why not travel in groups? Whether you're going to the mall, out to dinner, or just on a quick Target run, carpool with friends? Sacrifice your comfort momentarily by fitting as many people (safely) as possible into the fewest amounts of cars. Fewer cars on the roads will lead to less traffic, less carbon dioxide emissions, and thus less harmful environmental effects.



Did you know that Muhlenberg spent over \$2,000,000 on electricity in 2006? Think about how much of that was wasted and what else that money could be used for.



References

- BSI Education. (2005). *Challenge 2: The Sustainable School Quiz*. Retrieved April 3, 2007, from [http://www.bsieducation.org/Education Challenge/Challenge2/quiz.shtml](http://www.bsieducation.org/Education%20Challenge/Challenge2/quiz.shtml)
- Colby College. (2005). *Green Colby: Green Dining*. Retrieved April 1, 2007, from <http://www.colby.edu/green/dining.html>
- University of Oregon Central Power Station. (2004). *Energy Conservation Myths*. Retrieved April 3, 2007, from <http://facilities.uoregon.edu/cps/energy/myths.html>
- Fabri-Kal, Inc. (2007). *Greenware Cold Drink Cups*. Retrieved April 1, 2007, from <http://www.f-k.com/greenware>
- Hummel, S. & Andeck, G. (2005). *Methodology for Developing a Comprehensive Dining Program at a University*. Retrieved April 1, 2007, from <http://www.duke.edu/sustainability/documents/Greening%20Campus%20VI%20-%20Dining%20Paper.pdf>
- National Safety Council. (2006). *Auto Emissions Fact Sheet*. Retrieved April 3, 2007, from http://nsc.org/ehc/mobile/mse_fs.htm
- Regents of the University of Minnesota. (2006). *Energy Conservation Campaign*. Retrieved April 3, 2007, from <http://www.facm.umn.edu/energyconservation.html>
- Saphire, D. (1998). *Getting an "A" at Lunch*. Retrieved April 1, 2007, from <http://www.p2pays.org/ref/04/03993.pdf>
- Sodexo, Inc. (2007). *Balance, Mind, Body, and Soul: Sodexo's Nutritional Resource*. Retrieved April 1, 2007, <http://www.balancemindbodysoul.com>
- Trask, C. (2006). *It's Easy Being Green: A Handbook for Earth-Friendly Living*. Layton, Utah: GibbsSmith.
- University of Maryland. (2006). *Dining Services: Environmental Programs and Practices*. Retrieved April 1, 2007, from www.dining.umd.edu/greendining/Env_Prog.cfm

Did you know that the average person can save 143 gallons of gasoline by driving 2 days less per week?

ABOUT THIS GUIDE

When we think of Muhlenberg College, we typically see red. Red Doors, that is. This guide hopes to expand the symbolic color palette on our campus—to help make *green* living as much a characteristic of Muhlenberg as our Red Doors.

This guide joins efforts already underway to reduce the environmental imprint of Muhlenberg, spearheaded by the student organization EnAct, the President's Greening Committee, and many others. It is the work of a dedicated group of students in a Spring 2007 course at Muhlenberg College, "Environmental Communication," taught by Dr. Lora Taub-Pervizpour in the department of media & communication.

In the process of studying media messages about the environment, the students took it upon themselves to create a message of their own: that students can and *do* make choices that impact the environment. This guide is the culmination of a semester's worth of valuable classroom discussions among students drawn from majors across the natural sciences, humanities, and social sciences. The result is a guide of simple yet far-reaching tips covering every aspect of college life.

Even your modest efforts to follow these tips will help better assure that we may sustain our quality of life on this pristine campus—and beyond the Red Doors—far into the future.

THE PRODUCTION TEAM

Tricia Conti	Sara Gardner	Lindsay Kutner	Elizabeth Stillman
Ian Cotter	Rachel Greenberg	Hallie Miller	Lauren Tatz
David Ercolano	Caroline Jacobs	Katherine Owen	Katie Vecchione
Eric Feld	Farrin Jay	Christin Ramsey	

SPECIAL THANKS TO:

Dick Begbie	Steve Epting	Kim Ngyuyen	Dr. Amber Vanderwarker
Aaron Bova	Sue Flederbach	Dr. Rich Niesenbaum	Sharon Venanzi
Mike Brewer	Jacy Good	Amanda Palmer	Michelle Yost
Mike Bruckner	Dr. Roland Kushner	Janet Saunders	
Kent Dyer	Val Lane	Liz Schmitt	

Environmental Communication Class

Spring 2007

