



# Sustainability Office Monthly Newsletter

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## ***MU Student Discovers Her Career Path in Sustainability***

MU graduate student Lydia Schreiber has always been passionate about sustainability, but it wasn't until more recently that the Missouri native discovered how she can turn her passion into a full-time career after graduation.

"I had volunteered for the Roots and Blues music festival back in 2017 and I saw that they had a green team," Schreiber said. "It kind of connected that thing for me. I have been going to events and festivals for years."

Schreiber said she began noticing how much waste was being generated at the one-time events and it shocked her. While volunteering for Roots and

Blues she began questioning what she could do as an individual to help combat the issues at hand.

"I saw that as a future career, being able to go in and work with companies or organizations that have these wide reaching events," Schreiber added. "Being able to help them make it more sustainable or less impactful but through a fun avenue where you have an opportunity to educate event attendees."

At the time, Schreiber was in her senior year of her undergraduate studies at MU, studying biological engineering. Looking for additional opportunities to grow professionally

and academically, in the fall of 2017, Schreiber joined Sustain Mizzou, a non-partisan environmental MU student run group.

"It makes such a difference to be around people who have your same values and have hopes for a better future, but you can also kind of commiserate with them about the current state of things," Schreiber said. "It was just really validating and it connected me with a lot of people who were doing cool things around the community and campus."

Schreiber was not only a member that first semester, but she also signed up to serve on Sustain Mizzou's

Sustainability Week Executive Board. The Executive Board who oversees Sustainability Week is formed in late fall to begin planning and organizing a full week of sustainability events that typically take place each April.

But Schreiber's efforts didn't stop there. Before S-Week took place in April 2018, Schreiber served as a sustainability intern for the annual True/False film fest that March, where she began to understand some of the challenges associated with recycling and waste reduction.

"I realized just how hard it is to actually curb those behaviors with people because people just aren't thinking about it," Schreiber said. "Even if they do care, sometimes they just don't really realize what they're doing or don't know what to do about it. Getting into those events was a really fun way for me to explore that."

As her extracurricular opportunities helped her expand her awareness and knowledgebase, her studies helped enrich her passion as well. During that same spring semester Schreiber took a class called Sustainability In Engineered Systems with Assistant Professor Christine Costello.

"(Within the class) you look at a product, a process or a service and

you evaluate its impact but across its entire Life Cycle," Schreiber said. "You look at the material sourcing and the energy, and whatever tools are needed in extracting materials. For example, with natural gas, CO<sub>2</sub> is released when you're extracting it. So those impacts would be included, not just when it's burned, it's like the energy required to extract materials, the transportation, the energy that went into processing and then any impacts that were caused while using it. With products that aren't combusted, you'd include emissions from its wasting process."

From there, Dr. Costello helped her discover the next piece of the academic puzzle, Schreiber explained.

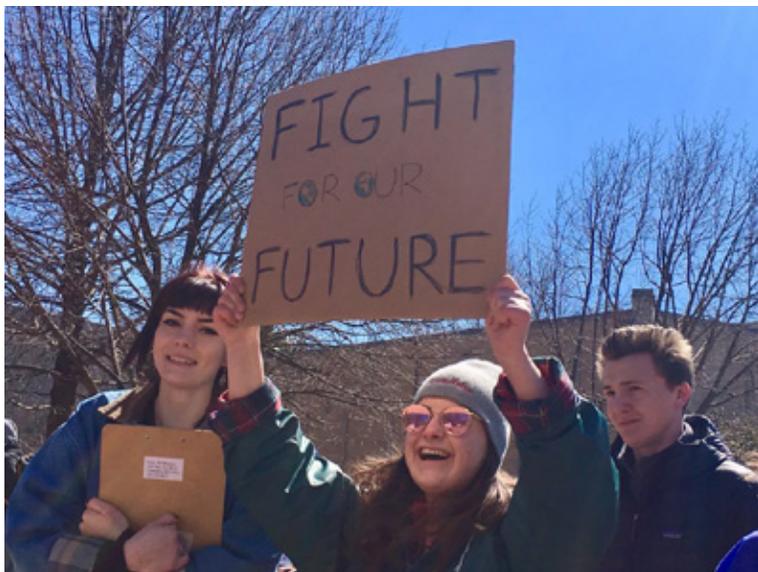
"She's the reason I'm doing grad school," Schreiber said. "I was on the fence about it until the end of my last semester. I was working on a project with (Dr. Costello) at Columbia Independent School. We were doing a food waste audit. Literally going in and weighing how much food these kids were wasting."

When you have that data, you can analyze which age groups are wasting the most food, which food is being wasted the most and understand how to encourage children to eat certain foods, Schreiber explained. Dr. Costello's team is still analyzing the

data from the research, but Schreiber said she is excited to see what positive changes will come of all their hard work.

In the spring of 2019, Schreiber began her PhD in Industrial and Manufacturing Systems Engineering with a focus in Sustainable Systems Engineering and she hopes to one day provide similar services to businesses or organizations, like her and Dr. Costello are providing for Columbia Independent School.

"The biggest thing I've learned is that there are so many systems that are just constantly working in the background that you don't even realize you're dependent on," Schreiber concluded. "Different economic sectors are really dependent on one another too so it's like if you want to change one it would probably require a lot of changes in another. It's shifted my focus from individual action, which I think is still important for practicing your own values, setting an example and pushing a cultural change because that is a really important part of it, but to make the amount of change we need in the amount of time we have we have to change the system, which is why I'm studying sustainable systems engineering."



"I know a lot of people feel lost," Schreiber said. "One of the most important things is just to be mindful of what you're consuming because consumption basically equals impact. So asking yourself if certain things are necessary or if it's just of convenience is a really good way to start moving toward that cultural change we really need to support these systems."

(Photos provided by Schreiber)



# Free



# Bike



# Repair



bike  
resource center



Sustainability  
University of Missouri



W112 Virginia Avenue  
Columbia, MO 65211  
573-882-8207  
<https://sustainability.missouri.edu/>

# Volunteer Opportunities

# May Calendar

Sign up to help with one of the following Campus Farmers' Market shifts. We could use extra hands to make sure this event runs smoothly! Sign up via our [OrgSync Volunteer Form](#).

Campus Farmers' Market  
Thursday, May 2

Setup Shift: 8:30 a.m. to 9:30 a.m.  
Cleanup Shift: 2 p.m. to 2:30 p.m.  
Location: Lowry Mall

Campus Farmers' Market  
Thursday, May 9

Setup Shift: 8:30 a.m. to 9:30 a.m.  
Cleanup Shift: 2 p.m. to 2:30 p.m.  
Location: Lowry Mall

Campus Farmers' Market  
Thursday, May 16

Setup Shift: 8:30 a.m. to 9:30 a.m.  
Cleanup Shift: 2 p.m. to 2:30 p.m.  
Location: Lowry Mall



## ***City of Columbia Update: Climate Action and Adaptation Plan***

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As the climate continues to change, communities across the U.S. and the world are asking “How are these changes already affecting my community?” and “What local impacts could be experienced from future changes to the climate?”

To help answer these questions, communities use a tool called a vulnerability assessment. A consultant team reviewed the best scientific information available about changes in temperature, precipitation, and other climate-related factors that Columbia may experience. That information was then applied to Columbia’s unique social, economic, and environmental context with inputs from City staff and the Mayor’s

Task Force. The Mayor’s Task Force then began piecing together the Columbia Climate Action and Adaptation Plan which will be presented this summer.

Whether you’re a student, staff, faculty or community member you can do **YOUR** part by participating in one or more of the following ways:

1. Take the Climate Action and Adaptation Plan Survey by **May 10** and let your voice be heard! The survey can be accessed via this link: <http://bit.ly/2XKAlOf>
2. Attend the Pre-Council Worksession on **May 20** to provide your input in person and ask

follow-up questions concerning the plan. This meeting will be located at City Hall in room 1A/1B at 5 p.m.

3. Join City Council at their **June 17** meeting as the group discusses the plan and votes on it! This meeting will be held at City Hall in the Chamber beginning at 7 p.m.

For more information visit [CoMoClimateAction.com](http://CoMoClimateAction.com) or contact the City’s Sustainability Office at [Sustainability@CoMo.gov](mailto:Sustainability@CoMo.gov).

# George Washington Carver MU Community Garden Update



By Dan Yuhasz

April 28, 2019 – Plans are underway to install the new deer fencing in early May. Once the posts are secured into the ground, we will need volunteer help attaching the mesh fence material to the posts. Be on the lookout for an announcement of a volunteer garden work day on an upcoming Saturday.

There has been a good turnout of volunteers for the Children's Garden on Fridays. Work days in the Children's Garden are scheduled for every Friday morning from 10 a.m. to 12p.m. Feel free to drop in at

any time. No experience or tools are needed.

We have begun to allocate raised beds to students who attended an Info Session in April. There are still plenty of beds available for any member of the campus community who can commit to gardening alone or in small groups. There is a contact email address below if you have any general questions or if you'd like to be added to our GroupMe account for being kept up to date on the latest activities.

We have recently been receiving

donations of vegetable starts and seeds. These will be offered to any of the new garden members committed to gardening throughout the summer. We expect to receive a steady supply of seedlings and seeds throughout the growing season.

The George Washington Carver Community Garden Project is coordinated by the Mizzou Botanic Garden. For further information contact Dan Yuhasz at [dfy7dk@mail.missouri.edu](mailto:dfy7dk@mail.missouri.edu) or visit the George Washington Carver Project on Facebook.

## MU Sustainability Tip of the Month

By Brock Andreasen

### Easy Changes Can Help You Drive More Sustainability

Of course the most sustainable option is to seek other modes of transportation such as biking, walking, public transit or carpooling; but there are times where many of us as students are forced into situations where we have no option but to drive ourselves.

Here are some easy tips to making the most of these situations and driving in a more sustainable manner.

- Take it easy on that accelerator! You might feel like you're in a Fast and Furious movie when you gun it at the stoplight, but in reality you're just burning way more gasoline than you need to be.
- Quit Idling as much. According to the Environmental Defense Fund, you burn less fuel by simply turning off and on your

car when you plan to be idling for more than ten seconds. \*Of course, don't shut your car off in traffic- you could cause an accident!\*

- Cruise with your windows down! According to the Advanced Technology Institute, when you're driving under 50 miles per hour you can conserve up to 3 miles per gallon by turning off the AC and rolling the windows down.

# TIGER TREASURES 2019

## MU'S ANNUAL RUMMAGE SALE

### SATURDAY, JUNE 1, 2019

6 a.m. to 7 a.m. - Early Bird Special (\$5 admission)  
7 a.m. to 10 a.m. - Rummage Sale (free admission)  
10:30 a.m. to 11:30 a.m. - \$5 a Bag Sale (free admission)

Location: MU Surplus Property  
1507 Capen Park Road  
Columbia, MO 65211



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Sustainability  
University of Missouri



Residential Life  
University of Missouri



Surplus Property  
University of Missouri

Visit [sustainability.missouri.edu/programs](https://sustainability.missouri.edu/programs) for more information

## What Is Tiger Treasures?

A collaboration between the University of Missouri, the City of Columbia and participating nonprofit agencies, Tiger Treasures collects and sells unwanted items donated by students departing for the summer from MU Residential Life facilities and Greek houses. The project diverts tons of material from the landfill, and all proceeds from the sale benefit the University Y's Camp Mudd, a summer outdoor camp for children.

The 2019 Tiger Treasures sale will be held June 1, 2019 from 7 a.m. to 11:30 a.m. located at MU Surplus

Property, 1507 Capen Park Road. Carpooling is encouraged and parking will be available at the surplus location.

Tiger Treasures offers an early bird special from 6 a.m. to 7 a.m. for individuals who would like to show up before the doors open. This option requires a \$5 donation. From 7 a.m. to 10 a.m. shoppers do not have to pay a donation admission fee. At 10 a.m. Tiger Treasure Volunteers will close MU Surplus for 30 minutes to redistribute and reorganize the sale. From 10:30 a.m. to 11:30 a.m. Tiger

Treasures will have its \$5 a bag sale to sell the remaining merchandise. The \$5 a bag sale will not require a donation admission fee either.

This event is open to the public, students, staff and faculty.

**Volunteer opportunities with Tiger Treasures can be found at <https://orgsync.com/103769/forms/362850>. Everyone is welcome to help out, whether you're a part of the campus or Columbia community. You'll also earn money toward the sale by volunteering!**



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# MU CAMPUS FARMERS' MARKETS

Eat local, shop local

## Vendors will be at Lowry Mall on:

- Thursday, April 4 from 10:00 a.m. to 2:00 p.m.
- Thursday, April 18 from 10:00 a.m. to 2:00 p.m.
- Thursday, May 2 from 10:00 a.m. to 2:00 p.m.
- Thursday, May 9 from 10:00 a.m. to 2:00 p.m.
- Thursday, May 16 from 10:00 a.m. to 2:00 p.m.



# MU Sustainability Student Ambassador Team



**Keli Daugherty**  
Business Administration, Junior



**Kora Freeman**  
Biological Sciences, Junior



**Sydney Schack**  
Journalism, Junior



**Isabella Corona**  
Journalism, Sophomore



**Abby Hunt**  
International Studies/Geography,  
Sophomore



**Amber Spriggs**  
Civil Engineering, Junior

The Sustainability Office Ambassadors provide peer-education and outreach activities for MU students to understand how they can be more sustainable in their community. Ambassadors also offer presentations for organizations and clubs to learn more about the Sustainability Office's programs and efforts which students campus-wide can take part in throughout their daily lives.

If your club or organization is interested in learning more about the following MU Sustainability efforts, request a Sustainability Office Ambassador presentation.

- How is Sustainability Relevant to My Major/Club/ Department?
- An Overview of Social, Economic and Environmental Sustainability
- Tiger Tailgate Recycling and Recycling on Campus
- Bike Resource Center and Bike Repairs
- Mizzou Bike Share and Bike Safety
- Tiger Treasures and Why Donations Matter
- Farmers' Market Events and Food Sustainability
- Water Bottle Recycling and Water Conservation

## Contact Us

Phone: 573-882-8207

Website: [sustainability.missouri.edu](http://sustainability.missouri.edu)

Email: [mu.sustainability.ambassadors@gmail.com](mailto:mu.sustainability.ambassadors@gmail.com)



**Zoe Westhoff**

Business Administration, Junior





# Campus & Community Events

Date	Event	Location	Time
May 2 ( <a href="#">link</a> )	Campus Farmers' Market	Lowry Mall	10 a.m. to 2 p.m.
May 2 ( <a href="#">link</a> )	Get Hired! Hire Mizzou Tigers Event	Lowry Mall	10 a.m. to 2 p.m.
May 7 ( <a href="#">link</a> )	Food Waste Collection Event	Capen Park	8 a.m. to 8 p.m.
May 8 ( <a href="#">link</a> )	Sustain Mizzou Elections	2500 Student Center Cubicle B8	7 p.m. to 8 p.m.
May 9 ( <a href="#">link</a> )	Campus Farmers' Market	Lowry Mall	10 a.m. to 2 p.m.
May 14 ( <a href="#">link</a> )	Wheelchair and Bike Wash	Logboat Brewing Company	5:30 p.m. to 8 p.m.
May 16 ( <a href="#">link</a> )	Walt's Bike Shop Bike Repair	1217 Rogers Street	6 p.m. to 7:30 p.m.
May 18 ( <a href="#">link</a> )	Columbia's Ag Park Grand Opening	1769 West Ash Street	8 a.m. to 12 p.m.
May 18 ( <a href="#">link</a> )	Cruise the Creeks	Flat Branch Park	1 p.m. to 3 p.m.

# Summer Sustainability Plans

## SUSTAINABILITY LIBRARY

At the MU Sustainability Office we are constantly looking at ways to serve YOU, the students on our campus. Starting May 20, we invite you in to check out a sustainability-focused book or DVD of your choice.

This opportunity is available for students, staff and faculty with a valid MU ID. Only one book or DVD can be checked out at a time and it can be checked out for an entire month.

Our office is located at W112

Virginia Avenue, directly across the street from Pershing Hall. We're open 8 a.m to 4:30 p.m.

## INTERNSHIPS

Additionally, we will be offering two unpaid internship opportunities this summer.

The first opportunity is a journalism internship for students who are interested in interviewing MU students, staff and faculty, and then writing about sustainability-focused topics. This position will require 5 to 10 hours of work a week.

The second opportunity is a video internship for students who are interested in creating recycling and sustainability video clips for our office. This position will also require 5 to 10 hours of work a week.

If you are interested in applying for one these unpaid internship opportunities please email your resume to MU Sustainability Program Assistant Ashley Craft at [crafta@missouri.edu](mailto:crafta@missouri.edu) by May 17 at 5 p.m.





# Sustainability

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