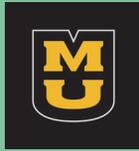




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 Sustainability Tip
 Did you know donating
 blood or participating
 in a 5k is a form of
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 Green Certificate
 Find out how you
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starts with Sustainability

University of Missouri

Volume 1
 Issue 12
 Oct. 2019

Passionate Students, Staff and Faculty Help Boost Campus Sustainability - Letter from the editor

While our enrollment may have seen a 16% increase in the incoming freshmen class (welcome new tigers), it feels as though the MU Sustainability Office has seen an even bigger increase in support for sustainability. Our BRC mechanics are frequently kept busy with students waiting in line for basic bike repairs, several of our food vendors at the Campus Farmer's Market have sold out this season and Tiger Tailgate Recycling has had a surge in volunteers.

The Sustainability Office is grateful for the continued support from the students, staff and faculty. We have dedicated this issue of our newsletter to providing you with information on frequently asked questions, upcoming events and ways you can continue your sustainable efforts on or off-campus.

*Why is sustainability an important topic for us to discuss?

"Sustainability is super important for us to be talking about because it touches so many various aspects



of our lives," said MU Sustainability Student Intern Brock Andreasen. "Everybody loves something that is impacted by sustainability! Like art? Having healthy communities that can come together and share things like art are a product of sustainability."

"Like spending time helping others? Volunteerism is a great starting block to being sustainable and building a better community."

"Personally I love to fish, and what screams sustainability quite like standing in the middle of a nice pristine river?"

"Sustainability should be an integral part of our everyday communication because when one aspect of sustainability suffers, the things we love suffer as a result."

"One personal story of this for

“There are many different solutions to the problems we face as a society, however many of these solutions simply act as band-aids. To me, it’s only the sustainable solutions that are worth discussing.”

- Kathryn Kidd, MU Sustainability Student Intern

me has been the battle over the establishment of what would be the largest North American mine in Bristol Bay, Alaska. If I can convince more people to recycle or use less metal through our Sustainability Office, then I can do my part to help stop mines from invading pristine wilderness (and great fishing spots!).”

“The more we talk about sustainability, the more we can start to see the inter-relatedness of it all, and how the economic and social affects the environment,” Andreasen added.

“Because of all this relatedness, there are a plethora of everyday things each and every one of us can do to help out sustainability and the things we love! But none of that happens if we don’t get out and talk about sustainability in

the first place! This office has been like a megaphone for me, and I strongly encourage everyone reading this to utilize it as such in a way that shows everyone how sustainability really is important to them!”

***What all does MU Sustainability provide for campus?**

The mission of MU Sustainability is to ingrain sustainability principles of social equity, environmental stewardship and economic prosperity while integrating campus operations, academics and research.

When MU Sustainability isn’t providing mentorship to students, staff and faculty who are interested in expanding their sustainability efforts, the team is giving sustainability-



focused presentations, teaching sustainability-focused classes, providing a large list of programs, hosting sustainability-focused events, writing about others’ sustainable efforts found across campus, and collaborating with organizations/student clubs who are hosting sustainable events.

Additionally, MU measures its sustainability progress using

a tool called STARS (Sustainability Tracking Assessment and Rating System). STARS has 65 categories by which to measure such progress. Our office collects data for each category by working with the various departments and offices on campus.

Currently, MU is rated STARS Gold and ranks second in the SEC behind Texas A&M!

***If I want to learn more within the classroom setting, does MU offer courses in sustainability?**

Yes, we sure do! The University of Missouri offers various undergraduate and graduate sustainability-focused courses. Please speak with your advisor to learn more about such opportunities!

***What programs and volunteer opportunities do you offer for students?**

1. Bike Resource Center - free bike repairs for students
2. Campus Farmers Market - yummy food, plants, art, retro finds and so much more can be found at our campus markets.
3. Tiger Tailgate Recycling - volunteer to hand out recycling bags to tailgaters before a home football game begins to spread environmental awareness
4. Student Ambassadors - students offering presentations for fellow peers, departments and organizations who would like to learn more about various aspects of sustainability
5. Tiger Treasures - help us divert TONS of great items from the landfill at move-out by shopping

- at our huge rummage sale that occurs after the school year has ended
6. MU Clothing Swap - a great way to recycle your gently used clothing for new to you pieces
7. Waste Audits - volunteer to help us measure the recycling and waste rates of campus buildings so we can find our areas of weakness and boost our recycling rates
8. Sustainability Library - learn more about sustainability by checking out one of our 80+ sustainability-focused books
9. Recyclemania - an 8-week competition amongst 300+ colleges across the nation where we measure how well we are recycling
10. Water Bottle Reuse - need a reusable water bottle? Stop by our office to grab one, free of charge.

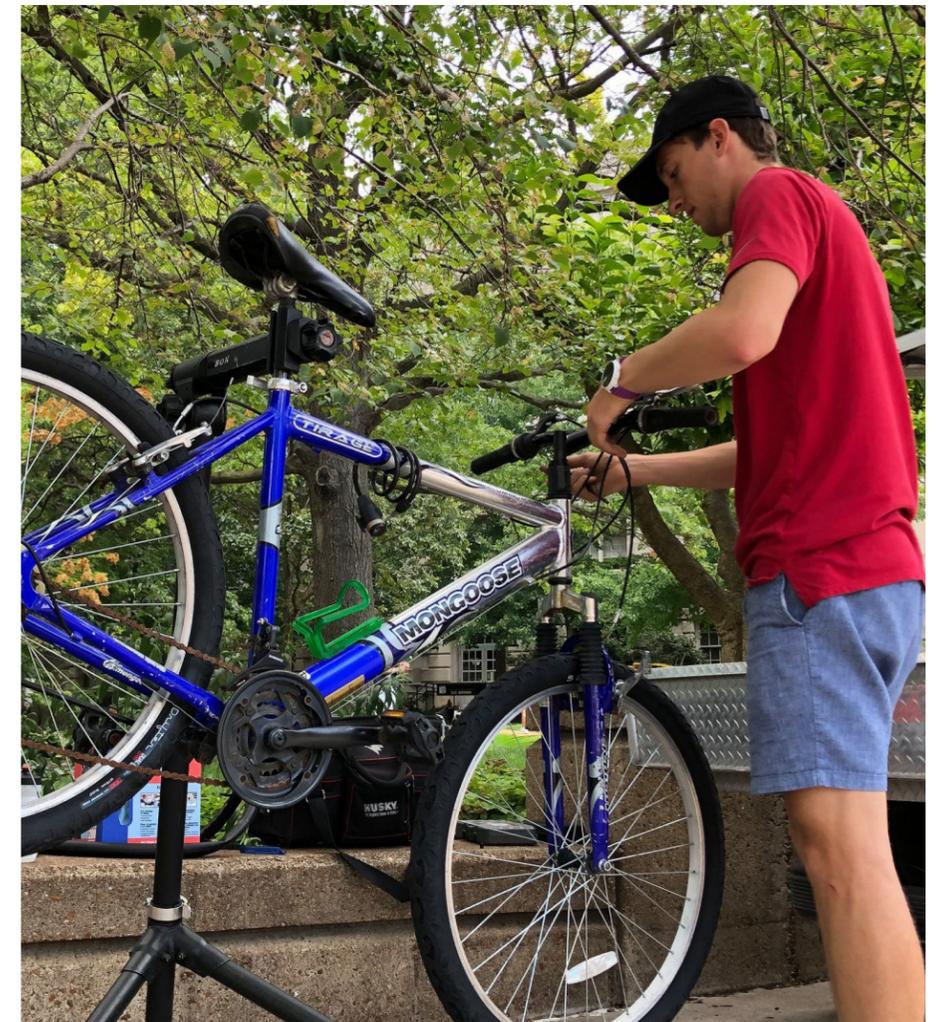
For more information on each program, such as times, dates, locations please visit: <https://sustainability.missouri.edu/programs/>

Our office also promotes sustainability across campus and in our community by offering students the option to earn a Green Volunteer Certificate. For more information on qualifying events and how you can add this to your resume visit: <https://sustainability.missouri.edu/get-involved/green-volunteer-list/>

***I’m seeing news articles, podcasts and videos talking about the state of our planet and I’m overwhelmed. Where do I start or what can I do to make a difference?**

When seeing news article after news article about the shape of our environment, our society and our economy it can become daunting on how to make a positive change. The question may become, “What can I do?”

However, whether you’re a student,



staff, faculty or community member there are a variety of ways that you can make a difference.

Take a peek at our article from this past June titled [Set Sustainable Goals This Summer](#) for a more comprehensive list, but here’s four bullet points of possibilities to get you started:

- Become more involved in civic engagement. Whether you are participating in MSA, LBC or City government, civic engagement can help us understand and contribute to ourselves as well as our community.
- Be a conscious consumer when and where possible. Before you throw out your ripped shirt or that broken cell phone ask

yourself, can this item be repaired by me or someone I know?

- Cut back on non-reusable products by replacing them with reusable options that you can take on the go. For example, consider taking a reusable thermos to grab your morning coffee. Often times, coffee shops even offer a discount when you bring your own thermos/water bottle, whether you order inside or at the drive-through.
- Consider joining one of many [campus or community organizations](#) dedicated to helping others and/or helping the environment. From Mizzou Eco Racing to MU’s Tiger Pantry, there’s something for everyone.



Here are some ways to get involved:

- Participate in a 5K for charity! Sure there may be a registration fee, but you usually gain a cool shirt!
- Give blood at one of the many Mizzou blood drives! It's your own opportunity to be a hero and save someone's life!
- Volunteer as a youth basketball coach through Columbia Parks and Recreation!
- Volunteer with Special Olympics through Columbia Parks and Recreation!

GO GREEN

The Blood, Sweat and Cheers of Sustainability!

Brock Andreasen

There is no doubt living sustainably can be hard for a college student to do! Buying local foods is often times out of our tight budgets and many of us simply live too far to bike to class every day.

The work that went into this

year's homecoming was apparent to anyone in Columbia this weekend. The colorful floats, painted windows downtown, and hours spent volunteering this week by so many students show the amazing ability we all have to be actively engaged in helping in our community. What I

propose to you is this engagement continue beyond homecoming weekend.

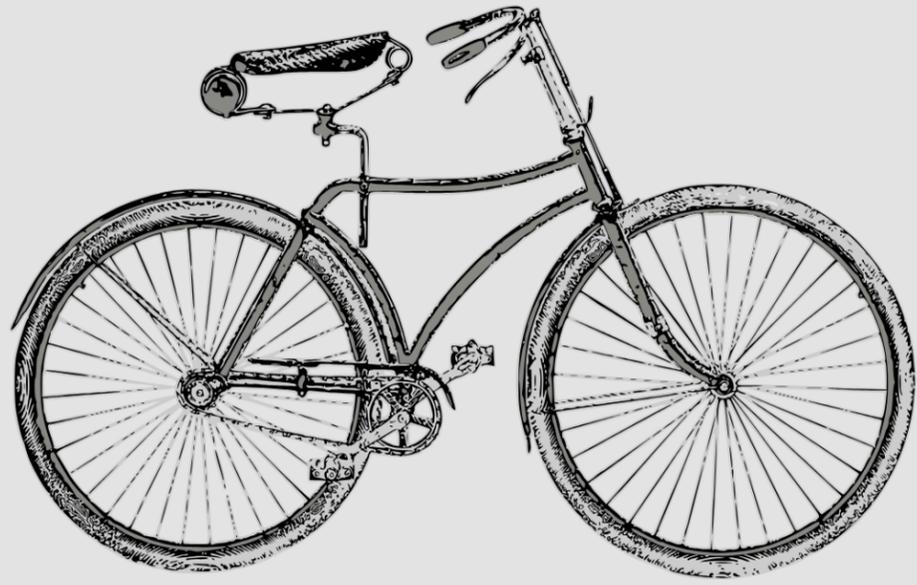
Volunteering your time, having a positive attitude, and maybe even donating blood at the next campus blood drive are all ways we Tigers can continue some good

sustainability karma after this hoco season!

As a student, it can be easy to forget that the Columbia's city limits extend past downtown, but this city is much more than the 12,062 acres of university property, and we are all more than

just students isolated on campus!

Helping out by volunteering, raising money or participating in a blood drive are all ways we can improve the social sustainability of what we all should think of as our hometown.



FREE BIKE REPAIRS

WHEN: October 19, 2019
12:00pm-3:00pm

WHERE: Campus Lodge Apartments, near the Club House

WHAT: The **MU Sustainability Office's Bike Resource Center** mechanics will be available to help you with basic bike repair needs

FOR MORE INFO VISIT:
[HTTPS://SUSTAINABILITY.MISSOURI.EDU/
PROGRAMS/BIKE-RESOURCE-CENTER/](https://sustainability.missouri.edu/programs/bike-resource-center/)



Green Volunteer Certificate

The MU Sustainability Green Volunteer List was established in the fall of 2019 to recognize University of Missouri students who dedicated a set amount of volunteer hours each semester to making their campus and community a more sustainable place to live.

To be eligible for the Green Volunteer List in a given fall or spring semester, a student must meet the following requirements:

Gold – Volunteer dedicated 20 hours or more this semester helping their campus and Columbia community.

Silver – Volunteer dedicated 11 hours to 19 hours this semester helping their campus and Columbia community.

Bronze – Volunteer dedicated 10 hours or less to helping their campus and Columbia community.

Green Volunteer activities include:

1. Tiger Tailgate Recycling with MU Sustainability
2. MU Sustainability event assistance
3. Student Ambassador outreach
4. Sustainability communications
5. Stream cleanups with Sustain Mizzou
6. Weatherizing houses with Sustain Mizzou
7. Help with pickup and/or sorting for Tiger Treasures Rummage Sale with MU Sustainability and MU YMCA
8. Waste Audits with MU Sustainability
9. Assisting with True/False
10. Tabling at electronic waste drives with Sustain Mizzou

11. Voting in campus, city and national elections
12. Attending city council meetings/forums
13. Attending sustainability-focused events listed on our Campus/Community calendar within each monthly MU Sustainability newsletter.

Ways you will be recognized: A tab on our sustainability website labeled Green Team will recognize volunteers by name per semester, they will receive an official digital certificate that they can add to their portfolio/resume and they will be honored in our newsletter at the end of each semester.

To learn more about this opportunity visit: <https://sustainability.missouri.edu/get-involved/green-volunteer-list/>

FOR MORE INFO VISIT:
[HTTPS://SUSTAINABILITY.MISSOURI.EDU/
PROGRAMS/BIKE-RESOURCE-CENTER/](https://sustainability.missouri.edu/programs/bike-resource-center/)



Campus & Community Events

Find a sustainability-focused event that piques your interest and helps you become more involved in your area.

Oct. 22, 11 a.m. - 12 p.m.



Dr. Francis on the racial suspension gap in K-12 schools

For several decades, black students have been approximately 3-4 times more likely to be suspended compared to white students. This finding has been consistently found since the 70s using a variety of state and national datasets. Join Dr. Huang on Oct. 22 as he explores this issue further.

[220 Townsend Hall, FREE](#)

Oct. 22, 6 p.m. - 6:40 p.m.



Tuesday Night Cyclocross
Tuesday Night Cross is almost here! Join us each Tuesday evening (weather permitting) for an exciting training event. The first session starts at 6 PM sharp with a kids' ride immediately after. The second ride is at 6:40 PM. Meet at the Antimi Shelter by the skate park. Sign the waver, pay \$5, helmets required, food after! See you there!

[Como Cyclocross, \\$5](#)

Oct. 26, 9 a.m. - 11:30 a.m.



Sustain Mizzou and Missouri River Relief Stream Clean
Stream Team & MRR Cleanup:
We're joining forces with Missouri River Relief to clean up the Mighty MO! If you are interested contact Josh Meyers (jcmrhn@mail.missouri.edu).

[405 Cottonwood Drive, Jefferson City, MO, FREE](#)

Oct. 28, 4 p.m. - 5:30 p.m.



Allyship Series: Welcoming and Supporting Refugee Communities

This session will distinguish the difference between a refugee and immigrant. A panel of individuals who identify as refugees will share their experiences and how to be a better ally.

Registration requested at <http://bit.ly/BridgeAllyshipSeriesFall2019>

[220 Townsend Hall, FREE](#)

Oct. 28 - Nov. 1



Clothing Swap Donations
Our teams will be accepting clothing donations October 28, October 29, October 30, October 31 and November 1, from 10 a.m. to 2 p.m. each day. Donation locations will be inside the MU Student Center on the main floor and outside in the middle of Greek Town.

[Greek Town and MU Student Center](#)

Oct. 31, 10 a.m. - 2 p.m.



Campus Farmers' Market
Support local businesses this fall and stop by the Campus Farmers' Market between 10 a.m. and 2 p.m. on Thursday, Oct. 31, located in Lowry Mall. Our vendors will have you covered for breakfast AND lunch, with food items including stir-fry, fresh-grilled hamburgers and banana bread. After you grab some yummy food, our newest vendors can also help you update your dwelling/office with plants, art and retro finds.

[Lowry Mall, Cost varies](#)

Looking to
Get involved and build your resume?

Mizzou Student Health and Well-Being is looking for passionate students to become Peer Educators!

Learn and teach others about topics such as physical health, mental health, sexual health, and substance abuse! Help make a difference at Mizzou, and [apply today!](#)

Find our application on MU Engage under "Forms" on the "Health and Well-Being Peer Education" page!

Email wellbeingpeers@missouri.edu with any questions you have.

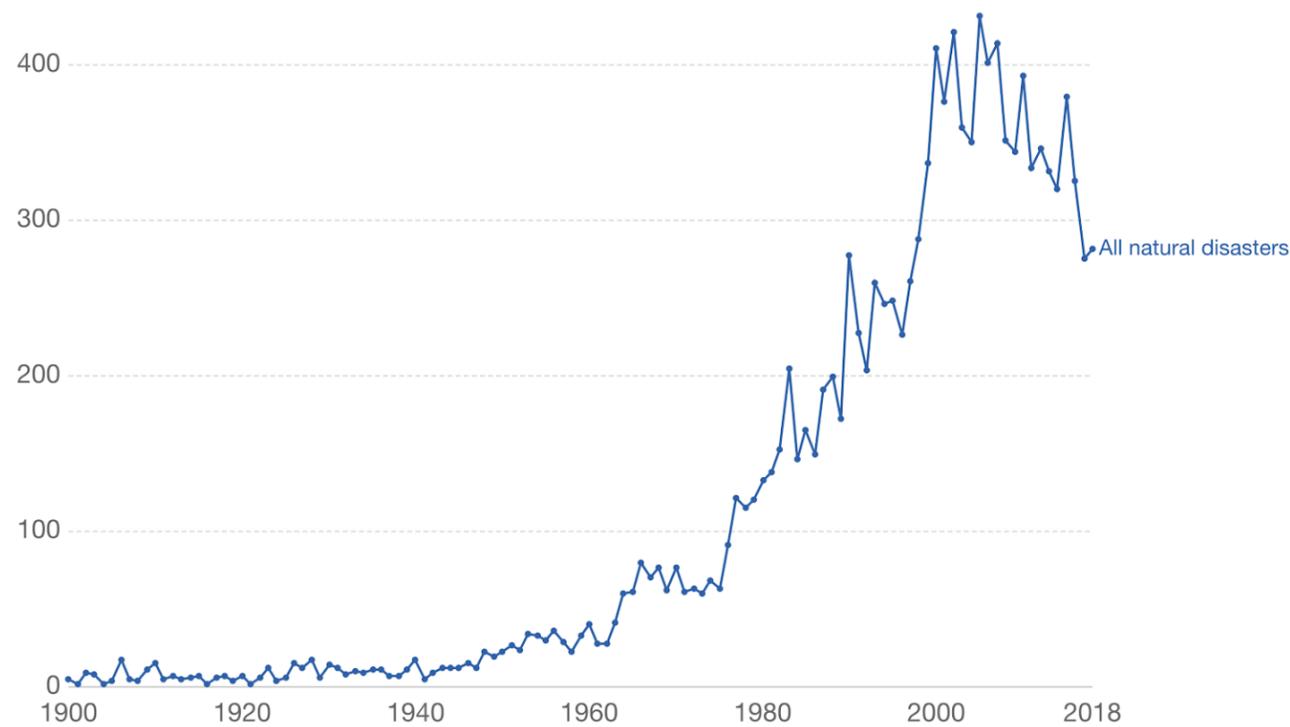
wellbeing.missouri.edu

University of Missouri

Number of recorded natural disaster events, All natural disasters

The number of global reported natural disaster events in any given year. This includes those from drought, floods, extreme weather, extreme temperature, landslides, dry mass movements, wildfires, volcanic activity and earthquakes.

Our World
in Data



Source: EMDAT (2019): OFDA/CRED International Disaster Database, Université catholique de Louvain – Brussels – Belgium
OurWorldInData.org/natural-disasters/ • CC BY

Natural Disasters Around the World: Quick Facts

Sydney Schack

The chart above speaks for itself. Natural disasters in this world are rapidly increasing, and science shows that human activity has had a large hand in making that happen.

The increase in both prevalence and strength of natural disasters in the past 20 years are one of the many negative impacts.

According to NASA, “Changes

in climate not only affect average temperatures, but also extreme temperatures, increasing the likelihood of weather-related natural disasters” ([NASA Earth Observatory](#)). These natural disasters range from severe storms, tornadoes, hurricanes, monsoons, droughts, wildfires, and flash flooding. As the climate abnormally cools/heats up, the weather conditions align for such events.

According to Munich RE, 2018 was the fourth costliest since 1980 for insurance companies due to natural disasters and severe weather events. The overall economic impact of the environmental disasters was US\$ 160bn, of which only about half was insured. 10,400 people around the world divided from a total of 850 natural disasters in 2018 ([Munich RE](#)).

Millions more were displaced,

hurt, or otherwise negatively impacted by these events. In total, approximately 61.7 million people were impacted in every part of the world by all the natural disasters in 2018 ([International Disaster Database](#)).

Bringing it back home, the state of Missouri has taken some of the hardest hits in the past few years from natural disasters. According to KBIA, in July of this year, “President Donald Trump issued a disaster declaration to help residents in 20 different counties who have experienced major

damage from tornadoes and floods this year” ([KBIA](#)).

According to Time, developing countries get hit the hardest. Places with higher rates of poverty and ineffective governments are usually the least prepared to handle the extensive damage that natural disasters bring upon communities ([Time](#)).

Connecting the dots between natural disasters and human activity is the start of finding a solution to the problem. From there we begin to look at our talents and

civic engagement to figure out how we can individually and collectively proceed. Remember, all hope is not lost. Understanding the problem is the only way we can begin to reverse the damage humans have made on our planet. ●



MU SUSTAINABILITY OFFICE
SUSTAIN MIZZOU
GREEKS GO GREEN

PRESENT:

Fall Clothing Swap

Clothing Swap
November 4th & 5th | 12-5 pm
Memorial Union N201

Donation Collection
October 28 - November 1 | 10-2 pm
Student Center / Greek Town



Sustainability

University of Missouri

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   sustainability.missouri.edu

