

campus **GREEN** guide



Produced by Ball State University Unified Media
2016-2017

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The Daily News



Housing and Residence Life at Ball State University supports Living Lightly through:

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Ball State University College of Architecture and Planning



Solar Decathlon 2013



Growing Power Tour



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table of **CONTENTS**

LEARN

- 7** Greening Your Education
- 8** 6 Books on the Environment
- 10** 5 Must See Activist Documentaries

SHOP

- 13** Street-smart Shopping In Style
- 14** 'Makers Market' to Bring Fresh Produce, Art Downtown
- 16** Bring Your Own Bag

campus **GREEN** guide



ENGAGE

- 19** Sort It Out What to Recycle
- 20** Environmental Organizations to Join This Year
- 22** Teaching the Community to Live Lightly
- 24** Upcycling Unintended Purposes

EXPLORE

- 27** Explore the Great Outdoors
- 28** Off the Beaten Path



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University Unified Media
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LEARN

Educate yourself on how to live a green lifestyle through classes or on your own time.



GREENING

Your Education

As the climate changes and environmental issues rise, sustainability is becoming a common topic discussed in academia. Ball State's core curriculum gives students from all disciplines a chance to "green" their education. Check out these courses and talk to your adviser to see how they could fit into your schedule.

by the daily news

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 & 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.

LEARN

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.

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.

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.

Economic & Political Problems of Emerging Nations, ECON 279

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?**

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."



books on the environment



Energy

“All Electric America: A Climate Solution and the Hopeful Future”

by David Freeman &
Leah Parks

“All Electric America” makes the argument for a completely electric, renewable society by the year 2050. S. David Freeman, former utility CEO and Leah Y. Parks, a journalist in the electricity industry, layout their vision where all energy is taken from the sun and the wind.

Freeman and Parks present a step-by-step process that will wean the United States off of fossil fuels. Complete with research regarding technology and energy policy, they make the argument for a sustainable future free of climate change.

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.

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

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 Morrow, “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.

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 books suggested by students and professionals will inform, inspire and guide you toward a future in environmental advocacy.

Water

“Blue Revolution: Unmaking America’s Water Crisis”

by Cynthia Barnett

“Blue Revolution” will help you rethink your view of water. While Americans seem to think there is copious amount of water available, “Blue Revolution” exposes how our habits have contributed to the dwindling water supply.

Cynthia Barnett advocates for a blue movement – one that will “reconnect Americans to their water, helping us value and conserve our most life-giving resource”.

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

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.

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.”

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

5 MUST-SEE activist documentaries

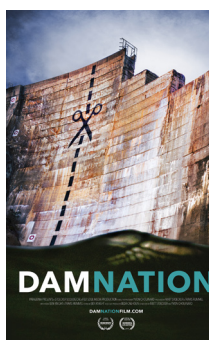
by aistè manfredini

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 world water crisis to the endangered species. Watch them with your friends or student organizations so you can all be social while saving energy and money at the same time.

1 “Flow: For Love of Water” 2008 | Documentary | 1h 33m

“Flow” is an award-winning documentary that investigates the world water crisis. Irena Salina examines climate change and the effect it has on our dwindling fresh water resources before diving into the control of water by corporations.

Where to see it: Bracken Library



2 “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.

Where to see it: Bracken Library, Netflix
Photo from candescentfilms.com



3 “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:
Request to host your own screening at Ball State. For more information, visit www.racingextinction.com. photo from candescentfilms.com



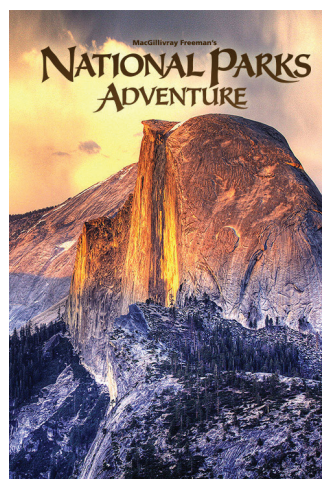
4

"This Changes Everything"

2015 | Documentary
1h 29m

"This Changes Everything" is directed by Avi Lewis and is based on "This Changes Everything: Capitalism vs. the Climate" by Naomi Klein. The documentary focuses on numerous environmental activists in various locations such as Canada, Montana, Greece, India, and China.

Where to see it: Bracken Library



5

"America Wild: National Parks Adventure"

2016 | Short Film/
Documentary | 45m

"America Wild" is a look into our National Parks including inspiring outdoor and wildlife scenes. Narrated by Academy Award winner Robert Redford, this film follows explorers as they make their way across America's parks.

Where to see it: IMAX Theatre at White River State Park

We use a lot of them.

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Dining reduce
waste by taking
only what you
know you'll use.

Thank you!



Learn about Dining's
sustainability initiatives at
bsu.edu/dining > About

Ball State Dining

SHOP

Learn where and how you can find clothes
and food safe for the environment.

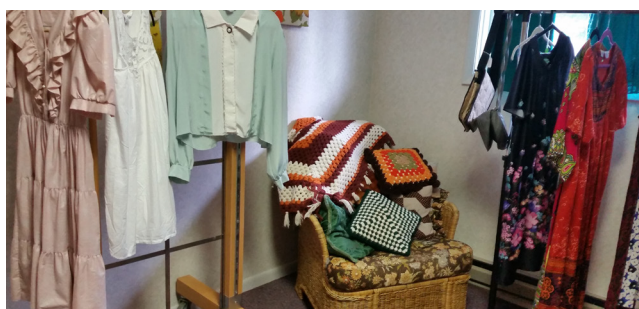


Street Smart SHOPPING *In Style*

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.

by brianna kirkham

contributed by taylor weddle



unified media photo by brianna kirkham

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.”

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

Attic Window - Muncie Mission

Website: munciemission.org/attic-window

Location 1

400 W. Memorial Drive, Muncie
(765) 282-0997

Hours: Mon.-Fri.: 9 a.m.-4 p.m.

Location 2

3400 N. Broadway Ave., Muncie
(765) 213-6231

Hours: Mon.-Sat.: 9 a.m.-6 p.m.

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.

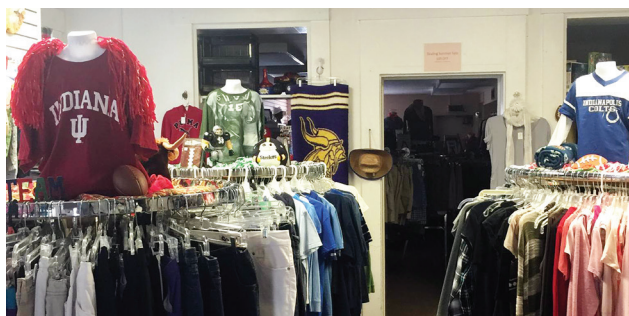


photo from Bargain Box Facebook

The Bargain Box

607 E Charles St., Muncie • (765) 288-3835

Hours: Wednesday-Friday: 11:00am-4:00pm

Thursday: 9:00am-4:00pm

A reason to go: According to the Bargain Box Facebook page, “The Bargain Box is a resale shop operated by the members of Psi Iota Xi Charities, Inc. Profits from sales are used for philanthropy in the Muncie/Delaware County area.” The shop sells clothes, toys, housewares, books and more.

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.

Don't forget to check
out these stores in your
hometown as well!

'MAKERS MARKET'

BRINGS FRESH PRODUCE, ART DOWNTOWN

Muncie residents can go to the Muncie Makers Market, a new event hosted on Saturdays from 4 to 7 p.m. in the Old West End in downtown Muncie.

by alexandra smith and patrick calvert



DN photo by patrick calvert

Candice Turner, a Ball state alumna and a resident of Muncie, sells logs with shiitake mushrooms growing out of them at the Makers Market.

The market is similar to a farmer's market, but it also includes handmade crafts in addition to fresh food, locally grown produce, plants, flowers and baked goods.

Moth Danner is the "Market Master" and creator of the event. She said she got the idea after vending for the Hartford City Growers and Makers Market with her mother.

The Makers Market is open every Saturday from 4 p.m. to 7 p.m. from June to October in the parking lot of the Friends Memorial Church in the Old West End neighborhood.

"We go every Saturday morning to sell our breads and sweets there," Danner said. "We really enjoy the atmosphere. We enjoy it so much that I copied my experience there and have created the Muncie Makers Market."

Danner plans to host the market from June through October and to make this an annual event.

She said she wants to focus on improving "food deserts," a term meaning a community that is mostly without fresh fruit, vegetables and other healthful whole foods, according to the United States Department of Agriculture.

This may be due to a lack of grocery stores, farmer's markets and healthy food providers, which is why Danner chose downtown as her location.

"There is no grocery store anywhere near here," Danner said. "People need a place to get food, especially fresh food. Many people don't have cars, so it's hard to go grocery shopping. So we are hoping to create something [where you can] buy your produce every week."

As the Market Master, Danner is in charge of finding vendors. However, she knows a lot of artists and makers because she's also the director of the Muncie YART, a local "yard sale for art." Because of this, she said there hasn't been any trouble finding people to sell.

The event first started on June 11, and so far the market is growing from week to week. As more harvests come in, Danner said she expects more produce vendors to participate.

She hopes more young people come to the market in the future, though she has had many come already.

"They have fun knowing the city has so much cool stuff to offer," Danner said. "I think students would love the market; [there's] lots going on."

Dona Monfroy-Davis, a Muncie resident, was selling sculptures of dragons, griffons and other creatures made out of plastic clay at the market June 25.

The Muncie sculptor said the community has really enjoyed her work but it's hard to get a sale.

"Generally most people will be like, 'Oh, that's really cute' and then walk away, and I was kind of expecting that," she said. "People tend to see the stuff I make as being more expensive, but they don't exactly know the process and materials that go into it."

Even though Monfroy-Davis has had trouble selling her creations, she said she still enjoys getting feedback from Muncie residents.

"People really like my stuff, and just getting that positive feedback makes me want to come back every time," she said. "I know just being here at this event will help it grow and help more people see that it's a viable place to sell food, plants and art."

She said she also likes being part of the market because it encourages people to shop locally.

"Basically the more you shop locally, more money stays in the community and goes toward helping the community grow and generally enriching the area around you," she said.

Candice Turner, a Ball state alumna and a resident of Muncie, was selling logs with shiitake mushrooms growing out of them.

"I think people are attracted to it just because it's different," she said. "They have never seen anything like this and they wonder, 'What is this log?'"

She said about half the people who came by her booth purchased a log. Turner also plans to sell fresh produce in three weeks to a month.

Leon Crosby, a resident from Muncie and an art teacher at Cornerstone Center for the Arts, sold art at the

Makers Marker and said he thought the event was good for the community.

"We wanted to get out in the community and show everybody that there are still people who still want to make Muncie beautiful again," he said.

Crosby said he thought the local residents were accepting and enjoying the new market.

"People are coming out checking it out; it's inspiring people to come be part of the arts and talk to the artists," Crosby said. "It's cool to see a neighborhood of people come and check your stuff out."

Tips and Where to Buy Organic/Sustainably Grown Food

You can alter the choices you make when shopping to better help the environment. Julia Marchand, owner of a natural food store in rural New Hampshire, gives tips on the website Earth 911. Here are three tips she mentioned that can make you a green shopper:

- 1. Buy eco-friendly products.** Be on the lookout for labels that contain B Corp, which identifies products that meet the standards of social/environmental performance and accountability, the leaping bunny, which signifies cruelty free produce, and USDA organic label.
- 2. Plan out your purchases.** A lot of food is wasted in the United States. By planning out when you will eat certain meals, you'll help lessen the food waste and help the environment.
- 3. Buy in Bulk.** Food packaging contributes to much of the waste in the U.S. By getting more of a product in less packaging helps you save money and save the ecosystem.

Other stores: You can also shop green at your local stores by purchasing organic products.

Marsh Supermarket

1500 W. McGalliard Road
(765) 751-1500

Ruler Foods

3500 N. Morrison Road
(765) 284-3617

Meijer

6260 W. McGalliard Road
(765) 281-7800

Aldi

3221 S. Madison St.
(630) 879-8100

WalMart

4801 W. Clara Lane
(765) 284-7181

WalMart is the sole U.S. distributor of White Cloud Green Earth 100% recycled toilet paper

Downtown Farm Stand

125 E. Main St., Muncie

Hours: Monday-Saturday, 9 a.m.-8 p.m.

Sunday: 11 a.m.-5 p.m.

The Downtown Farm Stand is a collaboration of local, organic, and sustainable foods in Muncie, Indiana. The Downtown Farm Stand receives a variety of food from local farms in the area. New food is delivered every week including meat, vegetables, cheese, honey and eggs. If you're looking for fresh, organic, and sustainable foods, the Downtown Farm Stand is your one stop shop.

Minnestrista Farmers Market

1200 N. Minnestrista Parkway, Muncie

May-October Hours: Saturday, 8 a.m.-12 p.m.

June-September Hours: Wednesday, 3 p.m.-6 p.m.

Minnestrista Farmers Market has local and organic produce from over 40 vendors including fruits, vegetables, honey, meat, eggs, and baked goods. Free cooking demonstrations are available on the last Saturday of every month from June to October.

Green BEAN Delivery

5310 E. 25th St., Indianapolis | (317) 377-0470
greenbeandelivery.com

Green BEAN Delivery is a service that delivers organically grown produce, meat, fish, dairy, eggs, and locally baked breads to your front door. This service offers a free subscription and free delivery.

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:

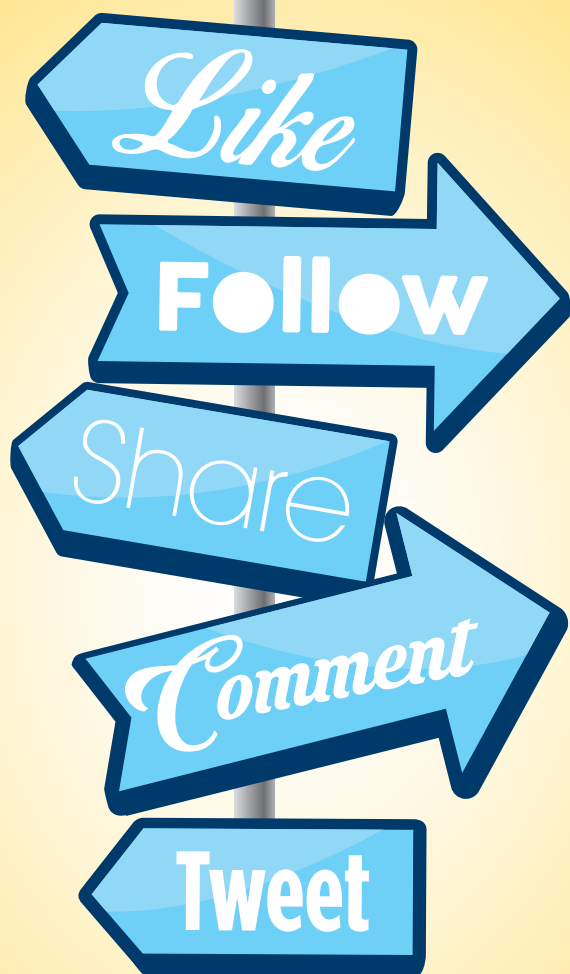
Meijer

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.



@BallStateUM



Now add us on
SNAPCHAT



Don't forget
to follow us on
Facebook and
Twitter for news
and events!

ballstatedaily.com

ENGAGE

Find out how you can get involved in green activities around the community or on your own.



SORT IT OUT WHAT TO RECYCLE

by casey smith

RECYCLABLE ITEMS ON CAMPUS ONLY

- Glass containers without caps
- Empty metal objects
- Non-glossy/uncoated paper

ON AND OFF CAMPUS

- Newspapers
- Books
- Flattened cardboard
- Unbroken glass
- Aluminum
- Plastics No. 1-2

RECYCLABLE ITEMS OFF CAMPUS ONLY

- Tin and steel
- All paper
- Cardboard & paperboard packaging
- Unbroken glass
- Aluminum
- Plastics No. 1-2

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.munciesanitary.org for more information.

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.



Environmental Organizations to join this year

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 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 sustainable 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.

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.fortheland.org or 765-288-2587.



Global Brigades photo provided by brianna lsak

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 or 262-308-6872.

Permaculture Initiative

The Permaculture Initiative develops self-reliant agricultural ecosystems 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 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.

sustainability in action

#minnetristagarden



**Explore, dig in, and discover
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food when you visit the
Permaculture Demonstration
Garden at Minnetrista.**

*Located just east
of The Orchard Shop.*



62816GH

Teaching the community to **LIVE LIGHTLY**

by rebecca kizer

The Living Lightly Fair features vendors, speakers and fun activities to get the community involved in living sustainability.

The 10th annual Living Lightly Fair is offering something for everyone this year – music, art, exercise, food – and a tough look toward living a sustainable lifestyle.

Hosted at and partnered with Minnetrista from 9 a.m. to 4 p.m. on Sep. 17, leaders in the organization said that this year's event is sure to be special.

Mary Annette Rose, an original founder of the fair and an associate professor of technology at Ball State University, said while much has changed and developed with each fair, their original values hold true.

"We have, in our region, some very dedicated people that serve our community ... making the community resilient, socially equitable, working to improve the quality of our air and the White River, and promoting diversity of our species," Rose said. "They've spent endless hours, not just over one year, but years and years of effort."

But that's not all sustainable living is, and means to Living Lightly.

According to their website, sustainable living takes into account all environmental, economic, and social impacts of the management and use of natural resources.

And the Living Lightly Fair is all about teaching East Central Indiana's residents how to save money and resources for both themselves and future generations.

With various speakers, demonstrations and activities, Rose said residents of all ages can benefit from the fair.

This year's highlighted speaker, Madi Vorva, a senior at Pomona College, lead an 8-year campaign to get the Girl Scouts to source responsible palm oil for their cookies – causing the first policy change the organization in 101 years. She will speak about conservation around 11 a.m., and again at 2 p.m.

Another notable scheduled event will be a conversation with two Indiana state representatives, Sue Errington and Greg Beumer. Together at 1 p.m., they will be a part of a discussion to help make Indiana a greener state.



photo provided by the living lightly fair

Community members shop the Green Marketplace during the 2015 Living Lightly Fair.

But sustainable living is about more than just talking. For a relaxing start to a Saturday morning, attendees can take a yoga class, at 9 a.m., and move on to create an "uncycled planter," at 10 a.m. – a self-watering planter, made recycled materials. Attendees can even plant an herb in their new container to take home.

Throughout the day there will be various activities specifically for children, including an ocean clean-up activity, a water filter challenge and more.

Rose said that the Clay Creations activity is always a favorite. Here kids and adults alike can create a bat, bird, bee or butterfly with the help of art students and the Ball State University Clay Guild. The clay is Earth-friendly and 100% reusable.

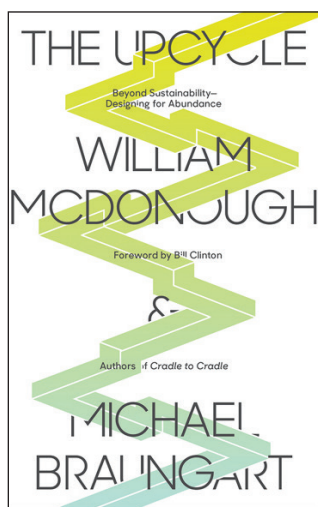
Later, live music will be available – including Jake Hender-shot and the Vintage Reserves and Tim Grimm and the Family Band.

In the heart of each event and speaker, Rose said everything points back to helping East Central Indiana move toward a more sustainable lifestyle. Because it's the 10th annual event and Indiana's bicentennial, she said this year will be extra special – with time spent on recognizing those who make strong efforts toward the cause.

Overall, the event will be a teaching and learning experience, a continuation of a discussion and a look to the future in sustainable living.

BOOK READING GROUPS

The Living Lightly Fair is adding a new feature in the 10th anniversary celebration. During this year's fair there will be book discussion sessions throughout the day that students are encouraged to attend.



1 “The Upcycle: Beyond Sustainability – Designing for Abundance”

by William McDonough and Michael Braungart

Time: 9-9:50 a.m.

Session Leader: Donna Browne, grant writer, Center for Energy Research, Education and Service, Ball State University

“The Upcycle” is the follow up to “Cradle to Cradle,” an influential ecological proposal for businesses, governments, and people. Now, William McDonough and Michael Braungart have published the next step to protecting our environment: restructuring our activity to stop the ecological crisis.



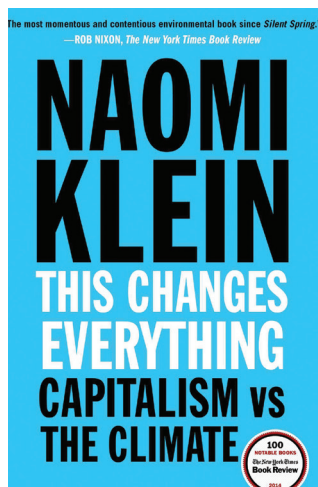
2 “An Other Kingdom”

by Peter Block

Time: 1-1:50 p.m.

Session Leader: Wayne Meyer, retired librarian from Ball State University

“Another Kingdom” proposes a new frame of thinking away from the free market ideology. Instead, authors Peter Block, Walter Brueggemann, and John McKnight offer their readers an escape from our culture of consumption and into a setting where people work together to create.



3 “This Changes Everything”

by Naomi Klein

Time: 2-2:50 p.m.

Session Leader: Melinda Messineo, chairwoman of the Department of Sociology and associate professor of sociology, Ball State University

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.

Living Lightly Fair

WHAT: A resource fair that teaches you how to maintain a sustainable lifestyle

WHEN: Saturday, Sept. 17, 9 a.m.-4 p.m.

WHERE: Minnetrista

For more information, see livinglightlyfair.org

UPCYCLING

unintended purposes

by kami kleefisch

Millennials 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 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 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 here, are opportunities to create a new purpose for spaces and supplies you may already have. Visit Muncie's local businesses such as 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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with recycling!**



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EXPLORE

Find out how you can get involved in green activities around the community or on your own.



Explore THE GREAT OUTDOORS in Muncie



Map Key

- Street
- River
- Park
- BSU campus
- Point of Interest



For a complete list of Muncie's parks, visit
cityofmuncie.com/parks-trails-muncie.htm

Unified Media Graphic **Zachary Poor**

OFF the beaten path

by michelle kaufman

For those who don't have their own vehicles to explore Muncie and the surrounding area, 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. 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
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
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Saturday: 10 a.m.-5 p.m., Sunday: noon-4 p.m.

Greenway 500 offers 20 years of knowledge and service, large parts inventory, quick turn-around, service and sell tandems and recumbents, and snacks and drinks at The Flat Tire Lounge.

Greenway 500 Bike Shop

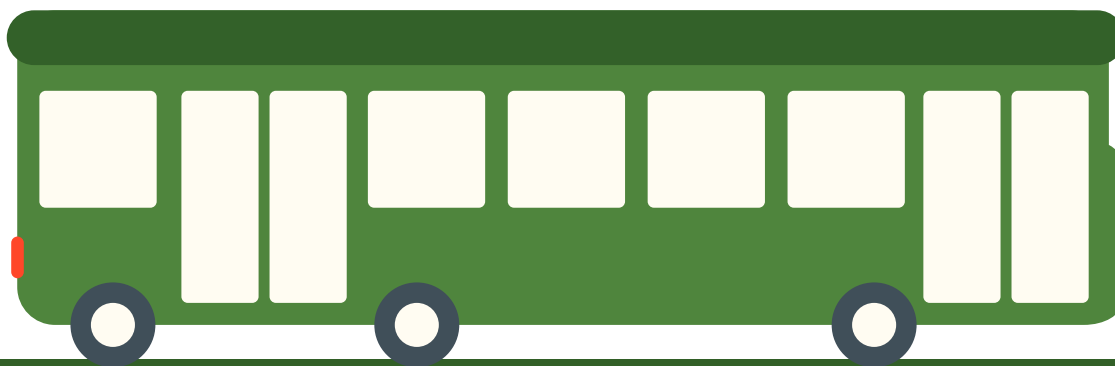
5551 E. C.R. 500 South, Muncie
(765) 744-3414 | greenway500.com
Tuesday-Friday: 10 a.m.-2 p.m. and 4 p.m.-7 p.m.
Saturday: 9 a.m.-5 p.m.
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Please feel free to call.

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9310 E. Jackson, Selma
(765) 282-2453 | goldmansbikeshop.com
Sunday: 12 p.m.-3 p.m.
Tuesday-Friday: 10 a.m.-6 p.m.
Saturday: 10 a.m.-4 p.m.

Bike Muncie is an outreach and educational program from the Muncie Bicycle-Pedestrian Advisory Committee. Their mission is to promote cycling for transportation and recreation – all while being safe. They also advocate for cycling as a means of achieving a healthier lifestyle and being environmentally friendly.



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)

MIT'S 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.

MIT's bus

Hours: Monday-Saturday

Visit 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 for details and learn how to get a student discount card.

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:

Mon.- Thur., every 5-10 minutes, 7:15 a.m.-11 p.m.

Fri., every 5-10 minutes, 7:15 a.m.-8 p.m.

Sunday, every 10-15 minutes, 5-11 p.m.

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 lot C4
- Stadium overflow lot

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