

SUSTAINABILITY INITIATIVE

UNIVERSITY OF MASSACHUSETTS DARTMOUTH



Sustainability Newsletter

March 2016 Vol. 5 No. 3

INTRODUCTION

The March issue of the Sustainability Newsletter includes a few tips to live sustainably while making this year's spring break memorable for yourself, your friends, and others. Wishing you a happy, safe and healthy Spring Break!! Also, the University's recycling rate is much better than it was a decade ago, a successful clothes swap was held last month and Project Clean Plate is coming soon.

STEPS FOR LIVING SUSTAINABLY ON SPRING BREAK

You've done a great job of making sure that



you are using your reusable water bottle while on campus, or riding the DART Van, but what about when you are off in some exotic vacation spot during spring break? Here are some tips on how to remain sustainable, even while having a good time.

If driving to a destination for Spring Break, consider carpooling: a. It benefits your wallet, b. Reduces your carbon footprint, c. Two or more passages in a motor vehicle provides access to carpool lanes shortening travel time, d. Traveling with buddies gives you usable time to check and read email, read a book, or nap, and e. Carpooling reduces traffic congestion and that will save 1,000's of pounds of carbon monoxide, carbon dioxide and nitrogen oxide from entering the air.

Use Public Transit if possible: a. Public transit reduces particulate emissions that create smog, c. Public transit reduces traffic congestion by improving traffic flow and decreasing the need for new road development and other land use, and d. Public transit reduces gasoline consumption.

Take a map. Today everyone relies on their phones for navigation, but in some places, where service is not strong, you can lose that ability.

If five blocks or less from your destination, walk or ride a bike.

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Save space in landfills, use refillable water bottles. If you do use disposable ones, make sure you recycling them according to the community where you are a guest.

UMD RECYCLES

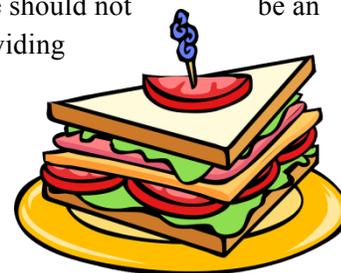
One look at the local landfill should be more than enough to convince us that recycling should be high on our priority list. The University’s recycling rate is much better than it was a decade ago, and UMD students are proving that much more can be done. By giving every student a bag to keep in their room for recycling, residents only need to provide a bag to dispose of garbage. This sets UMD on a glide path for leadership in sustainability in the SouthCoast region and beyond. Also, a gentle reminder to all students, garbage should be separated from recyclables, so please breakdown/flatten cardboard boxes and crush plastic water bottles to save space. And of course, everyone is encouraged to use the newly installed water bottle filling stations instead of purchasing water in plastic bottles.

FIGHTING FOOD WASTE: PROJECT CLEAN PLATE RUNS THE WEEK OF MARCH 28TH

In an effort to increase awareness of food insecurity and reduce food waste, the Office of Campus Sustainability and Residential Initiatives will host “Project Clean Plate” for a week beginning Monday, March 28th. This important event

An analysis by “Project Clean Plate” for the 2015 fall semester showed a nearly 40 percent reduction in food waste from previous years.

will happen in The Marketplace. Here is how it works: Students will dump their excess food into buckets for one week instead of throwing the food away. The waste will be collected and measured. An analysis by “Project Clean Plate” for the 2015 fall semester showed a striking finding—a nearly 40 percent reduction in food waste from previous years! Why is this important? Food waste should not be an accepted byproduct of providing food, instead; food waste should be considered a disturbing reminder of just how much food goes into garbage cans daily. A simple way to reduce food waste is to take a moment and decide what you want to eat, and how much—and then serve yourself that amount, or simply start with less food on your plate. If you want more, you can always go back for it. The Office of Campus Sustainability and Residential Initiatives host many programs throughout the year to help the UMass Dartmouth community learn more about sustainability.



WASTE IS SO LAST SEASON: RECYCLING CLOTHING SETS NEW FASHION TREND

In keeping with the concept sustainability, old clothes will not be thrown away; instead, gently used items that are no longer useful to their owners will be repurposed. The Office of Campus Sustainability and Residential Initiatives hosted a clothing swap



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February 19th-20th giving students an opportunity to exchange articles of clothing with one another. The well-attended event offered clothing in good condition. With a prominent trend towards sustainability and being ‘green’, a clothing swap can reduce the amount of clothing discarded to landfills, and decrease the environmental impact of agro-chemicals in producing conventional fiber crops, such as, cotton. Of note, recycled clothing upholds the principle of the three R’s of the environment: Reduce, Reuse, and Recycle, as well as the three legs of sustainability: economics, ecology, and social equity. As people learn how to be more environmental friendly, second-hand clothing establishments will become fashionable and respectable, so, after the swap, approximately five boxes of unclaimed clothing was donated to Gifts to Give, a local charity in New Bedford.

SUSTAINABILITY MOVIE SERIES

The purpose of the Sustainability Movie Series is to create a dialogue on ways that students can be more sustainable. This is accomplished by having a discussion before and after the movie. The movie, “Girl Rising,” focused on the social impact of women in underdeveloped countries who were given the chance at a viable education.

The next sustainability movie in the series will be “Drowned Out,” which was nominated for the British Independent Film Award for Best British Documentary. A synopsis: In central India, an enormous dam project leaves villagers with scant options: relocate from the riverside to the slums, move to less hospitable land far away or remain and drown. In the movie, the village’s medicine man guides viewers through the peaceful protests and lengthy

court case that surrounded the fight against the government. The film looks at who benefits most from the dam, and what has happened to those displaced by decades of industrial development. “Drowned Out” will be shown Wednesday, March 23rd at 6pm in LARTS room 117.

THE POLITICS OF PINK RIBBONS: A LOOK AT BREAST CANCER ACTIVISM IN THE U.S.

Kristen Abatsis McHenry, Ph.D. will present some of the arguments found in her book *The Green Solution to Breast Cancer: The Promise of Prevention that investigates the breast cancer movement in the United States*. Dr. McHenry argues that the movement has been highly successful in part due to consumer activism, and the adoption of the pink ribbon. She will critique this pink form of consumer activism and analyze the relationships between political activists and corporations. Dr. McHenry argues that the movement has recently focused more on prevention and the links between

cancer and environment. She will examine the cause of this shift toward a green breast cancer advocacy. The Politics of Pink Ribbons will be held Wednesday, March 30, 2016 12:00 p.m.—1:00 p.m. in the Claire T. Carney Library, Grand Reading Room, and light refreshments will be served.



For more information contact: LiveWell: Office of Health Education, Promotion, & Wellness 508.910.6965, www.umassd.edu/livewell.

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Community Solar arrives in the South Coast

For some people, rooftop solar is great: they can install solar panels on their property and save money. But, about 80 percent of households in Massachusetts cannot—they live in a condo, they rent, their house does not have the proper roof orientation, or they have too many trees in their yard. A community solar installation provides an alternative



allowing households to support a local solar garden through a simple process comparable to signing up for a gym membership or subscribing to a magazine. With community solar, homeowners, condo owners, and renters alike can all plug into

solar energy without the worry of installation, ownership or upfront costs.

Community solar offers residents the opportunity to buy electricity from an offsite solar array in their area. Favorable energy policies in Massachusetts also mean that residents can save 10 percent on their electricity bills each month, or roughly \$100-\$300 per year. Solar gardens have been

popping up across Massachusetts since 2011, and can be found all across the country.

Fairhaven has a community solar garden on Mill Road that is a local initiative. The solar garden supports the local economy, protects the environment, and households can save 10 percent on their electricity bill every month.

For those interested in learning more about solar gardens in their community, there are several local installation contractors in the SouthCoast or go to: www.directoryma.com/MABuilders-And-Contractors/MassachusettsSolarContractorsAndSolarInstallers.html for a guide to Massachusetts' solar energy suppliers, companies, contractors and solar installers.

Isaac Maze-Rothstein contributed to this article (isaac@solsticeinitiative.org).

Jane Goodall coming to UMD April 7, 2016

In July 1960, equipped with nothing more than a notebook and a pair of binoculars, Jane Goodall traveled from England to what is now Tanzania to study the little-known world of wild chimpanzees. Today, Jane's work revolves around inspiring action on behalf of endangered species, particularly chimpanzees, and encouraging people to do their part to make the world a better place for people, animals, and the environment. Jane Goodall's Roots & Shoots, which she started with a group of Tanzania students in 1991, is now the Jane Goodall Institute's global environmental and humanitarian youth program for young people from preschool through university with nearly 150,000 members in more than 130 countries.