

# CAMPUS *Green* GUIDE

Your guide to a sustainable lifestyle at Ball State



**PUBLISHED BY BALL STATE UNIVERSITY UNIFIED MEDIA**



student center



#### L. A. Pittenger Student Center

Taco Bell® (including breakfast)  
Starbucks®  
Salad & fruit bar  
Specialty lunch entrees  
Grill favorites  
Soups  
Homestyle favorites  
Freshly made sushi  
Grab-n-go salads,  
sandwiches, & wraps



#### Bracken Library (1st floor)

Hubbard & Cravens® coffees  
Hubbard & Cravens® teas  
Espresso & specialty drinks  
Frozen blended drinks  
Fresh sandwiches  
Salads  
Pastries & cookies  
Fresh fruit  
Grab-n-go breakfast items

#### micro CAFE

##### Stuebaker West Complex

Grab-n-go sandwiches  
& salads  
Soups  
Microwavable entrees  
Pastries  
Hubbard & Cravens® Coffees  
Grocery area

## LaFollette Square

#### LaFollette Complex

##### The Buff (upper level)

All-you-care-to-eat home-style favorites & salad bar

##### Courtside (lower level)

Hot custom deli subs  
Custom pastas & pizzas  
Salad & soup bar  
Fresh fruit & veggies  
Chobani® yogurt bar  
Gluten-free cupcakes

##### Out of Bounds (lower level)

Custom sandwiches  
Hot dogs & chili dogs  
Nachos  
Grilled chicken  
Grab-n-go sandwiches  
& salads  
Grill appetizers  
Freshly made sushi  
Grocery area



#### Kinghorn Hall

Custom sandwiches & salads  
Create-your-own pastas  
Burgers, pizzas, & nachos  
Soups  
Coffee & fountain drinks  
Grocery & grab-n-go areas



#### Recreation & Wellness Center

Toasted sub sandwiches  
Salads & soups  
Wraps & flatbreads  
Grocery area



#### Art & Journalism Building

Burritos, quesadillas, nachos,  
& other Mexican fare  
Chips & salsa bar  
Custom-made salads  
Custom-made deli sandwiches  
Boar's Head® meats & cheeses  
Chick-fil-A® favorites  
Papa John's® pizza & wings  
Freshly made sushi  
Angus steakburgers  
Jumbo tenderloins  
1/4-lb. all-beef hot dogs  
Specialty baked potatoes  
Onion rings  
Fresh fruit



#### Noyer Complex

##### Food Mall/Marketplace

Salad bar  
Grill favorites  
Homestyle entrees  
Pasta dishes  
Stir-fry  
Paninis  
Custom-made deli sandwiches  
Soups  
Freshly made sushi  
Gourmet desserts  
Grocery area

##### The Retreat

Lunch features a la carte entrées,  
salads, soups, & desserts  
(faculty/staff & their guests  
only). Dinner is an all-you-care-  
to-eat buffet (open to all).



#### WOODWORTH COMMONS

##### Woodworth Complex

Brick-oven pizzas  
Pasta entrees  
Mongolian grill  
Tacos & nachos  
Homestyle entrees  
Grill favorites  
Custom-made spinning salads  
Paninis & wraps  
Grab-n-go sandwiches & salads  
Fresh fruit  
Pastries & breakfast items  
Starbucks® coffees  
Grocery area



#### Jamba Juice

##### Art & Journalism Building

Smoothies made w/real fruit  
Energy-boosting blend-ins  
Wheat grass shots  
Teas  
Freshly squeezed juices  
Baked goods & flatbreads  
Hot oatmeal

#### Elliott Dining

##### Southwest of Elliott Hall

All-you-care-to-eat  
buffet, featuring custom  
stir-fry, homestyle fare, grill,  
& salad bar

# HUNGRY? Find fresh variety in Ball State Dining!

Hours, menus, & nutrition facts at [bsu.edu/dining](http://bsu.edu/dining)




@BallStateDining



/BallStateDining





Riding MITS not only  
keeps Muncie healthier,  
but cleaner too.

Transportation accounts for more than 30% of carbon dioxide emissions in the U.S. By taking public transit, 37 million metric tons of carbon dioxide is saved from going into the air each year.

A single commuter switching his or her commute to MITS will reduce about 5,000 pounds of carbon dioxide emissions annually. That savings doubles if a household with two cars makes the switch.

Our hybrid diesel-electric buses have their own unique benefits:

- **Significant emission reductions:**

*95% reduction in particulate (soot), 90% reduction in hydrocarbons, 50% reduction in nitrogen oxide (NOx)*

- **Improved passenger experience**
- **Reduced noise levels**
- **Smoother acceleration and ride**
- **Comfortable and environmentally friendly**
- **About 30% less fuel consumption**



[mitsbus.org](http://mitsbus.org) • @mitsbus • download the MITS OnTime app for bus times in real time





# **TABLE** *of* **contents**

**WEAR GREEN** *8*

**EAT GREEN** *11*

**PLAY GREEN** *17*

**LEARN GREEN** *22*

**ACT GREEN** *31*

**CREATE GREEN** *37*





Cover Photo by Breanna Daugherty  
Table of Contents Photo by Mikaela Maranhas

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# from the editor

The neighborhood I moved into this summer was not where I imagined myself living during college. One block from my house is the Emily Kimbrough Historic District, and less than a mile away is the Cardinal Greenway and downtown Muncie. I quickly learned that I could ride my bike via greenway to school and buy produce at the Downtown Farm Stand. My neighbors, who have lived in East Central Muncie for years, take pride in the Muncie-famous Old Washington Street Festival and never cease to inform me on important community events.



**Aistè Manfredini**

Emerging Media Design & Development  
First year graduate student  
*Campus Green Guide Editor*

During my time as an undergrad at Ball State, I made little effort to explore downtown, get to know the community or search for hidden gems in the neighborhoods surrounding campus. Some of the misconceptions I had of Muncie made me miss out on opportunities I never imagined existed. I spent the majority of my time in the “college bubble” just outside of campus with other college students, and looked for entertainment in the Village. Those are all great experiences, but there is more that Muncie has to offer students at Ball State.

The Campus Green Guide, a custom publication of Unified Media, was created as a response to millennials’ concern for emerging environmental and natural resource issues and the idea that “there is nothing to do in Muncie.” This guide will introduce you to places such as the downtown Vintage Shoppe (p. 9), trails and parks (p. 20) and the Living Lightly Fair (p. 34). On a serious note, it also explains how climate change is threatening beer production (p. 14) and why

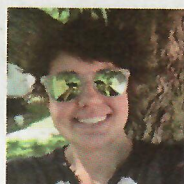
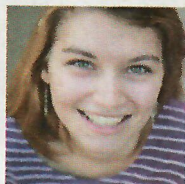
Pope Francis believes that fixing the earth is a crusade of the young (p. 28). Most of all, I hope this guide will motivate you to explore this culture-rich city and challenge you to make small changes in your daily life. Because living “green” is not a political statement, it’s a state of mind.





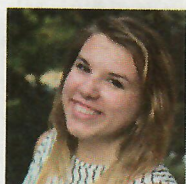
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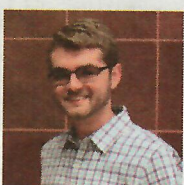
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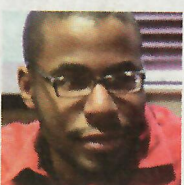
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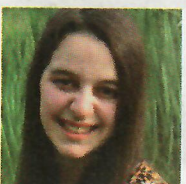
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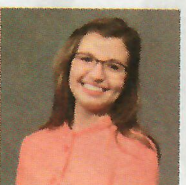
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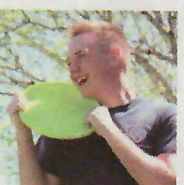
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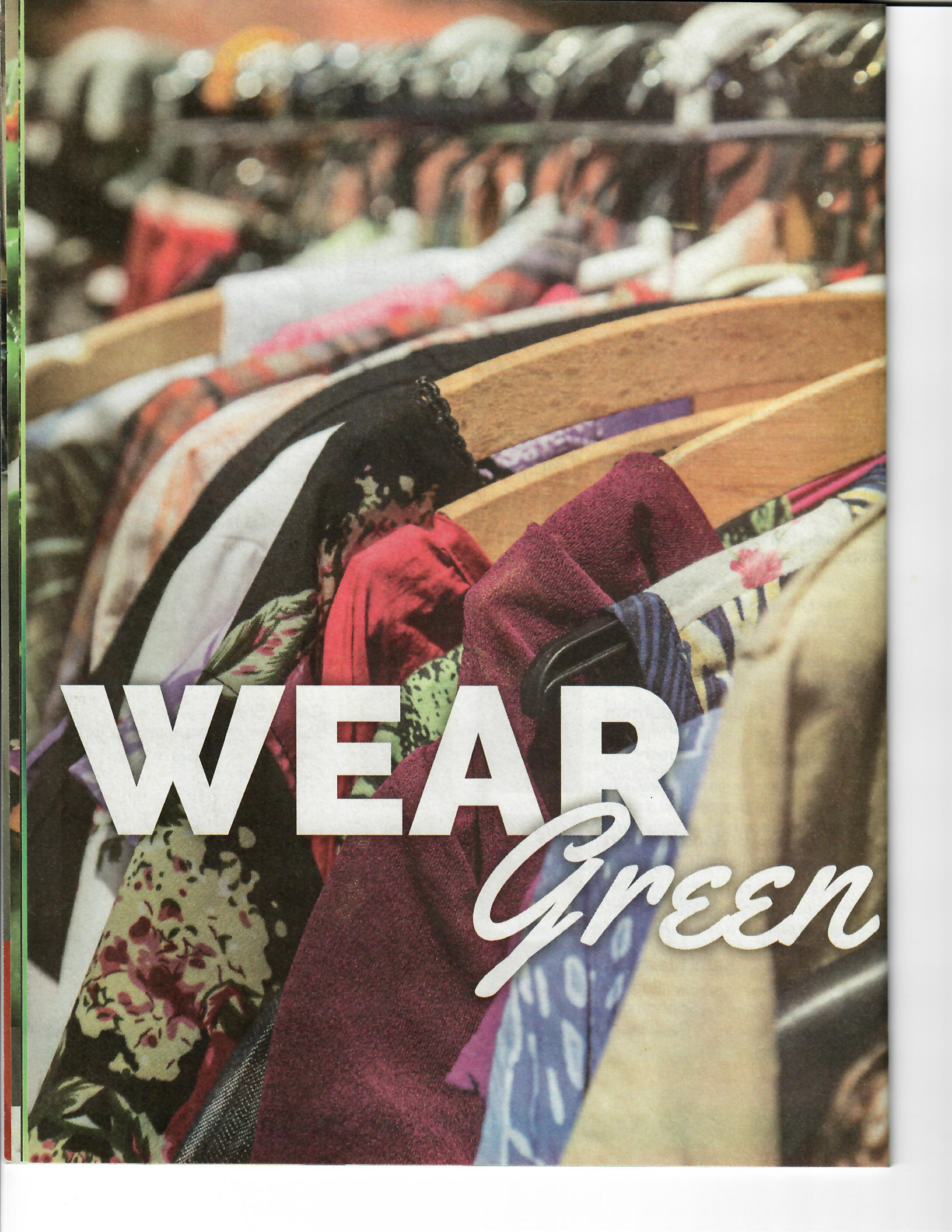
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**WEAR**  
*Green*



# Street-smart shopping *in style*

By Brianna Kirkham

Contributed by Taylor Weddle

Thrift shops and refurbished decor have become increasingly popular among college-aged adults. Living on your own during college is a balancing act of creating personal identity and space, while not breaking the bank. Luckily, the spiking popularity of thrift shops and refurbished decor has provided a way to shop smart and stay trendy.



Unified Media Photo **Brianna Kirkham**

*Vintage Shoppe will be expanding their store later this year, according to Shoppe, to make room for local artists to sell their unique pieces.*

## Vintage Shoppe Thrift & Gift

220 N. Walnut St., Muncie • 765-624-9593

Hours: Wednesday-Friday 11 a.m.-6 p.m.,  
Saturday noon-6 p.m.

A reason to go: "I don't put just anything out," co-owner Jasmine Shopp said. "Everything is clean and ready to wear. I know students are on a budget, and here, they can get cool one-of-a-kind things they're not going to find elsewhere for really cheap. They can get whole outfits for 20 dollars, including shoes."

## Refresh

312 E. Main St., Muncie • 765-228-2084

Hours: Tuesday-Friday 10 a.m.-6 p.m.,  
Saturday 10 a.m.-5 p.m.

A reason to go: "We have a lot of unique pieces that we get from estate auctions, so they're not as expensive," lead designer Cait Malloy said. "It's great to come here if you've bought stuff from Goodwill or a yard sale that you need painted or refurbished. You can buy paint here and do it yourself or we can do it for you."



Unified Media Photo **Breanna Daugherty**

*Many art pieces at Refresh are one-of-a-kind. Local artists create decor that are only available in Indiana, and some of those pieces are only sold at Refresh.*



## Attic Window - Muncie Mission

### Location 1

400 W. Memorial Drive, Muncie • 765-282-0997  
Hours: Monday-Friday 9 a.m.-4 p.m.

### Location 2

3400 N. Broadway Ave., Muncie • 765-213-6231  
Hours: Monday-Saturday 9 a.m.-6 p.m.

Website: [munciemission.org/attic-window](http://munciemission.org/attic-window)

A reason to go: "Our Attic Window stores support the Muncie Mission by helping families in need... We provide clothing, shoes, and accessories for Mission residents and families in need through our Family Service Program. The stores provide re-circulated items and clothing into the community at a low-cost for low-income families," the Attic Window states on their website.

## Also check out:

### Goodwill

#### Location 1

5035 W. Hessler Road, Muncie • 765-747-9808  
Monday-Saturday 9 a.m.-9 p.m.,  
Sunday 11 a.m.-7 p.m.

#### Location 2

1413 E. 29th St., Muncie • 765-284-5051  
Monday-Saturday 9 a.m.-9 p.m.,  
Sunday 11 a.m.-7 p.m.

### Plato's Closet

819 E. McGalliard Road, Muncie • 765-282-0567  
Monday-Saturday 10 a.m.-8 p.m.,  
Sunday noon-6 p.m.



**minnetrista**  
gathering place

f t i o y v p  
Tube

1200 n. minnetrista pkwy.  
muncie, in 47303 765.282.4848  
[minnetrista.net](http://minnetrista.net)

**sustainability in action**



A vibrant still life photograph of fresh produce. In the center, a wicker basket is filled with pears. To the left, a large pile of red and yellow apples is visible. To the right, a cluster of ripe red tomatoes sits on a wooden surface. In the foreground, fresh green lettuce leaves are spread out. Two small, blue and white price tags are visible: one partially obscured by the lettuce on the left, and another in the bottom right corner showing the letters 'TPN'. Overlaid on the center of the image is the text 'EAT Green' in a white, sans-serif font for 'EAT' and a white, cursive script font for 'Green'.

# EAT *Green*



# 6 IMPACT-CONSCIOUS DINING TIPS ON CAMPUS

By Aistè Manfredini

Contributed by Ball State Dining Services

Poor consumerism habits catch on quick during a fast-paced and busy school year. Take a look around the items sorted on the shelves the next time you are in a cafeteria. If you purchase a package of Ramen Noodles, do you know where the ingredients came from? How much went into manufacturing the plastic packaging? Is the package recyclable?

These answers may be hard to find in real time, so here are six simple ways to dine mindfully on campus.

## 1. Buy a reusable drinking container

Ditch your plastic or boxed water bottle, save money and reduce waste with a reusable drink container in BSU Dining. Fountain drinks and self-serve coffee in BSU Dining mugs, tumblers and bottles are only 80 cents. Purchase a BSU Dining container at any register for \$6, plus a coupon for a free fill. Water in all Dining locations is free in any type of reusable container.

If you buy one fountain or coffee drink per day, your tumbler will pay for itself in less than two weeks.

## 2. Try a vegetarian diet

Meat requires more energy and water than vegetables in its journey from farm to table. Plus, over 99 percent of farm animals in the U.S. are raised in factory farms that focus on profit and efficiency at the expense of the animals' welfare, according to The American Society for the Prevention of Cruelty to Animals. The cattle that supply most beef generally spend the last few months of their lives on crowded feedlots, where they are fattened up on corn, cereals and animal by-products. Visit [www.factoryfarmmap.org](http://www.factoryfarmmap.org) to see how many, and which, animals are in factory farms throughout Delaware Co., Indiana, and the United States.

You can start a vegetarian diet by eating at least one meatless meal per week. University Dining has a variety of custom vegetarian options: beans, quinoa, tofu or meatless Gardein offerings for protein.

## 3. Recycle

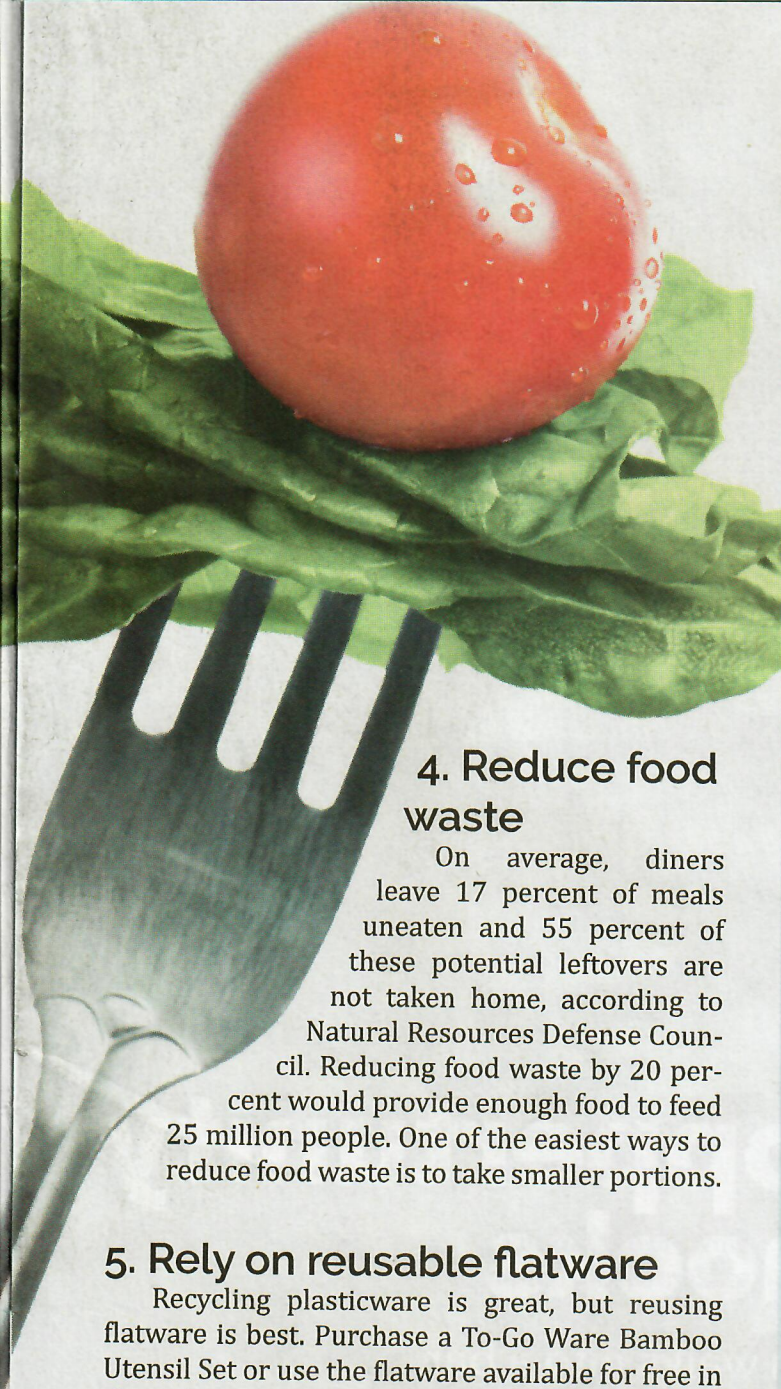
Recycling bins are located in all BSU Dining facilities for your disposables. If you live in a residence hall, place your recyclables in the blue bags in each trash room. If you live off campus, you can request blue recycling bags from the Muncie Sanitary District.

Get a coupon to receive a free roll of 10-30 gallon recycling bags. To receive coupons in the mail, call 765-747-4894 or email [billing@munciesanitary.org](mailto:billing@munciesanitary.org).

Don't feel like waiting? Go to the following retail stores to receive your coupon:

- Cover-Tek
- Marsh and Hometown Markets
- Muncie Public Libraries
- Cardinal Greenway Depot
- Muncie Mall Guest Services
- Sewage Utility Office
- Downtown Development Office
- Downtown Farm Stand
- MD's Golf Academy
- Be Here Now
- The Fickle Peach
- Kirk's Bike Shop
- Boys and Girls Club
- Habitat Home Store





#### 4. Reduce food waste

On average, diners leave 17 percent of meals uneaten and 55 percent of these potential leftovers are not taken home, according to Natural Resources Defense Council. Reducing food waste by 20 percent would provide enough food to feed 25 million people. One of the easiest ways to reduce food waste is to take smaller portions.

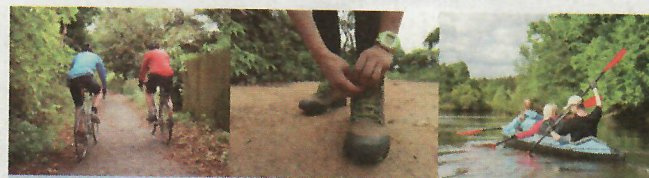
#### 5. Rely on reusable flatware

Recycling plasticware is great, but reusing flatware is best. Purchase a To-Go Ware Bamboo Utensil Set or use the flatware available for free in the following BSU Dining halls: Woodworth Commons, Noyer Center, The Buff in LaFollette Square, Elliott Dining and The Retreat in Noyer Centre.

Note: The locations that do not offer flatware are convenience locations without dining areas or locations that do not have the dishwashing equipment and tray return belts necessary to handle large quantities of flatware.

#### 6. Limit napkins and utensils

Avoid grabbing multiple napkins or utensils. If a meal is not messy, limit yourself to only the napkins you need. Similarly, if you don't need each utensil, take only what you need.

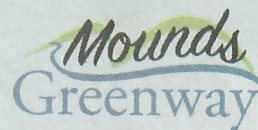


## THERE IS AN ALTERNATIVE TO DAMMING THE WHITE RIVER — THE MOUNDS GREENWAY

The Mounds Greenway is more than a trail — it will:

- be a river park stretching from Anderson to Muncie
- provide a strong boost to our community's quality of life
- create entrepreneurial opportunities
- provide active and healthy recreation and travel
- protect the free-flowing and natural White River — our best natural asset

Find out why the Mounds Greenway is the better path — at [moundsgreenway.org](http://moundsgreenway.org)





A condensation-covered beer bottle sits on a light-colored, textured rock. The bottle is dark and has a yellow cap. The background is a dense, out-of-focus green forest. The text 'OPINION' is printed in a small, white, sans-serif font above the main title.

OPINION

# Hoppertunity knocks

A man walks into a bar,  
and leaves a smaller carbon footprint

Op-Ed by Russell Stewart



**W**hat does fiscal responsibility, concern about the environment, and a nice cold beer have in common? If you guessed my Dad then you're right, but what I'm talking about is the Brewery Climate Declaration.

When it comes to beer, more people are involved in the business than you might think. Aside from the customers and brewers, there are people who transport, distribute and package beer. When a brewery hires one brewer, they indirectly create 45 other jobs. With over 2,800 breweries in the United States, the brewing industry generates over \$246 billion every year! This makes the brewing industry a major job creator in the United States.

With all of these benefits, who would try to prevent these brewmasters from helping Americans quench their thirst? Well, if you live on this planet, which you do, unfortunately it's you.

Climate change is

pulling a President Woodrow Wilson, and trying to put a damper on the beer industry. Air and water pollution are causing the ingredients of beer to become more expensive. As a direct result of air pollution caused by human activities there have been warmer temperatures and extreme weather where hops are harvested. Price of hops, one of the main ingredients of beer, has skyrocketed by 250 percent over the past decade according to [ceres.org](http://ceres.org). That's on par with the rise of gas prices! On top of that, clean water is becoming scarcer in the brewing industry because of drought and reduced snowpack.

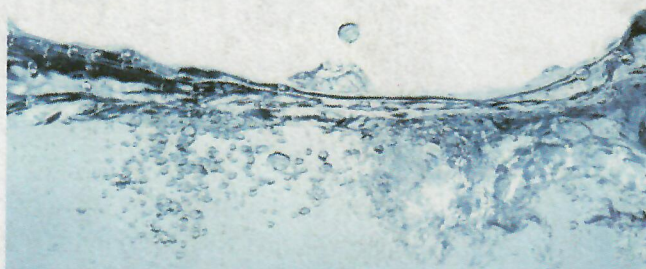
Luckily, the brewing industry loves making beer more than consumers love drinking it. This has led to innovative, cost-effective and green solutions in the industry. The Brewery Climate Declaration is all about taking a stand and minimizing the industry's carbon footprint. It is promoting practices such as measuring greenhouse gas emissions,

using recycled steam as energy and becoming LEED certified.

Breweries aren't just stepping up to the plate – and hitting a home run I might add – they are challenging the entire industry to make these practices the new standard. Companies like New Belgium, Deschutes Brewery and even Guinness are the forerunners in this movement. With these breweries, and many more, the brewing industry is becoming a model

for environmental responsibility.

The next time you're scrambling for cash for the weekend because you spent all of your money on textbooks and school supplies, call your parents with confidence. Tell them you are not spending their money foolishly on beer, but rather, investing it wisely in an industry that is environmentally friendly and supports economic growth. It should work like a charm.



## **BALL STATE UNIVERSITY HOUSING & RESIDENCE LIFE SUPPORTS SUSTAINABILITY IN CLEANING OUR HALLS**

Our new Lotus Pro cleaning system converts tap water to powerful ozone water. It sanitizes surfaces, kills viruses and bacteria and is better for staff and students' health. Lotus Pro has no odor or fumes like traditional cleaners and there is no residue left behind or need to rinse, reducing slip and fall accidents. It's safe for the environment and all surfaces. It also saves our office 63% in reduction of cleaning products and eliminates sending empty cleaning bottles to landfills.





# *B.Y.O.B.*

(Bring Your Own Bag)

By Kyle Specker

Around 102 billion plastic bags are thrown away each year in America, according to the Clean Air Council. Most plastic bags contribute to landfill waste and a chunk of them make their way to the ocean. In an effort to combat this problem, grocery stores are investing in reusable shopping bags or totes that give customers a discount on grocery purchases.

Grocery stores in Muncie  
that offer a **5-cent  
discount** for each  
reusable bag used:

Marsh

Target

Grocery stores in Muncie  
that sell reusable shopping  
totes, but do not offer a  
reusable bag discount:

Meijer

Walmart

5 cents doesn't sound like much, however, over time your savings will add up and your reusable bag could inspire somebody else to bring their own.





PLAY  
*Green*



# Off the beaten path

By Michelle Kaufman

For those who don't have their own vehicles to explore Muncie and farther locations, alternative transportation is available. Bikes, buses and friends can all be sources of transportation. Vehicles account for more than half of greenhouse gas emissions in the transportation sector, according to the Environmental Protection Agency. Greenhouse gases contribute to global warming as well as other environmental problems. So ditch driving alone in the car and try these alternatives.

## Biking

Bike racks are located near most buildings on campus free of charge. Bike lockers are available to rent for \$50 per year. Lockers can be found next to residence halls such as Elliott, Johnson, LaFollette, Studebaker West, Noyer, Park and Anthony Apartments. To rent a locker, search for the Bike Locker Contract on Ball State's website, fill it out and submit it to the Housing and Residence Life office in LaFollette.

Don't own a bike? Buy a new one at Kirk's Bike Shop in downtown Muncie. Kirk's offers a wide variety of bikes, accessories and repair services with free estimates.

**Kirk's Bike Shop**  
124 S. Walnut St., Muncie  
765-282-6389 • [bkbikes.com](http://bkbikes.com)  
Monday-Friday 10 a.m.-6 p.m., Saturday 10 a.m.-5 p.m.

For new and used bikes check out Hardin's Bike Shop. The bike shop has been in business since 1998 with more than 40 years of experience. Some services include bike repair, parts, accessories and trade-ins.

**Hardin's Bike Shop**  
1725 S. Walnut St., Muncie  
765-289-6495 • [hardinsbikeshop.com](http://hardinsbikeshop.com)  
Monday-Friday 10 a.m.-7 p.m.  
Saturday 10 a.m.-5 p.m.,  
Sunday noon-4 p.m.



Unified Media Photo Mikaela Maranhas





## Ball State's shuttle bus service

Free Shuttle buses are available on campus throughout the day. The buses run a continuous loop from the south commuter parking lot C4 to the north bus turnaround at the north commuter lot C1. Download the Transloc app to see a live map of each shuttle bus and bus loop at Ball State.

Ball State's shuttle bus service hours:  
 Every 5-10 minutes, 7:15 a.m.-11 p.m., Mon.- Thur.  
 Every 5-10 minutes, 7:15 a.m.-8 p.m., Fri.  
 Every 10-15 minutes, 5-11 p.m., Sunday

Bus Loop information:

The **RED** Loop stops at the following locations:

Art & Journalism Building  
 Ashland Avenue  
 Burkhardt Building  
 Hargreaves Music Building  
 LaFollette Complex  
 LaFollette Field  
 North bus turnaround at North commuter lot C1  
 Shafer Tower  
 South bus shelter in lot C4

The **GREEN** Loop stops at the following locations:

Anthony Apartments  
 Art & Journalism Building  
 Alumni Center  
 Ashland Avenue  
 Burkhardt Building  
 Hargreaves Music Building  
 LaFollette Complex  
 LaFollette Field  
 North bus shelter  
 Scheumann Stadium  
 Scheidler Apartments  
 Shafer Tower  
 South bus shelter in lot C4  
 Stadium overflow lot

## Charlie's Charter

Are you looking to get around campus in the evening? Charlie's Charter is a shuttle service that provides free transportation on Ball State University owned or controlled property. This is a convenient option for students who have a long walk home after night classes or feel uncomfortable walking late at night. **Note:** Charlie's Charter does not respond to the football stadium until after 11 p.m. Before that time, students should use the shuttle buses.

Charlie's Charter

Hours: Sunday-Thursday 6 p.m.-3 a.m.,  
 Friday 4-7 p.m.

For service, call: 765-760-RIDE (7433)

## MITS bus

To explore the city, use the Muncie Indiana Transit System, a bus service that is free to students when they present their Ball State IDs.

MITS bus

Hours: Monday-Saturday

Visit [mitsbus.org](http://mitsbus.org) for times and routes.

## Hoosier Ride

Hoosier Ride is a bus service that travels to several Indiana cities and five other states including Illinois, Ohio, Michigan, Kentucky and Tennessee. Visit [hoosierride.com](http://hoosierride.com) for details and learn how to get a student discount card.



# Outside & Off Campus

By Brianna Kirkham

Unified Media Photos by Mikaela Maranhas

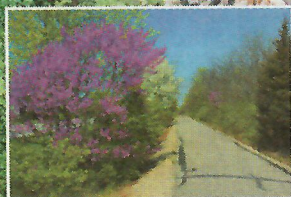
*Minnetrista has many paths and walkways for a saunter. Oakhurst Gardens and the famous Ball brother's houses are a few attractions that are available for visitation.*

**"Come out and play!"**

**Muncie Parks Department**

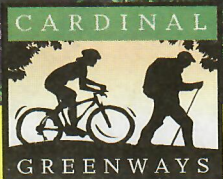
765-747-4858 • [muncieparks@cityofmuncie.com](mailto:muncieparks@cityofmuncie.com)  
[cityofmuncie.com/parks-department-muncie.htm](http://cityofmuncie.com/parks-department-muncie.htm)

**Fitness  
(and fun!)  
for free!**



Discover Cardinal Greenways — 62 miles of paved rail-trail. Walk, jog, or ride your way through the scenic trail and enjoy the beauty of East Central Indiana.

**CardinalGreenways.org**



Parks and trails are available within walking distance from Ball State's campus. Some of the most popular recreation areas include Cardinal Greenways and Minnetrista, both of which host community events such as 5K races and a weekly farmers market.



*Multiple benches are available in Tuhey Park to sit and enjoy the outdoors.*

"Whether you are looking for a place to swim, fish, hike, bike or just enjoy the outdoors we have it all! We encourage everyone to enjoy and utilize our park system," the Muncie Parks Department states on their website.



*Along the Cardinal Greenway is a small brick patio to have a picnic or observe nature.*



# Explore THE GREAT OUTDOORS in Muncie





# LEARN *Green*





# GREENING YOUR EDUCATION

By Amber Janzen

As the climate changes and environmental issues rise, sustainability is becoming a common topic discussed in academia. Students who want to learn about sustainability are not required to declare an environmental studies major. Ball State's core curriculum gives students from all disciplines a chance to "green" their education. Check out these three-credit hour courses and talk to your adviser to see how they could fit into your schedule.

## **Environment and Society, NREM 101**

*Tier 1 Natural Science*

An introductory course on the role humans play in the environment. This course covers issues such as resource management, population, environmental ethics and natural resources.

## **Social Problems, SOC 242**

*Tier 1 Social Science*

Understanding social problems in our society helps to uncover environmental issues. This course discusses the social problems in current American society.

## **Anthropology, Culture and Globalization,**

**ANTH 111** *Tier 1 Humanities*

Learn about the cross-cultural perspective of our globalized world. How does the phenomenon affect other cultures, and most importantly, how do these cultures and our environment adapt in a globalized world?

## **Environmental Systems, LA 270**

*Tier 2 Fine Arts/Design/Humanities*

An introduction to issues in environmental ethics through an analytical lens such as theories, concepts and basic principles

## **Environmental Ethics, PHIL 230**

*Tier 2 Fine Arts/Design/Humanities, WISER course*

A course that teaches the qualitative approach to understanding natural land systems

## **Intro. to Sustainable Development, SUST 250**

*Elective course*

This introductory course examines the elements and linkages essential in natural, human and social, and economic systems.

## **Elementary Meteorology, GEOG 230**

*Elective course*

An introduction to local and global weather patterns and meteorological processes

## **American Environmental History, NREM 204**

*Elective course*

A course that explores how policies, private enterprises and conservation efforts have affected the environment throughout American history

## **Intro. to Peace Studies and Conflict**

**Resolutions, ID 301** *Elective course*

A hands-on class where students learn about socioeconomic and environmental conflicts on a local and global scale while collaborating with classmates to find potential solutions.

## **Economic and Political Problems of Emerging**

**Nations, POLS 281** *Elective course*

Underdeveloped and developing nations contribute to many environmental issues people face today. This course takes a look at the economic and social problems of various nations to understand the reasons behind the issues.

Did you know you can Minor in Sustainability at Ball State? Many of the courses listed above are offered to help complete the minor and to add a "sustainability" edge to your degree. According to the university's website, the minor in sustainability "profiles limiting factors and identifies opportunities for interventions to confront the problems associated with those factors; the minor also provides opportunities for immersive learning with an internal or external client by assessing problems and developing recommended solutions."



# TOP 6 books on the environment

By Aisté Manfredini

As new and complex environmental issues rise throughout the world, it can be difficult and perhaps overwhelming to stay informed. From food foraging in your neighborhood to rebuilding local economies, the following book list suggested by students and professionals will inform, inspire and guide you toward a future in environmental advocacy.

## How To

### "The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City"

by Kelly Coyne and Erik Knutzen

Urban homesteaders, Erik and Kelly, share their knowledge of self-sufficiency while living in an urban community of Los Angeles by listing practical projects for urbanites to try. Whether you want to grow food on a balcony or clean your house without toxins, this handbook is an inspiring, light read that will make you think twice about the tedious job of farming and self-sufficiency anywhere.

## Water

### "The Big Thirst"

by Charles Fishman

From California's continuing drought to Indiana's damaging floods, water issues are making headlines around the globe. Unlike most precious resources, water cannot be used up; it can always be made clean again to drink. The underlying problem is that people don't think about water enough to manage it well.

Author Charles Fishman tells an important story about people's disconnection from water and the urgency to increase our water consciousness. Fishman writes, "Many civilizations have been crippled or destroyed by an inability to understand water or manage it. We have a huge advantage over the generations of people who have come before us, because we can understand water and we can use it smartly."



Photo from thebigthirst.com

*You might also like:*

"Your Water Footprint – The Shocking Facts About How Much Water We Use to Make Everyday Products," by Stephen Leahy

"Blue Future: Protecting Water for People and the Planet Forever" by Maude Barlow

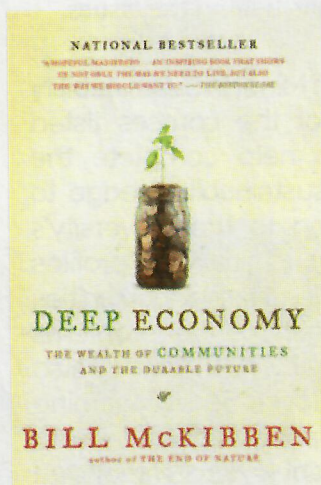


Photo from billmckibben.com

## Communities

### "Deep Economy – The Wealth of Communities and the Durable Future"

by Bill McKibben

Author Bill McKibben promotes the idea of moving beyond "growth" as the economic ideal and pursuing prosperity in a more local direction. He envisions cities, suburbs, and regions

producing more of their own food, generating more of their own energy, and creating more of their own culture and entertainment. In a New York Times book review by Lance Mor-

row, "McKibben focuses on questions about the ultimate purposes of economic activity and about how human beings might construct a future." Whether you are an economics major eager to learn about the current flaws of mature economies or simply concerned about the environment and its future, this book is for you.



## Food

### "Where Am I Eating – An Adventure Through the Global Food Economy"

by Kelsey Timmerman

The next time you purchase food – packaged or not – look at the labels and ask yourself, "Where am I eating?" Muncie-based author Kelsey Timmerman set out on a global quest to meet the farmers and fisherman who grow and catch our food. Timmerman also worked alongside them: loading lobster boats in Nicaragua, splitting cocoa beans with a machete in Ivory Coast, and hauling tomatoes in Ohio.

Timmerman writes on his website, "The world's population is growing exponentially but the number of farmers is declining. Farming is a livelihood and perhaps a lifestyle that we can't live without."

*You might also like:*

"Full Planet, Empty Plates" by Lester Brown

"Plenty – One Man, One Woman, and a Raucous Year of Eating Locally" by Alisa Smith and J.B. MacKinnon

"Animal, Vegetable, Miracle – A Year of Food Life" by Barbara Kingsolver

## Manufacturing

### "Overdressed: The Shockingly High Cost of Cheap Fashion"

by Elizabeth L. Cline

When it comes to inexpensive, trendy fashion, stores like Forever 21, H&M and Target probably ring a bell. "The wastefulness encouraged by buying cheap and chasing the trends is obvious, but the hidden costs are even more galling," reviewed Avis Cardella for The New York Times. Cline explains the consequences of trendy, cheap fashion and promotes the idea of "slow" fashion, which promotes mending clothes instead of trashing them.

*You might also like:*

"Where Am I Wearing – A Global Tour to the Countries, Factories and People That Make Our Clothes" by Kelsey Timmerman

"Affluenza: The All-Consuming Epidemic" by John de Graaf

## Capitalism vs. Climate Change

### "This Changes Everything"

by Naomi Klein

In "This Changes Everything," Naomi Klein wants you to forget everything you know about global warming. The inconvenient truth is not a result of carbon emissions—it's the never-ending ripple effect of capitalism. Klein argues that issues derived from climate change are directly caused by an economic system that is terribly failing.

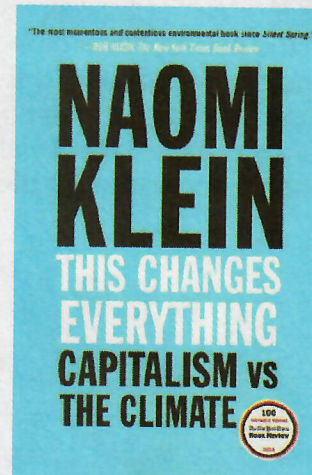


Photo from [simonandschuster.com](http://simonandschuster.com)

Klein builds the case for how "reducing our greenhouse emissions is our best chance to simultaneously reduce gaping inequalities, re-imagine our broken democracies, and rebuild our gutted local economies."

**Strategies and skills to sustain an interconnected world.**

**Earn a Minor in Sustainability.**  
21 credit hours, see more at [bsu.edu/sustainability](http://bsu.edu/sustainability)

Contact Advisor Annette Rose,  
[arose@bsu.edu](mailto:arose@bsu.edu) or (765) 285-5648



# 5 **MUST-SEE** ACTIVIST DOCUMENTARIES THIS FALL

By Aisté Manfredini

In the midst of environmental chaos, we need the power of film more than ever to ask big questions and connect people with the natural world. Here are five thought-provoking documentaries with topics ranging from America's ambitious transportation movement to the corruption of industrial farming. Watch them with your friends or student organizations so you can all be social while saving energy and money at the same time.



Photo from bikes-vs-cars.com

## **"Bikes vs Cars"**

2015 • Documentary  
1h 30m

Americans spend 55 workdays in traffic every year, but 50 percent of all trips in the U.S. are less than three miles. "Bikes vs Cars" takes a look at the car dependency problem and what bikes can do to create healthier communities.

**Where to see it:** Request a film screening at Ball State's campus. Visit <http://www.bikes-vs-cars.com/screenings> or contact [glynnis@wgfilm.com](mailto:glynnis@wgfilm.com)

## **"DamNation"**

2014 • Short Film/Adventure • 1h 34m

This documentary film takes a look at America's large dams and how they affect ecosystems, endanger the wild fish and salmon population, and damage communities. From damming our rivers to healing them, "DamNation" tells a story of trial and error and the human desire for change.

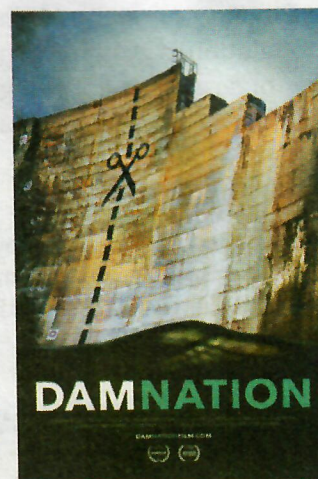


Photo from damnationfilm.com

**Where to see it:** Bracken Library, Netflix



Photo from candescentfilms.com

## **"Racing Extinction"** 2015 • Thriller/Action • 1h 34m

Oscar-winning director of "The Cove," Louie Psihoyos, assembles a team of artists and activists on an undercover operation to expose the hidden world of endangered species and the race to protect them against mass extinction. Spanning the globe to infiltrate the

world's most dangerous black markets and using high tech tactics to document the link between carbon emissions and species extinction, "Racing Extinction" reveals stunning, never-before-seen images that truly change the way one sees the world.

### **Where to see it:**

In theaters later this year and in 220 countries on the Discovery Channel in a global broadcast premiere event. Or, request to host your own screening at Ball State. For more information, visit [www.racingextinction.com](http://www.racingextinction.com).



## "Down to Earth: Small Farm Issues in a Big Farm World"

2014 • Short Film • 34m

"Down to Earth" is a story about the Beckers, a local farming family in East Central Indiana and their efforts to create a positive future for their land and community. The film explains the obstacles and successes small farmers face today and the significance of sustainable agriculture. "Down to Earth" is produced by 14 Ball State students as part of an immersive learning course led by Dr. Andrea Powell Wolfe, assistant professor of English at Ball State.

**Where to see it:** Free at [www.downtoearthfarming.org/film.html](http://www.downtoearthfarming.org/film.html)



Screenshot from [downtoearthfarming.org](http://downtoearthfarming.org)

## "Food, Inc."

2008 • Documentary • 1h 34m

"Food, Inc.'s" message spread like wildfire throughout the U.S. and the world. This activist documentary reveals America's corporate controlled food industry and the cruel treatment of animals in commercial farms. "You'll shudder, shake and just possibly lose your genetically modified lunch," said Manohla Dargis in a New York Times review.

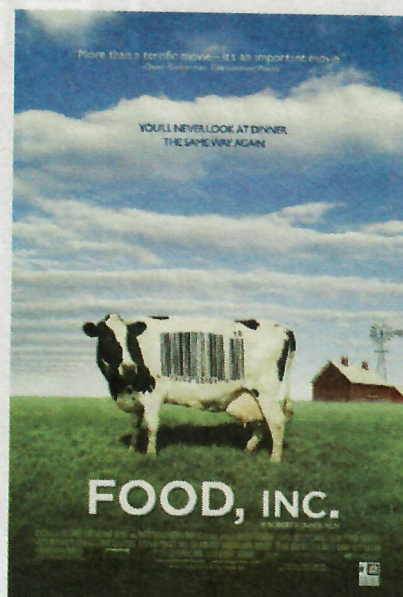
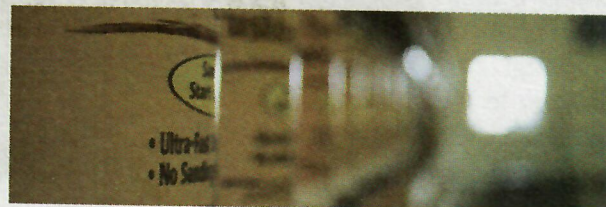


Photo from flickr.com

**Where to see it:** Bracken Library, Netflix



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# THE *HEAD* AND THE *HEART*

Pope Francis' "radical" validation of  
the emotion of ecology

Op-Ed by Jessica Pettengill

**P**ope Francis delivered his encyclical letter, the most formal of papal edicts, "Laudato Si: On Care of Our Common Home," in June of this year unto 1.2 billion Catholics. The other six billion non-Catholics in the world could very well have passed over "Laudato Si" like Pope Francis' first encyclical two years pri-

or. Instead, His Holiness desired to "enter into a dialogue with all people about our common home."

In the ensuing 184 pages of the encyclical, Pope Francis laments, "The earth, our home, is beginning to look more and more like an immense pile of filth... We have forgotten that 'man is not only a free-

dom that he creates for himself. Man does not create himself. He is spirit and will, but also nature.' The ethical and spiritual roots of environmental problems require that we look for solutions not only in technology, but in a change of humanity; otherwise we would be dealing merely with the symptoms."





If it sounds like Pope Francis is fervent in his writing, it's because he is. The issue of climate change has always been a battleground between logic and emotion. Scientists fight big business. Activists fight deniers. Government regulators fight protectors of individual freedom. But none are allowed to ally. Scientists cannot condone the practices of environment fanatics, because it would discredit the hard science. Conservatives cannot align with protesters for fear that regulations could snowball.

And like criticisms of most fanatics, some believe that Pope Francis shouldn't venture outside the believed scope of the Catholic Church. Or in the words of Rick Santorum, leave the "science to the scientists." The problem is that those in power aren't the only ones responsible, and the scientists can't be the only ones to find a solution.

As Pope Francis states, the deterioration of the Earth stems from our "throwaway culture," our exploitation of our dominion and our ignorance. In essence, it is the choice

es that every single individual makes every day that give the corporations and politicians affirmation to continue on the same path until there is no turning back.

We can see the evidence for ourselves on our streets. Couches and mattresses and hardly-used furniture are thrown onto the sidewalks. And the effects of our affluence that are hidden from us, in the landfills miles away, or in the invisible toxicity of the water, are inescapably present a few countries away. Like Senator Jim Inhofe bringing a snowball into Congress, we as a culture are in a snowglobe-like vortex of ignorance and denial of our own individual contributions to the problem. Because it is simply too inconvenient for us to take responsibility or to even go without. Or worse, we choose not to think about it.

It's easy to ridicule the bleeding hearts because we know ignorance is an acceptable shield from blame. But we no longer have the excuse to be ignorant.

Pope Francis wrote in

"Laudato Si" that fixing the earth is a crusade of the young. An overwhelming majority of millennials believe climate change is a scientific fact, and that humans are to blame. The successful efforts of big individuals, like Pope Francis' encyclical, Neil deGrasse Tyson's "Cosmos," and President Obama's Clean Power Plan, are testaments to our approval. But rarely do we evaluate ourselves. We place blame on those that have a perceived control over us. Our behavior,

however, are not the involuntary acts, but ethical and moral decisions, religious or otherwise, that create ripples.

Being better is as simple as educating yourself, understanding the world around you, thinking critically about options, committing to change, and investing in a better future. Because we shouldn't, and probably can't afford to push the change onto our children, like it has been pushed onto us.

## Do you want to make a difference in the world?

*Become a decision maker for the environment we all share!*

The Natural Resources and Environmental Management (NREM) program focuses on how humans make decisions about managing their shared natural environment to promote good stewardship of the Earth's resources.

1. Take a class in NREM, like NREM 101 for the Core Curriculum.
2. Pursue a major or minor in the Department of Natural Resources and Environmental Management.
3. Join others in activities with our student clubs:  
*Natural Resources Club, Air and Waste Management Association, other initiatives*
4. Get your hands dirty: Bring your student organization to the Hults Farm in Albany for a land stewardship day of activities.



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# Sort it out WHAT TO RECYCLE

In the last several years, improved recycling strategies and awareness at Ball State has diverted more than 10 percent of campus waste from landfills, according to Ball State's 2014 annual Green Campus report.

Intended to increase the separation of trash and recyclables, individual recycling containers are located throughout most of campus. If recycling bins contain too many non-recyclable items, the entire load is rejected and all of its contents is sent to the landfill.

Dining areas, residence halls, office spaces and classrooms are the easiest locations for students and faculty to properly recycle waste, according to Ball State's Facilities Planning and Management.

Mike Planton, associate director for landscape and environmental management at Ball State, encourages people on-campus to pay attention to recycling habits.

"Students create a large amount of the trash and recycling on campus," Planton said. "Many times we find both

trash and recycling containers contaminated and therefore must throw all of it away."

Ball State recycles using a co-mingled system, meaning any mixture of recyclables can be placed into the same bin with no additional sorting. Materials that are co-mingled for recycling must all be recyclable, and there are no exceptions in the process that allow for later separation. Mixing recyclables and non-recyclables at the beginning means full rejection of the bin at the end.

"When we recycle the way we're supposed to, we're helping to improve our university and our community," Planton said.

Students living in residence halls are especially encouraged to participate in recycling programs hosted by Ball State's Housing and Residence Life. When throwing trash away from a room, separate paper, plastic, glass or metal items and place them in the marked recycling boxes inside the residence hall's trash areas.

"Items that still contain liquid will not

be accepted for recycling," Planton said. "Recyclables need to be emptied before being placed in the appropriate disposal container."

For more hazardous or less-common recyclable items that do not fit the on-campus criteria, the Muncie Sanitary Department offers recycling services for additional items through the Blue Bag Recycling Program.

The blue bags allow Muncie residents to place any recyclable item such as paper, glass and plastic into bags that can be thrown into trash containers for trash pickup. Although some off-campus commuters may already have automatic pickup, other residents can request weekly recycling pickup through the City of Muncie, and frequent drop-off sites are open throughout the year at varying locations.

Contact the Muncie Sanitary Services at 765-747-4863 with comments, concerns or requests for special trash and recyclable pick-ups. Visit [www.muncie-sanitary.org](http://www.muncie-sanitary.org) for more information about local recycling and Muncie Sanitary District's sustainability efforts.



## Items that CANNOT be recycled on or off campus:

abrasives, food, trash, hazardous waste containers, paint, mirrors, ceramic mugs, plates, crystal, light bulbs, window glass, needles, PVC pipe





**ACT**  
*Green*





By Kaitlyn Arford

Joining a group of environmental and social activists on or off campus is one way to connect with the environment. If you want to get involved in work that impacts the Muncie community, and may even extend to national and international scales, start here.

### **Ball State Energy Action Team (B.E.A.T.)**

The Ball State Energy Action Team (B.E.A.T.) is a student-led organization that works to reduce energy consumption and promote sustainability through events like the campus-wide Energy Challenge. During the event, residence halls and academic buildings compete to have the lowest energy use. Their biannual event, Dinner in the Dark, serves as a way to kick-start the Energy Challenge as residence hall eateries dim

the lights. B.E.A.T. meets Monday nights at 8 p.m. in Bracken Library. Email President Mikaela Pieri at [mapieri@bsu.edu](mailto:mapieri@bsu.edu) for more information.

### **Council on the Environment (C.O.T.E.)**

The Council on the Environment (C.O.T.E.) gathers representatives from each academic college and vice presidential office, students and members of the Muncie community to discuss environmental issues and to promote the sus-

tainable use of natural resources on campus and in the surrounding community. Their monthly meetings are held Monday nights at 5:30 p.m. in the Alumni Center boardroom and are open to the public. For more information, contact Bob Koester at [rkoester@bsu.edu](mailto:rkoester@bsu.edu).

### **Global Brigades**

Global Brigades at Ball State recruits volunteers to improve the health and economic state of rural communities in Central America and Africa.

Throughout the year, Global Brigades fundraises for their trips by selling fair trade products such as Pulsera bracelets, Buena Vida Coffee and grilled cheese in the Village. In 2016, the Medical Brigade, Dental Brigade and Environmental Brigade will travel to Panama. The Water Brigade and Architecture Brigade will travel to Nicaragua for seven to 10 days. For meeting times and additional information, contact Campus Chairperson of Global Brigades at Ball State, Kasey Burchett, at [kmburchett@bsu.edu](mailto:kmburchett@bsu.edu) or 262-308-6872.



## Red-tail Land Conservancy

Red-tail Land Conservancy protects nearly 2,000 acres of farm and natural land in East Central Indiana. Volunteers are needed to maintain hiking trails, eradicate plants unnatural to the area and assist at events. Red-Tail Conservancy staff members train volunteers on how to maintain the land. People can decide how often they want to volunteer. Community members and students can participate in the annual Bird-a-Thon, when groups spend a weekend identifying as many bird species as possible to raise money. Students also can make

financial donations online. People interested in volunteering can contact Red-Tail at [www.forthel-and.org](http://www.forthel-and.org) or 765-288-2587.



Photo provided by Bob Koester

*Ball State's Council on the Environment are involved in planning and executing Greening of the Campus conferences, where representatives from university departments can speak about environmental initiatives and concerns.*

## Permaculture Initiative

The Permaculture Initiative develops self-reliant agricultural eco-

systems by creating projects such as community gardens. The group, comprised of Ball State students and faculty

and Muncie community members, has planted gardens at Minnetrista Cultural Center and Be Here Now. For more information contact Megan

Sharp at [mesharp@bsu.edu](mailto:mesharp@bsu.edu) or 765-285-5782. Check The Permaculture Initiative Facebook page for future meeting times.

## Timmy Global Health

Timmy Global Health is an Indianapolis-based nonprofit that partners with medical professionals abroad to create better access to healthcare. Members of the Ball State chapter travel to Ecuador every spring break to set up mobile clinics and distribute medical necessities to those in need. For more information visit their Facebook page at [www.facebook.com/BSUTimmy](http://www.facebook.com/BSUTimmy).



## Lend a helping hand to the earth.

### Ball State Energy Action Team (BEAT)

BEAT is a student-led sustainability organization aimed at reducing on-campus energy usage and increasing awareness of green initiatives.

**Join us at our weekly meetings at 8 p.m. on Mondays in Bracken, room 201.**

Build your resume with design, marketing, natural resources and environmental management, leadership and more!



# A life goal of *Living Lightly*

Ball State professor promotes sustainability at Living Lightly Fair

By Sophie Gordon

Barb Stedman, Ph.D, hasn't always been environmentally conscious. She describes her teenage self as materialistic, shopping at the mall each weekend without a thought about the impact she left on the planet. But all of that changed Stedman's sophomore year at Taylor University, when she was required to take an ecology course. While enrolled in the course, Stedman started a year's commitment to not buy a single article of clothing.

"Honestly, I found that course absolutely life changing," Stedman said. "It changed my perspective on materialism probably more than anything."

Since college, Stedman, now Director of National and International Scholarships and Honors Fellow at Ball State University, has been involved with various organizations committed to improving the environment. Stedman also is webmaster of the Audubon

Society, whose mission is to conserve and restore natural ecosystems, and has previously served as a board member and president. For 17 years, she was involved with the Wildlife Rescue House, which helps protect and rehabilitate species. Stedman's biggest contribution, however, was founding the Living Lightly Fair.

After attending the Midwest Renewable Energy Association's Energy Fair, which Stedman calls the "granddaddy" of fairs, in 2005, she conceived the idea of Muncie's Living Lightly Fair.

"I went to that and came back and started talking to some people in the environmental community here and said, 'We need this kind of thing in East Central Indiana.' And everyone nodded and said, 'You're right, we do.' But no one was willing to take the initiative to get it rolling, so I thought, 'Well heck, I'm going to do this myself, then.'"



Unified Media Photo Breanna Daugherty

Barb Stedman, pictured, started the Living Lightly Fair nine years ago.



Stedman began the process by contacting people she knew from the Audubon Society and the Hoosier Sierra Club. She was able to form a group of eight members, which began meeting at 7 a.m. every week to discuss community needs. In June 2007, the first-ever Living Lightly Fair took place in Muncie for two days.

"I had really big visions. It was massive," Stedman said. "I can't even remember how many speakers we had throughout the course of those two days. It was a good first year."

Now in its ninth year, the fair will take place Sept. 19 from 9 a.m. to 4 p.m. at the Minnetrista just east of campus. A free shuttle will pick up fair-goers at the parking lot between Noyer Complex and the College of Architecture and Planning building and run throughout the duration of the fair.

Stedman, president of the Living Lightly Organization, said each year she loves working with the planning committee and witnessing attendees learn more about sustainable living.

"When I'm walking through the vendor tents at about 1 o'clock in the afternoon, when things are just hopping and people are happy and they're talking to people who sell products, perhaps that can help them save energy, when I see that kind of energy in the vendor tents, that's a fabulous feeling," Stedman said.

Not only does Stedman like working with the planning committee, but its

members enjoy working with her. Sheryl Swingley, a journalism instructor at Ball State University and the committee chair this year, said Stedman is collaborative and detail-oriented, making her great to work with.

"I view her as a mentor," Swingley said. "Without her support, I wouldn't be serving as the chairwoman of the planning committee. I knew that she would make it pleasant and as easy as possible."

Part of Swingley's job was to find speakers for the fair. The featured speaker this year will be Wyatt Watkins, who focuses on the power of storytelling "to sustain us and the Earth in this critical moment of human history," according to the Living Lightly Fair website.

Swingley said the committee has designed some of the fair's activities around Watkins' presentation. For example, there will be a tent set up where attendees can share their own sustainability stories and testimonies.

"We hope to share some of those stories on the Living Lightly website in the future and just start building our own oral histories of important things to people in East Central Indiana," Swingley said.

This year, the fair will hold a banner contest. The contest was implemented because Ron Rarick, the art coordinator for the fair, wanted to bring more visual excitement to the Living Lightly Fair. The contest will be open to everyone, with

competitions for every age group.

The fair also will include new musical entertainment: Tonos Triad, a band from Indianapolis. The band has "an eclectic style they somewhat facetiously call 'jazzpop/Eurofolk,'" according to the Living Lightly Fair website. Additionally, the fair will feature more than 50 vendors

ready to speak with attendees about ways to live sustainably.

"It's a good collection of information in one place that can help you live your life more sustainably," Swingley said. "Maybe consume less, save money. Those are all important activities for a better future for future generations."

## Living Lightly Fair

A resource fair for sustainable lifestyles

Saturday, Sept. 19, 9 a.m.-4 p.m.  
at Minnetrista

For more info, see [livinglightlyfair.org](http://livinglightlyfair.org)



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**P**resident Barack Obama and the Environmental Protection Agency announced a 1,560-page Clean Power Plan designed to combat climate change by reducing carbon emissions from the nation's coal-fired power plants. The Clean Power Plan aims to move America beyond coal dependency, but Indiana Gov. Mike Pence says the federal mandate could hurt the job market statewide. Dr.

Amy Gregg, who has a doctoral degree in forestry and natural resources, has been a researcher at the Indiana Department of Natural Resources. Now, Gregg is chair of the Department of Natural Resources and Environmental Management at Ball State University. Here's her take on the effects the mandate would have on Indiana and what the public can do to push the Climate Plan forward.

**Q** Is the Clean Power Plan, and its use on a large scale, a federal issue or a state issue?

**A** Federal mandates are typically seen as more powerful than state mandates. The state can enact rules that are more strict, but not less strict than the federal ones. Much of [Indiana's] electricity comes from coal plants; cleaning up coal production could be costly. It would be best to try to phase the proposed policy changes in over the next several years.

**Q** Explain why Gov. Mike Pence might have a negative opinion of the Clean Power Plan?

**A** It costs money and resources to add cleaner energy alternatives to the economy. The [short-term] results would make energy consumption more expensive for Hoosiers. Decreased coal usage could also cost Indiana a number of important jobs.

**Q** What would it take to get Gov. Pence to change his opinion on the Clean Power Plan?

**A** If there were federal monies/incentives for the state government available, maybe that could help--specifically federal incentives for investing in cleaner coal technologies.

**Q** Is there an issue more important to sustainability than the nation's power plants?

**A** Transportation is an important issue. A lot of carbon emissions come from people driving their cars to and from work. In America, there are incentives for people to live far from their places of work and drive every day...while in parts of Europe, there are more alternatives to this in the form of public transportation.

**Q** How might national leaders address carbon emissions via coal-powered plants in other ways?

**A** [There is] ongoing research in capturing carbon emissions, lessening their environmental impact, and using them for another purpose, rather than releasing them into the atmosphere. There are no perfect solutions, but there are other alternatives being created. For instance, Ball State wants to ultimately move away from coal power and toward geothermal. However, we still need coal in the form of backup burners, as well as natural gas.

**Q** Gov. Pence has allowed for the possibility of taking part in the Clean Power Plan if the rules can be adjusted in a way that is acceptable to him. What concessions, if any, should the EPA and the Obama administration offer to him in the spirit of compromise?

**A** Coal is very important to Indiana, especially in the historical context of the Industrial Revolution. We have an abundance of it, and it is a homegrown industry. Coal reclamation is also becoming an important part of Indiana's infrastructure. After the coal is depleted from a certain area of land, that process is followed by revegetation, or planting grass and trees that bring life back to the area. Also, we might look for ways to decentralize the coal power grid, such as giving homeowners more direct control on a smaller scale of how they consume power and resources. There are other possibilities for incentives and tax breaks.

**Q** What could Hoosiers do to commit to a sustainable lifestyle?

**A** They can start by reducing their own carbon usage. Mobile sources of carbon emissions (for instance, cars and other vehicles) are very important. Power plants, on the other hand, would be defined as stationary sources of carbon emissions. The key is to find more sustainable ways to use coal for everyone, not just power plants.

For an overview of the Clean Power Plan, visit [www.epa.gov/airquality/cpp/fs-cpp-overview.pdf](http://www.epa.gov/airquality/cpp/fs-cpp-overview.pdf).

For more information about the effects of carbon emissions on people and the environment, visit [www2.epa.gov/cleanpowerplan/learn-about-carbon-pollution-power-plants](http://www2.epa.gov/cleanpowerplan/learn-about-carbon-pollution-power-plants).

To read the Clean Power Plan in its entirety, visit [www.epa.gov/airquality/cpp/cpp-final-rule.pdf](http://www.epa.gov/airquality/cpp/cpp-final-rule.pdf).



A photograph of a garden scene. In the upper left, a watering can is pouring water. To the right, several tall blue irises are in bloom. The foreground is filled with green foliage and several flower cutouts made from cardboard. The text 'CREATE' is in a bold, white, sans-serif font, and 'Green' is in a white, cursive script font, both centered over the image.

# CREATE *Green*



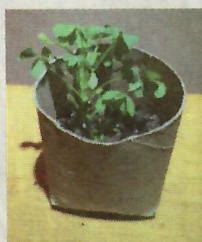
# Upcycling unintended purposes

By Kami Kleefisch

**M**illennials have grown up hearing the phrase "reduce, reuse, recycle." Although cliché, there also are options to create – rather than throw away – by preserving resources and the ever-shrinking college budget. By repurposing or finding ways to indulge your creative intuition, household items can become brand new. Below are four simple and fairly quick ways to "upcycle" your materials.

## Beginning sprouts

Upcycle a used toilet paper roll by creating a mini pot with a seedling of your choice. Once the houseplant or flower blooms it will brighten your day and purify



Unified Media Photo  
Kami Kleefisch

the air in your living space.

**Directions:** Rid the roll of all toilet paper.

Cut the width of the roll into two equal halves with a pair of scissors. Take one of the halves and make four cuts into the end of the roll. Space the cuts evenly apart to create four flaps. Fold any three consecutive flaps over each other and force the fourth flap under the first flap instead of on top. This way, all the flaps will hold together and serve as the base for the seedling starter. Add tape if the folds do not hold on their

own. Add dirt, one seed and water. To transfer the plant or flower into a larger pot or space, open the bottom of the mini pot (remove applied tape) and put the container and sprout into the ground. The toilet paper roll is biodegradable and the sprout will continue to grow.

*Bonus: Use an egg carton to plant multiple seedlings.*

## Simple separation

Pens, pencils and sticky tabs tend to get lost in the chaos of our drawers. While various activities on campus will gladly give away freebies, you may find yourself with a collection of cups. From red solo cups to coffee cups, these can all be recycled, but could also be used as simple organizational tools.

**Directions:** Collect cups of all shapes and sizes. If you need a container for smaller items such as paper clips, trim the cup down with scissors. If you're feeling creative, paint them. Fill a drawer with cups and additional items so the containers don't shift when opening and closing.

## Paperless transparency

Sticky notes and planners are great for reminders and dates, but that also means more dead trees and unnecessary paper waste. Instead, make a dry erase frame that is easy, unique and efficient for your routine to-do list.

**Directions:** Find a picture frame with a glass cover at home or at a local store such as Refresh or Goodwill. Substitute a photograph with a piece of paper. On the paper,

print or write a list of things you would like to accomplish on a routine basis. Lay the paper behind the glass. Use a dry erase marker to check-off your list or wipe it off to start over.

## Growing Space

Maximizing space is a necessity when moving into a



Unified Media Photo  
Kami Kleefisch

temporary, and much smaller, residency. To preserve space, construct your own containers and organizers. Find a wood pallet or an old drawer by the side of the road or at a furniture shop such as Habitat for Humanity's ReStore.

**Directions:** Rough sand the wooden container, particularly a pallet to avoid splinters. Pallets can be difficult to take apart so plan accordingly and use appropriate worktools. Gloss a fresh coat of paint to freshen the look. Optional: attach small wheels on the base for easy transportation. Many wheels come in packs of four with the required screws that can be twisted in with a screwdriver or penny. While it may seem costly to purchase the paint and wheels, first check stores such as Refresh or ReStore for affordable options.

Upcycled materials, such as the projects above, are opportunities to create a new purpose for spaces and supplies you may already have. Visit Muncie's local businesses such as Refresh, ReStore or Goodwill to find tools and inspiration. By upcycling your stuff, you are actively practicing sustainability, saving money and influencing your peers.

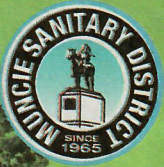
**"One man's trash..."**

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