

# HOW TO BE A SUSTAINABLE SCOT



A Student-Written Guide

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**Thanks to....**

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The Sustainability Office and Campus Life

**Disclaimer:**

We have written this guidebook to inspire and empower students, especially first-year-students, to work towards a more just and sustainable future. However, we recognize that we cannot capture the diversity of opinions and visions held by students at Macalester. We do not claim to speak for the entire student body or the institution itself, for doing so would not fit our beliefs in democracy. We welcome all discussions on the content, framework, and intent of the guidebook, and we would love to hear whatever thoughts you have.

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# What is Sustainability?

*Contributors: Timothy DenHerder-Thomas and Rob Jentsch*

Sustainability is often defined as “a way of living that supports not only our present needs but those of future generations as well.” In essence, it is the ability for a system to continue indefinitely. We suggest that a more concise definition might be “One World.”

You see, sustainability is a concept that encompasses justice, the environment, economics, and more – “pieces” that not only fit together but cannot exist separately from each other. Achieving sustainability requires challenging common divisions between present and future, local and global, learning and doing, and self and world.

Pretty cool stuff, right? Sustainability is relevant to all parts of our lives, as this booklet aims to describe. But before we delve into all of that, let’s talk about what you have to do with this.

For some reason, you’re at Macalester. Perhaps you feel that Macalester might prepare you best for the future, or perhaps you simply hear the food is good (and hey, it’s not half bad). Whatever it was, you chose this little Twin Cities school for a liberal arts education. We think that’s important.

The root of the word “liberal” in the context of “liberal arts” refers to liberty and freedom. “Art” refers to the craft of creativity. A liberal arts education, then, is all about creating freedom, gaining skills that allow you to think expansively, and directly translating your ideas into practice. It is about building your (and our) capacity to dream and to do. It encourages us to investigate not only the way the world is but to understand the structures upon which we will create the world we *want*.

Rather than seeing college solely as a door to “the future,” in which we slowly become “real people,” we see it as a place to engage and change our situation now. We learn more about ourselves and the

world by engaging both than we do by separating self from world and just studying it.

This guide is our invitation to you to embrace a community of learning and teaching through inspired action. We're challenged to enact sustainability – to see and thus live out “one world,” to find a way to live that is about everything working together, instead of undermining ‘pieces’ that we ultimately depend on.

We think it is best to look at our time at Macalester and its many academic disciplines, student organizations, and opportunities not as a series of roofs to fit within but as platforms upon which we create. No matter what major(s) or entry point(s) you choose, the world we need and want is one, and we can all lift each other up.

As you read through this guide, we hope you are able to recognize the interconnectedness of all that lies within the scope of sustainability and that you can start to see what opportunities you have to live it.

## **Defining Sustainability at Macalester**

During the 2008-2009 academic year, the Sustainability Office engaged the Macalester community in thinking strategically about sustainability in order to create a definition and vision of sustainability for the College. The guiding question was, “*How does sustainability advance the core mission of Macalester College?*” Students, staff, faculty, and administrators all contributed to developing a definition and a working understanding of how sustainability relates to Macalester’s other core values. Macalester now defines “sustainability” as:

*Sustainability is the continuous effort to meet the needs of the present generation without compromising the ability of the future generations to meet their needs by working toward a healthy environment, social justice, and strong economy. At Macalester, sustainability is infused throughout our core values of academic excellence, internationalism, multiculturalism, and service to society.*

# Re-Energizing Macalester

Contributor: Kai Bosworth

## Our Electricity

Much of the electricity that we use at Macalester comes from coal, which is the cheapest and most polluting electricity source. Coal is directly linked to global warming, acid rain, asthma, the destruction of Appalachian lands, and mercury poisoning.

We must first understand that efficiency and conservation are the most achievable and smart ways to reduce our coal use, but we must also look to clean, renewable energy as a solution. By switching to renewables, we can promote local economic prosperity by placing this critical resource in the hands of the communities who use it.

***You can help by conserving energy and assessing clean energy opportunities for the college!***

## The Heating System

Macalester has a central boiler under the Fine Arts building which burns natural gas and fuel oil. It emits 33% of Macalester's carbon emissions. This boiler sends steam to each building, which heats a closed-loop pipe system that runs through your room. Turning down the valve in your room reduces the amount of hot water going through your pipes, not the temperature, which is managed on the building level by Facilities Services.

There are many ways that we can use heat more efficiently, but for a place that gets as cold as Macalester, we have a lot of problems that can only be solved by revamping the entire system. With a little ingenuity and a lot of planning, we can produce our own heating using systems like geothermal and solar water heating.

## Zapping Our Energy Consumption

- Share appliances with your roommate and eliminate appliances that are unnecessary or wasteful.

- Plug all your electric devices into a surge protector or Smart Power Strip. *Anything* that is plugged in uses electricity!
- Consider unplugging your mini-fridge – it may account for up to 50% of the energy use in your dorm room.
- Turn off or hibernate your computer, especially overnight.
- Use less hot water – take shorter showers and wash your clothes with warm or cold water.
- Wash clothes with cold water, make sure you have a full load and air-dry whenever possible. Clothes drying racks can be checked out in your dorm office.
- Light only the space you’re working in, and use a compact fluorescent light bulb.
- In the winter, keep your windows closed, your blinds open, and your heater on low. It will get warm enough!

## **Campus Sustainability Small Project Fund Application**

Have an idea? The Sustainability Office has designated a portion of its funding to support small on-campus projects that promote sustainability through creative and innovative action, help advance Macalester’s Sustainability Plan, and uphold the core values of Macalester College - academic excellence, internationalism, multiculturalism, and service to society. If possible, projects should encourage collaboration between staff, faculty, and students. An individual or group can apply for up to \$1,000 in funding. Applications are rolling but funding is limited. Questions should be directed to Natalie Locke, [nlocke@macalester.edu](mailto:nlocke@macalester.edu). Find application form at: [www.macalester.edu/sustainability/smallprojectfund.html](http://www.macalester.edu/sustainability/smallprojectfund.html).

Application should be submitted to the Sustainability Office, which is located on the first floor of Kagin.

# Healthy Body, Healthy Mind

Contributors: Hannah Wydeven and Callie Thuma

Just as we use material resources unsustainably, we often also act in ways that our own bodies cannot continue to support. The demands of our busy lives may lead us to deny ourselves the proper rest, nutrition, and exercise that we need to stay strong and healthy. How many of us have pulled an all-nighter, pushing through exhaustion with caffeine? ***Living sustainably means learning to respect our minds and bodies.*** Our ability to take care of ourselves directly impacts our happiness, productivity, and ability to care for others. What does your body need to continue to function at its best? Do you honor these needs?

Balance is crucial. We all have many commitments, and it can be challenging to organize our time. Find what is important to you. Learn to say “no.” When pressure mounts, connect with some friends, enjoy a favorite physical activity, or take some quiet time to unwind. Prioritize your physical, mental, and social health.

It’s easy to put your relationships aside under the pressure of school work. However, your friendships are one of the most important parts of your Mac experience. Support your friends and be there to help each other stay happy and healthy. Romantic relationships can sometimes feel intense and overwhelming. Take time for yourself to gain clarity over your emotions, and always be honest with your partner(s).

Maintaining your sexual health is a key factor in keeping your wellness in balance. Using safe practices and being open with your sexual partner(s) will help you feel comfortable with your body and sexuality. Always use protection when you engage in sexual activity, and don’t ever feel embarrassed about keeping your body safe. Only you know when something doesn’t feel right, so don’t be afraid to stand up for yourself. Protect yourself from unsafe sexual situations by being aware of your boundaries and trusting the people you are with. Drinking happens in college, but being under the influence



doesn't mean that sex will be better or less emotional. Balance your life by understanding how sex makes you feel, and recognize when you have unhealthy sexual habits.

Stress can hurt your body and slow your mind. When you feel overwhelmed by your workload, take some time out and relax. Eat something nutritious and use healthy sources of energy. Sleep is necessary to the maintenance of your brain and body; get plenty of it to avoid overworking yourself.

### **Health and Wellness Resources on Campus**

- General medical needs at the Health and Wellness Center
- Free Mental Health Counseling at the Health and Wellness Center
- Fitness classes and exercise at the Leonard Center
- Athletics: varsity, club and intramural teams
- Health information at the Wellness Lab

### **Outside Resources (anonymous and safe)**

- Family Tree Clinic: STI testing, birth control
- Planned Parenthood on Ford Parkway

## **The Macalester Wellness 5K Run/Walk**

Each year Mac students have the chance to participate in a 5K Run/Walk on campus. Students of all ability levels can join in because you don't have to be an athlete to be fit. The 5K is a great way to set personal fitness goals for yourself, and allow for some personal reflection time while you train. To keep fit mentally and physically, it's important to start healthy habits, like exercising.

When you keep your body in balance, you feel happier in the rest of your life. Sign up for this year's wellness 5K and start working



towards your fitness goals. [www.macalester.edu/health](http://www.macalester.edu/health)

# Are We There Yet?

Contributor: Aaron Brown

The transportation sector generates 20% of America's greenhouse gasses (22% for Macalester). Fortunately, students at Macalester have ample opportunities to utilize alternative, sustainable modalities of transportation. In addition to choosing more sustainable ways to move themselves around campus and the cities, many are taking additional steps to address the way we perceive and use transportation. Students are working to bring biodiesel to campus, reduce the number of parking lots, and advocate alternative transportation. Join these efforts and leave that car at home!

**HOURECAR** - The local alternative to car-owning. HOURECAR is a pay by the hour car share program housed next to the Cultural House. Let someone else deal with the gas and maintenance issues. Once a member, simply sign out the car and finish your errands.

**Metro Transit** - A strong public transit system, such as the Twin Cities Metro Transit, is an essential ingredient for the well-being and economic stability of the huge numbers of people who rely on it. The Twin Cities have one 12 mile Light Rail line (with another along University Avenue due in 2014), 130 bus lines, and a daily ridership of 240,000.

Metro Transit offers a safe, cheap, and energy efficient way for students to get around; for instance, you can get from campus to the airport at one-tenth the cost of a taxi. Thanks to the American College and University Presidents Climate Commitment Committee, *you can purchase subsidized transit passes at the Info Desk in the Campus Center.* Plan your trip at [www.metrotransit.org](http://www.metrotransit.org).

**Biking** - The Twin Cities are very bike friendly. Minneapolis, for example, has the second highest rate of commuter cycling in the

country, and up to 30% of bikers ride all winter long! On average, commuting 10 miles a day by bike can help you avoid \$8,000 in costs, 3,500 lbs in greenhouse gas emissions, and 30 lbs of fat each year; in other words, you can fight climate change, debt, and the “Freshman Fifteen.”



Minneapolis is currently adding more bike boulevards, trails, and signage, and all buses have bike racks. Check out Cyclepath online for bike routes (<http://cyclopath.org>). Be sure to check out Summit Avenue, the Mississippi River, and the Midtown Greenway.

**Nice Ride** - A thriving bike culture needs to be followed up by a robust share program. Take the bikes stationed next to Cat-Man-Do and ride all around Minneapolis. (Watch for the Nice Ride’s expansion into St. Paul this year.

**Looking to buy a bike?** - Head over to Sibley Bike Depot, a local bike co-op that will sell you a reliable used bike for cheap and help you learn to fix your ride. If you need a bike immediately, check out MacBike’s free **Bike Share Program** (with bikes, helmets, locks, and maps), which operates out of the Info Desk, and often sells subsidized bike locks. The campus has abundant bike parking, but bring/get a sturdy U-lock; campus security is improving, but we’ve had a rash of bike thefts in the past few years.

**Walking** - The oldest form of transportation, Macalester’s neighborhood receives a “Very Walkable” score of 82 from walkscore.com. A short walk in all directions from Macalester can lead to parks, restaurants, places to study, and a rewarding breath of fresh air. By seeing your surroundings at a pedestrian level, you’re more likely to meet people, stay in shape, and get to know your neighborhood – you won’t live on campus forever!

# Food for Thought (and Action)

*Contributor: Hannah Rivenburgh*

Everyone eats and everyone wants to eat well; unfortunately even in the United States people are frequently without regular access to affordable, healthy food. Food security occurs when “all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.”\* However there are many locations, in the United States and around the world, where a variety of barriers deny people access to fresh, healthy, and culturally-appropriate food. There are dozens of factors that create food insecurity; some agricultural reasons that contribute include desertification, industrial agriculture (commodity crop dumping undercuts local farmers and economies), changing weather patterns, and high water costs. However “food deserts” (areas with limited access to affordable, appropriate, and nutritious food) exist in both rural and urban areas and especially in areas with minority populations. Even in areas with well-stocked grocery stores, we are still discouraged from considering the source, production, and transport of our food. A different mentality toward the way we fuel our bodies and a reexamination of the ways in which we treat our land would go a long way toward creating a healthier and more just society.

Staggering global hunger statistics coupled with a growing body of evidence revealing a rapidly warming earth demonstrate how unsustainable the capitalist system of food production currently is. The globalization of industrial food systems and the creation of a worldwide commodity food market has efficiently amassed commodity food crops in the direction of the global North. Industrial agriculture relies mostly on petrochemical inputs and the exploitation of farm workers, but has left land polluted and many hungry, while simultaneously caused obesity on a grand scale.

A sustainable food system would be able to produce enough food for all people and ensure that all people can access it. Its production would nourish the land instead of depleting it; the soil would be seen as the source of all life, rather than a means to hold

up crops. Instead of using fossil fuels, which expend many calories of dirty energy to grow one calorie of food, agriculture would be based on clean, community energy sources.

Although industrial factory farms continue to spread worldwide, people also continue to seek fresh food from local farmers. They are breaking away from agri-*business* and returning to agri-*culture*, by resisting the privatization of seeds, our communal heritage.

Demand for safe, pesticide-free working conditions for farm laborers rises. For more information, please visit the World Health Organization's website at [www.who.int/trade/glossary/story028/en/](http://www.who.int/trade/glossary/story028/en/).

### **Sustainable Eating in Café Mac**

- Eat less meat: Industrial meat production takes a ridiculous amount of energy and contributes to global warming. Less meat demand means less meat produced and transported.
- Get involved in the Bon Appétit “Low Carbon Diet.”
- Make smart food choices: Take small portions to make sure you don't eat too much or end up with a lot of extra food on your plate. Most importantly, think about how you can avoid food waste in the future.
- Eat local: Think about the origins of your food and how far it has flown to get to your plate. Local food means less transportation and better local economies.
- Bring a Bon Appétit reusable travel mug to the Grill for \$1.00 coffee, or ask for real dishes if you are going to eat there so you don't have to use disposable containers.
- Ask for a reusable take out container when ordering “to go” food at the grill. Reusable takeout containers present a viable, cost-effective alternative to disposable **take out** containers at the Grille. Students, staff and faculty pay a one-time fee of \$ 3 to be part of this program. They have to bring back the container in order to get a card which allows them to get a new container the next time they order food at the grill.

### **Sustainable Off-Campus Living**

- Look for the “Victorian Green Renter's Guide” and the “Sustainability in the Kitchen” guides hosted at [www.macalester.edu/sustainability](http://www.macalester.edu/sustainability).

# Towards Zero Waste

*Contributors: Terence Steinberg and Austin Werth*

*“We don’t have any throw-away species or resources, and we don’t have any throw-away children or neighborhoods either. All of creation is precious, and we are all in this together.”*

*– Van Jones, President of the Ella Baker Center in Oakland, CA, and  
Special Advisor for Green Jobs at the Council on Environmental Quality*

All of our world’s resources have worth in the purposes they serve, the lives they support, or the beauty they contribute. All humans, animals, plants, drops of water, or bits of dirt have some importance, especially because none exist in unlimited quantities. When we waste such resources, we lose incredible opportunities.

In our segregated societies, we don’t see where we throw trash “away” or who is affected by it, but there is a significant link between “disposable materials” and so-called “disposable people.” Low-income communities and communities of color, most of which have been hit hard by economic or social forces, are generally always the first to receive society’s trash – physically and metaphorically.

A different framework is the “cradle-to-cradle” concept. Rather than seeing our materials and our people from a life-to-death standpoint, where they begin as natural resources and end in the landfill, we can see their continual usefulness, which may change but will never cease to exist. In this light, our work becomes most important when it creates or re-establishes value where it has been lost or disregarded.

The Macalester Zero Waste Committee ([www.macalester.edu/maccare/zero\\_waste\\_committee.htm](http://www.macalester.edu/maccare/zero_waste_committee.htm)) is made up of a diverse set of staff and students oriented towards the goal of making Zero Waste a reality on campus. The committee has sought to facilitate college-wide waste reduction through many means, most notably by supporting Macalester’s recycling program and Café Mac’s food waste to pig feed program.

## Creating a Zero Waste Culture

**REDUCE:** Make conscious choices about what you buy, how you buy it, and what you do with it. Don't buy what you already have or what you can borrow from someone else. If you do invest in something, make sure it is reusable, not disposable. If you do buy, buy used.

**REUSE:** Once your items have served their primary use, let your creativity flow and try something new with them!

**RECYCLE:** When your options for reuse have run dry, make every effort to recycle what you can. Use the recycling receptacles around campus to dispose of paper, cardboard, bottles and cans. For other recyclable materials, such as batteries, cell phones and CFL bulbs, check out [www.greenguardian.com](http://www.greenguardian.com).

### Other Tips:

- Remember that Macalester trash goes to a waste incinerator
- Bring a canvas bag when you go shopping.
- Sign up for the reusable takeout container program at TheGrille.
- Buy products in bulk to reduce packaging.
- Avoid bottled water – fill a reusable water bottle instead.
- Print everything double-sided and edit papers on computers

### Recycling at Macalester

Macalester Students from the Environmental Studies Senior Seminar in spring 2010, developed guidelines about how to reduce waste at Macalester College by recycling. Look at their website to find out what can be recycled on campus. In their report, they have answered frequently asked questions such as: is it possible to recycle pizza boxes? Juice boxes? Pizza boxes are not recyclable but juice boxes can go into the bottles/can bin and one has to make sure to take the lid off. For more information about recycling at Macalester visit: [www.macalester.edu/sustainability/recycling/index.html](http://www.macalester.edu/sustainability/recycling/index.html).

# Inclusive Relationships and Community

Contributors: David Seitz and Danni Sigwalt

Each of us brings experiences shaped in part by our many overlapping identities, including race, class, sex, gender identity, sexual orientation, ability, age, citizenship, nationality, and religion. These categories name some of the ways we experience privilege and/or oppression on a day-to-day basis.

Systems of racism, classism, sexism, cissexism, heterosexism, ableism, ageism, nationalism, and other forms of oppression work together to justify inequalities in access to resources and our collective and personal wellbeing. They are all closely linked.

***Working for sustainable ways of living with one another and the Earth necessitates that we challenge all systems of oppression.***

Building sustainable relationships demands of each of us to examine and interrogate our own forms of privilege and the ways in which we experience oppression. Being an ally means caring about our friends and using our privilege, when and where we have it, to ask questions about who's at the table.

Relationship building, of course, also takes a lot of "self-work." Being an ally also means asking questions about one's own life, upbringing, and way of interacting with other people and sharing resources.

## What Does This Look Like in Practice?

**Taking courses** that engage with the lived experiences of people experiencing and resisting oppression – including many courses in such departments as American Studies; Women's, Gender, and Sexuality Studies; History; and Humanities, Media, and Cultural Studies.

**Showing up** for conversations and organizing that confront systems of oppression and work for global justice. Each of our identities are shaped by these interlocking oppressions, and so the work for liberation affects us all.



**Building authentic relationships** and nurturing our understanding of how our identities impact and shape our relationships. This means asking: How can I be an ally – in the ways that I have privilege and access – to my friends – in the ways that they might not?

**Doing our own work** to hear – and only then, work alongside – people experiencing oppressions. This means reading and engaging on our own time, out of our own sense of commitment. It’s not about “giving voice to the voiceless,” it’s about hearing voices that are already present.

### On-Campus Resources

- Allies Project is the primary multicultural training program that is open to the entire Macalester community. It looks to create safe and accountable space all around campus. See the DML for training dates.
- Soup and Substance are monthly discussions of social justice topics centered around a common meal of soup.
- Programming and meetings hosted by cultural/social justice student organizations and the campus identity collectives. These organizations provide safe, friendly spaces for discussion, support, and change for all of our lived identities.
- Health and Wellness Center offers Wellness Wednesdays which are lunch talks and include topics with sexual and relationship health.

#### **Example: In the Heart of the Beast - Puppet and Mask Theatre**

This local **community-based theatre** explores themes of justice and injustice through beautiful, hand-made masks and puppets. The theatre also produces the Minneapolis parade for **May Day**, a joyful worldwide protest of economic justice.

**In the Heart of the Beast**  
1500 East Lake Street, Minneapolis  
[www.hobt.org](http://www.hobt.org) / 612-721-2535

# The Task Ahead

Contributors: Matt Kazinka and Jason Rodney

This guidebook was made to demonstrate the timeliness of sustainability and to harness the energy around our collective realization that it is the only way forward. It is very intentionally designed to begin important discussions and inspire necessary action.

How will we do all of this? The only way possible is through collaboration and creativity. When we, as the student body, as passionate activists, as concerned citizens, or as close friends, put our minds and hands together on something, we are *absolute rock stars*.

What you learn and practice at Macalester is applicable beyond campus because we are already in the “real world.” Preparing ourselves for the future puts us behind the times but engaging in *now* prepares the future for *us*. The action that we take in college should not only serve to transform us, but transform the world around us.

***Sustainable activism is the recognition that power is not a limited resource***; we have the power to act and as we inspire others and connect to them, our power grows. The truth is that we’re only really going to move forward when we transcend the oppositional frame of *us* versus *them*. Its one world: either we collectively win or we collectively lose.

We think it is best to look at our time at Macalester and its many academic disciplines, student organizations, and opportunities not as a series of roofs to fit within but as platforms upon which we create. No matter what major(s) or entry point(s) you choose, the world we need and want is one, and we can all lift each other up.

## Plugging In at Macalester

So, if you've read through all of this, we hope you are pondering the million dollar question: *Where do I fit in?* Well, we can't tell you an exact location, time, or date to meet, but we may be able to provide ideas on how you can start the process.

**Find the people and organizations you can work with.** Check out all the different student organizations working for a sustainable world that sound interesting to you. Different orgs may have different styles and focuses, but most are seeking a common good. See what fits for you – but don't stop trying new groups and expanding your own understanding.

**Take a variety of classes from different disciplines.** As a challenge, start connecting your classes to each other in your head and in your assignments. You'll start to see how it all fits together. The Sustainability Office has a database of potential paper or research topics if you are unsure what useful information you might be interested in. ([www.macalaster.edu/sustainability](http://www.macalaster.edu/sustainability))

**Don't stop questioning and seeking.** This booklet, by nature, is not capable of capturing most of the steps needed for us to create a sustainable world, and heck, we very well might get it wrong. Develop a critical mind so that you can find the ideas and methods that fit your ideals.

Find projects to plug into – or start your own. Remember that the world will not wait for any of us to find the perfect solution, and that, as much as strategy and planning is necessary, the enactment of our ideas and beliefs is what matters. The more you integrate your activism with your education, the more you will get out of both. Dream and do.

*“We thrive and survive on planet earth as a single human family. And one of our main responsibilities is to leave to successor generations a sustainable future.” – Kofi A. Annan, '61*

# Student Organizations

The easiest way to learn about student organizations' meeting times is to sign up to receive email notifications at the **Student Organization Fair**. However, if you decide later that you want more information, you can contact the below students during the 2009-10 academic year. If you need further assistance, drop by the Sustainability Office in Kagin Commons to speak to one of the Sustainability Student Workers.

The below organizations are just a few of those that address sustainability issues. Keep in mind that sustainability encompasses much more than the common conception of "the environment." For a more complete listing of the student organizations, visit the **Student Organization Directory** online at: [www.macalester.edu/directory/studentgroup.html](http://www.macalester.edu/directory/studentgroup.html).

- **Amnesty International**  
Rebecca Cohen, [rcohen@macalester.edu](mailto:rcohen@macalester.edu)  
Gina Megson, [gmegson@macalester.edu](mailto:gmegson@macalester.edu)
- **Experimental College of the Twin Cities (EXCO)**  
Jason Rodney, [jrodney@macalester.edu](mailto:jrodney@macalester.edu)
- **GeoClub**  
Alex Nereson, [anereson@macalester.edu](mailto:anereson@macalester.edu)  
Website:  
<http://sites.google.com/a/macalester.edu/geoclub/>
- **Macalester College Student Government ( MCSG)**  
Campus Center Room 235, 651-696-6485
- **MacCares (Macalester Conservation and Renewable Energy Society)**  
Kyle Gename, [kgenome@macalester.edu](mailto:kgenome@macalester.edu)  
Karen Weldon, [kweldon@macalester.edu](mailto:kweldon@macalester.edu)

- **MacBike**  
Charlotte Fagan, cfagan@macalester.edu  
Hannah Geil-Neufeld, hgeilneu@macalester.edu
- **Minnesota Public Interest Research Group (MPIRG)**  
mpirg@macalester.edu
- **Macalester Urban Land and Community Health (MULCH)**  
mulch@macalester.edu  
[www.macalester.edu/mulch](http://www.macalester.edu/mulch)
- **Outing Club**  
outingclub@macalester.edu
- **Students Making Infinite Love Exist (SMILE)**  
Kerry Alexander, kalexand@macalester.edu

### **The MULCH Garden** [www.macalester.edu/MULCH](http://www.macalester.edu/MULCH)

MULCH (Macalester Urban Land and Community Health) maintains a community garden and a coop of six laying hens near the language houses. Working with soil and growing things is an avenue for connection, empowerment, and joy. Local food gardens are the ultimate source for organic and delicious food!

You can visit the garden anytime or help out on workdays. Email [mulch@macalester.edu](mailto:mulch@macalester.edu) for more information.



# Opportunities for Macalester Students

As a Macalester student you have opportunities that may save you money and promote sustainability on campus. You can also promote sustainability through your daily actions.

- **Subsidized Bus Passes** are available to all students at the information desk in the Campus Center. To find the bus routes, use Metro Transit's trip planner ([www/metrotransit.org/tripplanner/default.aspx](http://www.metrotransit.org/tripplanner/default.aspx)).
- **Mac Bike's** Bike Share program allows students to check out free bicycles from the Info Desk for up to a week.
- **HourCar** ([www.HOURCAR.org](http://www.HOURCAR.org)), a pay-by-the-hour car share program, is located adjacent to campus. Reduced memberships are available in September.
- **Nice Ride** ([www.NiceRideMN.org](http://www.NiceRideMN.org)), the premier bikeshare program of the Twin Cities.
- **Bring a Bon Appétit mug** (\$5) to the Grill and you can get \$1 coffee refills.
- **Reusable take out containers** are available at the Grill. Sign up with a one-time \$3 fee.
- **Ask for dishes** if you are eating in at the Grill instead of using disposable products.
- **The Cultural House**, located at 37 Macalester Street, is a safe space for students of color and allies who are interested in learning from and contributing to a sustainable multicultural environment. Careful attention is paid to the intersection of multiple identities, including race, gender, class, sexual orientation, national origin, age, ability, and religion.

- **Check out a drying rack or clothesline** from the office in your dorm. Air drying clothing can significantly reduce the energy used on-campus, and it will reduce your laundry costs.
- **Find free stuff on MacFreeSwap** located on the Campus Resources tab of 1600 grand. Get rid of stuff or find a treasure.
- **Check out an energy monitor** from the Info Desk to find out how many kilowatts your appliances use.
- **Mac Free Swap** is a set of shelves in Kagin Commons (next to the Sustainability Office) where students can drop off and trade free things. A list of the items being offered for free can be found online under Campus Resources on 1600Grand.
- **Check out an energy meter** from the Sustainability Office to find out how many kilowatts your appliances use.
- **Got an idea?** Visit the Sustainability Office to discuss your interests and potential avenues for campus involvement.
- **Visit the “Potential Projects” list** at [www.macalester.edu/sustainability](http://www.macalester.edu/sustainability) to find inspiration for a project or paper.

# Sustainability Committees at Macalester

**EcoHouse Advisory Committee** oversees research, education, and outreach with the EcoHouse student residence. The committee includes a faculty member, the High Winds Director, students living in house, the sustainability manager, and a student affairs representative.

**Sustainability Advisory Committee** is a joint committee made up of students, staff, faculty, and administration responsible for coordinating the implementation of and updating the Sustainability Plan. A minimum of 4 students are on the committee; two are nominated by the Sustainability Office and two are selected by Mac's student government (MCSG). Applications to be nominated by MCSG can be submitted every spring. However students (even ones not officially part of the committee) are welcome anytime!

**Zero Waste Committee** is a joint committee co-led by the Custodial Services Manager and the Sustainability Manager. The Zero Waste Committee works to reduce the amount of waste Macalester produces and to dispose of it in a more responsible way. Students are welcome to attend.

Interested in joining a committee? Check out a **full list of student-staffed committees** on the Macalester College Student Government (MCSG) website: <https://sites.google.com/a/macalester.edu/macalester-college-student-government/campus-committees>.

**For more information** regarding any of these Committees or to share an idea, contact the Sustainability Office at [sustainability@macalester.edu](mailto:sustainability@macalester.edu) or drop by the MCSG office on the second floor of the Campus Center.



# What Can You Do to Promote Sustainability at Macalester?

## Academics

- Sustainability touches on everything going on around us – integrate sustainability into classes, research topics, labs, internships etc.
- Looking for research or paper topics? The Sustainability Office has a list of possible student projects that could help you connect your class work with larger goals of sustainability on campus. [www.macalester.edu/sustainability/studentprojects](http://www.macalester.edu/sustainability/studentprojects)

## Work Study Sustainability Jobs

- Macalester College has a network of Sustainability Student Workers in many departments across campus from Facilities Services and Café Mac to the Procurement Office and the Library. Check out the Sustainability website to see what Sustainability Student Workers have accomplished: [www.macalester.edu/sustainability/aboutus.htm](http://www.macalester.edu/sustainability/aboutus.htm).
- Inquire with your department about potential opportunities for working as a Sustainability Student Worker; you could apply for an existing job or work with your department to create a new position!

## Climate Change

- Macalester College's president signed the American College and University Presidents Climate Commitment which led us to plan to be climate neutral by 2025. There are numerous opportunities to connect with this project. Please contact the Sustainability Office for more information: [sustainability@macalester.edu](mailto:sustainability@macalester.edu).

# What Can You Do to Promote Sustainability at Macalester?

## Food

- Cafe Mac actively promotes local (20% of budget) and organic food, and strives to provide vegan, vegetarian and carnivorous delights.
- “Low Carbon Diet” connects food choices and climate change. “Fair Trade” ingredients connect us to the people who help feed us.
- Make environmentally smart choices in the cafeteria by eating without a tray, choosing organic, local, and Fair Trade food, and reducing the amount of food you throw away.

## Health and Well Being

- Sleep and eat well – Café Mac has tons of healthy options!
- Yoga, meditation, running/biking trails, ultimate frisbee – take care of your body, your physical health and growth is just as important as your intellect.

## Save Energy and Water

- Turn off unneeded lights and make sure your computer is set for “sleep mode” after a certain time of inactivity.
- Evaluate or turn off your mini-fridge; they can account for 50% of your electrical usage on campus!
- Reduce the number or time of hot showers; can you sing someplace else or while the water isn’t running?

## Relationships and Community

- Actively engage everyone around you and seek to understand those who may seem different; your closest friends are often people you may least expect.
- Learn about and question oppression and privilege, both acted upon you and what you act out yourself.
- Listen – don’t give “voice to the voiceless,” hear the voices present around you.

- Macalester College is your new home but don't forget to venture beyond the dorms and classrooms to explore the neighborhood and the Twin Cities.

### **Reuse/Recycle**

- All the buildings on campus have easy to find recycling - just toss it in the right bin!
- Look for opportunities to reuse materials. The Art Scraps store on St. Clair Ave. sells donated materials for art projects. The Twin Cities Freemarket (<http://twincitiesfreemarket.org>) is a listing service for people who want to give or get free reusable goods.

WELCOME  
TO  
MACALESTER

