

2012-13 SUSTAINABILITY REPORT

**FIND OUT
HOW GOOD YOU
REALLY ARE.**



SUSTAINABILITY AT LIU Post

A YEAR IN REVIEW



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With every passing day, it seems like more and more people become aware of the many challenges facing our planet. Climate change, environmental degradation, loss of biodiversity, poverty, and world hunger are all among the many pressing issues that modern humanity must tackle going into the future. Certainly finding solutions to all of these problems will be quite the monumental task. However, sustainability can provide us with the framework needed to develop solutions that are environmentally responsible, economically viable, and socially equitable. Simply stated, we want to meet the needs of the present without compromising the ability of future generations to meet their own needs.

At LIU Post, we have committed to becoming more sustainable in all areas of campus life. From “greening” our operations to bringing sustainability into the classroom, LIU Post is dedicated to educating not just our campus community about sustainability but the greater public as well. In fact, LIU Post was the only college on Long Island to be included on the Sierra Club’s list of Cool Schools, the organization’s annual ranking of the nation’s greenest universities.

“Sustainability at LIU Post: A Year In Review” will be the very first report that details all of the strides made within the last academic year by not just the institution itself, but also the many individuals dedicated to making LIU Post a more sustainable place. We hope that their stories will inspire you to embark on your own journey of sustainability and that you will join us in future sustainability initiatives at LIU Post.

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LIU Post Renews AASHE Membership for 2nd Year In A Row

AASHE, the Association for the Advancement of Sustainability in Higher Education, is helping to create a brighter future of opportunity for all by advancing sustainability in higher education.

By creating a diverse community engaged in sharing ideas and promising practices, AASHE provides administrators, faculty, staff and students, as well as the businesses that serve them, with:

- Thought leadership and essential knowledge resources
- Outstanding opportunities for professional development
- And a unique framework for demonstrating the value and competitive edge created by sustainability initiatives.

AASHE defines sustainability in an inclusive way, encompassing human and ecological health, social justice, secure livelihoods, and a better world for all generations.

Our AASHE membership covers every individual at LIU Post. So, make sure you sign up by creating an account at www.AASHE.org by using your LIU or MyLIU email address.





FIND OUT HOW GOOD YOU REALLY ARE.

I believe in the importance of balancing society's needs with environmental concerns.

LIU Post showed me how to incorporate green practices into my work as an engineer. Now, I use what I've learned to make design and construction projects more environmentally friendly.

- Matthew Russo, P.E.
M.S. in Environmental Sustainability, Class of 2014

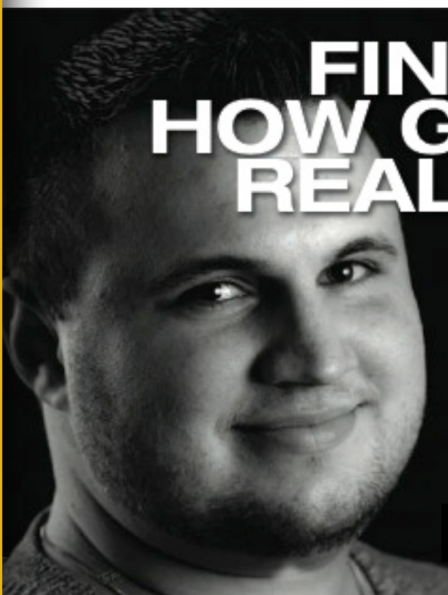
WANT TO MAJOR IN SUSTAINABILITY??

Environmental sustainability is one of the nation's **fastest-growing fields**. In fact, the U.S. Bureau of Labor Statistics projects that the rate of job growth for environmental scientists and specialists will **increase by 28 percent** – much faster than the average for all occupations – over the next decade.

2012 marked the launch of the new M.S. in Environmental Sustainability program at LIU Post, becoming the **first and only degree of its kind** on Long Island.

This **33-credit program** is designed to educate and train professionals to develop environmentally sustainable solutions for society via multidisciplinary and interdisciplinary coursework integrating the physical and social sciences. The program centers on issues specific to the Long Island/New York metropolitan region but also considers the global context. Students in the Environmental Sustainability program will investigate the region's diverse systems of natural environments and built infrastructure while being challenged to offer sustainable long-term solutions to a range of critical environmental issues.

The M.S. in Environmental Sustainability is offered in a **blended format** – part classroom, part online – affording students with flexibility and convenience.



FIND OUT HOW GOOD YOU REALLY ARE.

Our world depends on connecting both digitally and in person.

At **LIU Post**, I'm taking classes online and on campus in the blended learning format. This brings efficiency to my life and my work.

- Billy Achnitz
M.S. in Environmental Sustainability,
Class of 2014

liu.edu/post/blended



ENVIRONMENTAL SUSTAINABILITY ACTIVIST JIM MERKEL HEADLINES
THE SPRING 2013 PROVOST DISTINGUISHED LECTURE SERIES

ON MARCH 26TH, 2013, JIM MERKEL, FOUNDER OF THE GLOBAL LIVING PROJECT AND AUTHOR OF “RADICAL SIMPLICITY: SMALL FOOTPRINTS ON A FINITE EARTH”, VISITED LIU POST TO DISCUSS SIMPLIFYING LIFE CHANGES THAT CAN REDUCE OUR ECOLOGICAL FOOTPRINT.

FROM ROOFTOP GARDENS TO ROOT CELLARS, ORGANIC MARKETS TO LOCAVORE POTLUCKS, FROM SOLAR POWER TO UTILITY-SAVING STRATEGIES, FROM LOW-COST FUN TO LOW-WASTE CAMPUSES, THE CHANGES ARE UNDERWAY IN REAL LIVES. MERKEL SUGGESTS THAT THE NEW ‘ECOLOGICAL’ BUBBLE WILL BE BASED UPON ETHICAL RELATIONSHIPS WITH HUMANITY, NATURE AND FUTURE GENERATIONS.



Environmental advocates at LIU Post with Jim Merkel (from left) Dr. Vic Divenere, Dr. Margaret Boorstein, Dr. Lillian Hess Tanguay, Jim Merkel, William Achnitz, Dr. Scott Carlin, and Jennifer Davidson

ARE YOU READY FOR FACTOR 20?

By: Professor Scott Carlin

Jim Merkel gave a provocative presentation to an audience of 60 people at LIU Post on March 26th. He spoke about the damaging consequences of climate change and unsustainable growth. But his message was hopeful. When we make a commitment to sustainability we consistently find that we can meet today’s environmental challenges and simultaneously save lots of money. Merkel, a “recovering” engineer, believes our pollution amounts to wasted resources. When we use resources more efficiently, with fewer pollutants, we typically save money!

Jim Merkel, who grew up on Long Island, has worked at Dartmouth and Unity Colleges in recent years. He noted that colleges are making important strides in fundamentally changing current college operations and future planning. He noted that LIU Post is already doing some wonderful things through its campus planning and its new masters program in environmental sustainability.

The first portion of the presentation reviewed the bad news – the unsustainable problems in our world: climate change, a biodiversity crisis, war, and excessive global inequality. Today, 60% of humanity lives on \$520 a year. Yet, if we agreed to spend \$200 billion, we could solve global poverty according to research by Lester Brown.

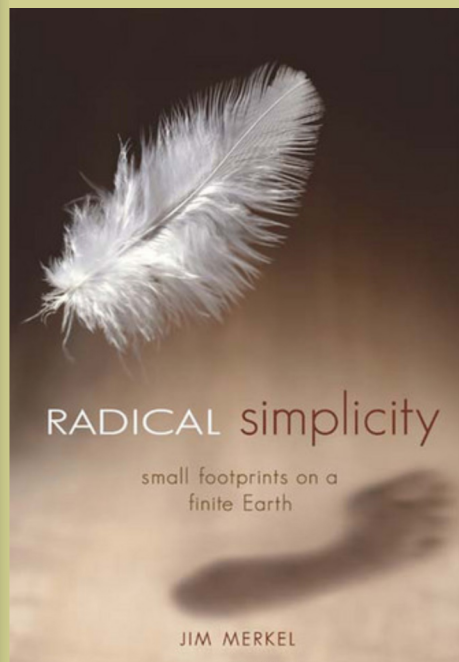
Scientists are calling this a new geologic era – the anthropocene. Humans are the dominant force transforming this planet! Work by the Stockholm Resilience Centre on planetary boundaries indicates that we are already living beyond the Earth’s carrying capacity with respect to climate change, biodiversity, and nitrogen pollution; we are rapidly approaching safe limits for phosphorus pollution and ocean acidification.

Right now, according to Merkel, “our best and brightest” continue to emphasize growth and consumption. But genuine solutions will require dramatically reducing our usage of natural resources. For example, we need to adopt a precautionary principle – technologies and chemicals shouldn’t be used unless we know they are safe for ecosystems and us.

Jim Merkel made several references to ecological footprints – each of us needs to use a much smaller bundle of natural resources. Ideally, the nations of the world would agree to a 1 child per family policy for this century to dramatically reduce the size of world population. This would allow for a much more sustainable and equitable distribution of global resources as the century progresses.

These ideas fit well with Merkel’s systems perspective. We need to understand the global systems that we all live within – one planet with a fixed amount of farmland, forests, and other living systems. Consuming more doesn’t make us happier. We need to develop new national and global policies that align with the emerging scientific perspectives on happiness. In other words, we can become happier and healthier as a nation, while also consuming fewer resources. We need to develop the political will to move forward with these important cultural and political shifts. We should look for innovative solutions wherever we can find them. Even Cuba can offer America some important advice: Cuba offers free education through college for all of its citizens and free dental and health care. Here, the lesson is let’s make sure we are meeting everyone’s basic needs.

Longer term, we need to set goals that seek much larger transformations in our global societies. Jim Merkel urged the students to develop Factor 20 transformations in American life. How can we reduce our use of natural resources to 1/20th of our current consumption patterns and at the same time improve our overall quality of life? As a society we are just beginning to ask these kinds of questions. Merkel is confident that we have the capacity to meet and even exceed these kinds of goal setting priorities – we just need to be clear that this is indeed the next frontier for defining our success.



Merkel went even one step further – we may find that it takes the same amount of effort to produce Factor 20 changes in our lives as it takes to make a 20% reduction in our use of natural resources. Again, it simply depends upon which of these benchmarks we choose as our goal. Merkel offered this example of Factor 20 thinking.

If single drivers begin to ride share they would cut their impact in half. If they cut their travel in half, the total impact would be a four-fold reduction. If they double their mpg fuel efficiency, the impact rises to an eight-fold impact. Once ride sharing expands to four per car, the savings rise to 16-fold. Merkel suggests that these kinds of changes are achievable – we just need to recognize how essential they are to our own wellbeing.



RADICALLY simple

SUSTAINABLE POST PILOTS BRAND NEW GREEN OFFICE PROGRAM

More than a year in the making, Sustainable Post finally got to introduce its concept of a Green Office Program. Beginning with research performed by students in the Earth and Environmental Science Department in Fall 2011, it was discovered that many office personnel would welcome a Green Office Program.

Delayed by Hurricane Sandy, the LIU Post Green Office Program officially began at the start of the Spring 2013 semester, with 9 offices signing on. The program, which attempts to engage and connect academic and administrative departments with the campus sustainability movement, is designed to be a simple and voluntary path for offices to become more sustainable.

Essentially, it is a scaled-down version of the Green Office Programs implemented by many other colleges and universities across the country. However, as the program grows, we hope to significantly expand our community's access to sustainable resources.

For the time being though, participating Green Offices pledge to recycle, reduce paper waste, and conserve as much energy as possible. And to make the program more fun and interactive, we will be planning future competitions to see what office is the "Greenest."

The "pioneers" of this Green Office Pilot Program include the:

- Provost's Office
- Department of Earth and Environmental Science
- Medical Services
- Counseling Services
- Center For Student Information
- Office of Residence Life
- Office of Community Standards and Civic Engagement
- Office of Veteran and Military Affairs
- Student Financial Services



PEDALING TO A SUSTAINABLE CAMPUS



To demonstrate how sustainability can be both fun and profitable, sustainability advocates at LIU Post purchased a 'blender bike' kit from the company, Rock The Bike. The kit, which has a universal rear rack, makes it possible to take the bike blender on and off the bicycle in under a minute without tools.

The blender bike, which will be used to make "sustainable" smoothies with local and organic ingredients for members of the LIU Post community, will serve as a tool to raise both money and awareness on campus about sustainability.

Who came up with such a bright idea?

Rob Bennett, the Associate Director of Transfer Admissions and member of Sustainable Post, was the mastermind behind this concept. First being inspired by the iconic image of a bike powering a light bulb, Rob eventually came up with idea of using a bike to power a blender instead.

With the help and generosity of Shawn Carvajal, the Director of Dining Services at LIU Post, the idea became reality and on April 9th, 2013, LIU Post became the proud owner of a Blender Bike. Since its inception, the bike has made two appearances – both times generating tons of excitement from the crowds that came to see it in action.

Even the bike was technically recycled, which was donated by Alerie Tirsch, the Director of Student Life and Leadership Development.



DRINK TO THE EARTH BY USING ONE OF OUR MANY NEW HYDRATION STATIONS



Did you know that the U.S. Bottled Water Industry is a **\$15 billion per year industry?**

Did you know that **only 20%** of water bottles get recycled?

That's right. The remaining **80%** get sent to **landfills** or even worse, **the ocean**.

In fact, **90%** of the trash found in our oceans is plastic and all this trash poses a significant threat to both humans and marine life.

So, instead of contributing to the problem, go **green** by purchasing a reusable water bottle.

Doing this won't just reduce plastic pollution, but it will actually get you a **20-cent discount** on any drink at any dining location.

Just bring your reusable mug or bottle!!!

And for those of you that think the tap water is **'dirty'**, just use one of our many water refill stations on campus. These don't just filter the water, but they display how many plastic water bottles have been saved by the use of the machines.



LIU POST BOLSTERS CAMPUS RECYCLING PROGRAM



In June 2012, the LIU Post Recycling Program received 40 new recycling bins from the Coca-Cola/Keep America Beautiful Recycling Bin Grant Program.

The Coca-Cola/KAB Recycling Bin Grant Program supports recycling in communities and on college and university campuses by providing bins to selected grant recipients for the collection of beverage container recyclables.

So, rather than providing a grant in the form of money, Coca-Cola/KAB instead provides grants in the form of recycling bins. These bins, being in the shape of a soda bottle, will not just significantly increase the visibility of the LIU Post Recycling Program, but will increase the amount of recycling that takes place on campus, as there is now access to recycling in nearly every single building at LIU Post.

LIU POST NOW COLLECTS PRINTER CARTRIDGES

This year, LIU Post implemented a new ink & toner recycling program. Prior, cartridges were sent every which way, sometimes unfortunately leading to a landfill. Now though, LIU Post works with a vendor that accepts all types and all brands of printer cartridges for recycling. This new streamlined program has been met with huge success and to date over 1,600 printer cartridges have been recycled. To participate in this new program, simply send your printer cartridges to Shipping & Receiving through inter-campus mail.

Recycle your used printer cartridges



SMALL CHANGE WILL RESULT IN TONS OF RECYCLING...LITERALLY

All garbage produced at Hillwood and Winnick used to go into a compactor like this (INCLUDING RECYCLABLES):



DID YOU KNOW?
Over 333 tons of waste was generated from Hillwood and Winnick in AY 2011.

Now, LIU Post recycles all of the cardboard, bottles, and cans generated from these locations in containers like these:



So far, this simple change has reduced waste by over 50 tons.



BetterWorldBooks®

WWW.BETTERWORLDBOOKS.COM

The LIU Post Chapter of Circle K International and the B. Davis Schwartz Memorial Library collect books for the organization, Better World Books.

Last year, Circle K collected 458 books, and our Library collected an additional 586, bringing us to a grand total of 1,044 books.

Weighing in at 1,426 pounds, recycling or reusing the books saved:

- 14 trees
- 8,859 gallons of water
- 2,217 pounds of greenhouse gases
- 3,427 kWh of electricity



14 Trees



8,859
Gallons



2,217 Pounds of
GHG Emissions



3,427 kWh



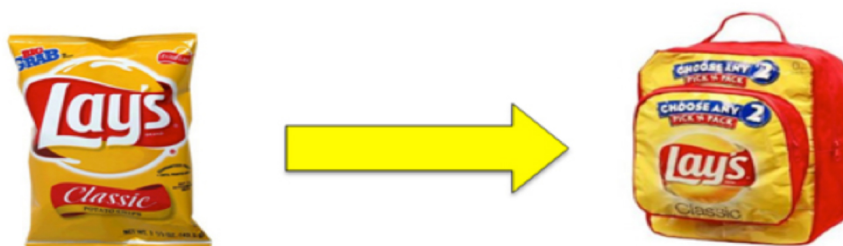
TURNING CHIP BAGS INTO BACKPACKS AND SHOES INTO...

For the last 3 years, LIU Post has been collecting some rather obscure items for recycling.

Things like chip bags, candy wrappers, drink pouches, and shoes can all be recycled through a cool company called Terracycle.

Terracycle, the company founded by eco-entrepreneur Tom Szaky, takes previously non-recyclable or hard-to-recycle items and “upcycles” them into cool, new products.

For instance:



In order to better promote our partnership with Terracycle, the LIU Post Recycling Program and Dining Services sponsored a \$200 raffle where students, faculty, and staff got 1 raffle ticket for every 20 chip bags that they brought in.

In total, over **2,000** chip bags were brought in for the raffle.



In February 2013, the LIU Post Recycling Program also added shoes to the list of things it collects for Terracycle and so far 118 shoes have been sent to Terracycle, where they are then recycled into products such as fencing and garden pavers.

TERRACYCLE



LIU Post Diverts Nearly 37% of Waste At 2012 Game Day Challenge



For the first time, LIU Post participated in the Game Day Challenge, a friendly competition for colleges and universities to promote waste reduction at their home football games.

During the challenge, colleges and universities implement waste reduction programs in order to divert as much waste as possible from the landfill. Schools then track and report waste reductions and disposal data to the U.S. EPA who in turn use those statistics to rank all of the participating schools.

Representing the PSAC, the LIU Post Pioneers were the only team on Long Island and just one of three in the entire state of New York to participate in the 2012 Game Day Challenge, diverting nearly 37% of their total waste at their final home game of the season on October 27, 2012.

With more than 75 schools from across the nation participating, LIU Post faired pretty well for its first year finishing:

- 13th in Waste Minimization
- 35th in Diversion Rate
- 48th in Recycling
- 57th in Greenhouse Gas Reduction

In total, LIU Post recycled 71 pounds of waste thereby reducing greenhouse gas emissions by 231 pounds of CO₂e.

Next year, we hope to significantly improve upon these standings as well as increase recycling initiatives at other home football games and sporting events

RESULTS FROM 2012 GAME DAY CHALLENGE

- OFFICIAL ATTENDANCE: 1,024
- TOTAL WASTE: 193 POUNDS
- TOTAL RECYCLED: 71 POUNDS
- PER CAPITA WASTE GENERATION: 0.188 POUNDS PER PERSON
- PER CAPITA RECYCLING: 0.069 POUNDS PER PERSON
- DIVERSION RATE: 36.8%
- GHG REDUCTION: 0.105 MTCO₂E OR 231 POUNDS OF CO₂
- PER CAPITA GHG REDUCTION: 0.226 POUNDS OF CO₂ PER PERSON

**2012
GAMEDAY
CHALLENGE**

LIU Post Recycles Over 40,000 Pounds During 2013 RecycleMania Tournament



Competing in RecycleMania for the second year in a row, LIU Post set out to break last year's record of 41,260 pounds of recyclables.

Recycling a total of 44,288 pounds throughout the 10-week competition, LIU Post eclipsed that mark by 7% in 2013.

This was largely possible due to the addition of cardboard recycling containers at Hillwood Commons and the Winnick Student Center.

Here are some highlights of the 2013 RecycleMania Tournament:

-After not being able to compete in the "Grand Champion" and "Waste Minimization" categories in 2012, LIU Post achieved a diversion rate of 10.2% while only producing about 48 pounds of waste per person.

-Thanks to the waste audit conducted by Kevin Perez, an Environmental Assistant of the LIU Post Recycling Program, we were able to gain statistics on how much trash we were producing on a week-to-week basis, thus enabling us to compete in those two categories for the first time.

-LIU Post participated in Game Day Basketball, a new series of special categories for the 2013 competition where schools are compared based on recycling and waste minimization efforts made during a single basketball game during RecycleMania. Recycling 67% of the total waste produced at the game on February 20th, LIU Post finished 3rd in "GHG Reduction" by reducing our greenhouse gas emissions by 223.88 pounds of CO2 equivalent.

-LIU Post maintained its rate of recycling 4.9 pounds per person and in total reduced greenhouse gas emissions by 62 metric tons of CO2 Equivalent, which is like taking 12 cars off the road or powering 5 American households.





LIU
Post



A SCHOLARSHIP FUNDED BY BOTTLES AND CANS

ESTABLISHED IN 2010, THE LIU POST RECYCLING SCHOLARSHIP HAS PROVIDED STUDENTS WITH AN EXTRA WAY TO EARN MONEY. DESIGNED TO BE AN INCENTIVE TO RECYCLE MORE, THE SCHOLARSHIP IS COMPLETELY FUNDED BY THE 5-CENT DEPOSITS FOUND ON PLASTIC BOTTLES AND ALUMINUM CANS IN THE STATE OF NEW YORK.

EACH WEEK, A MEMBER OF THE LIU POST RECYCLING PROGRAM GOES AROUND CAMPUS COLLECTING ALL OF THE RECYCLABLES THAT HAVE 5-CENT DEPOSITS. THEN, AFTER REDEEMING THE 5-CENT DEPOSITS AT THE GROCERY STORE, THE MONEY IS PUT INTO A SCHOLARSHIP FUND UNTIL IT IS LATER AWARDED TO THE WINNER OF OUR SUSTAINABLE CREATIVE EXPRESSIONS CONTEST. THIS PAST YEAR, OUR PROGRAM RAISED EXACTLY \$1,000 – A RESULT OF RECYCLING EXACTLY 20,000 BOTTLES AND CANS.

THE GREAT THING ABOUT THE SUSTAINABLE CREATIVE EXPRESSIONS CONTEST IS THAT IT ALLOWS THE APPLICANTS THE FREEDOM TO PRODUCE ANY CREATIVE WORK, AS LONG AS IT SOMEHOW PERTAINS TO SUSTAINABILITY. THE OPTIONS ARE LITERALLY ENDLESS AS SUBMISSIONS CAN ENCOMPASS A WIDE RANGE OF WORKS INCLUDING ESSAYS, POEMS, ARTWORK, VIDEOS, AND MUCH, MUCH MORE.

FOR THE 2013 CONTEST, STUDENTS WERE ASKED TO CREATE A PIECE OF WORK REFLECTING ON HOW HURRICANE SANDY PLAYED A ROLE IN THEIR UNDERSTANDING OF CLIMATE CHANGE AND HOW THAT RELATES TO THE IMPORTANCE OF SUSTAINABILITY BOTH AT LIU POST AND THE WORLD AT LARGE.

WE SAW OUR HIGHEST NUMBER OF APPLICANTS AND LUCKILY THANKS TO SOME LAST-MINUTE FUNDRAISING EFFORTS, WE WERE ABLE TO RAISE AN EXTRA \$375, BRINGING THE GRAND TOTAL TO \$1,375. THIS GAVE US THE OPPORTUNITY TO GIVE OUT 2 ADDITIONAL SCHOLARSHIPS IN ADDITION TO OUR FIRST PRIZE \$1,000 WINNER.

TO DATE, THE LIU POST RECYCLING PROGRAM HAS AWARDED \$2,225.



Meet Our Winner: Nancy Wong

From: Commack, NY

Graduate Degree:
M.A. in Art with a concentration in
Mixed Media

Undergraduate Degree:
B.F.A. in Art Education

Specialty:
Creating images in swirls using
different pen inks drawn on cardboard.

Winning Piece:
"Each of us shares a mark here II" 2011
18" x 24" Cardboard
Pen Ink, Colored Pencils



\$1,000 Award Winner Nancy Wong



"Each of us shares a mark here II" represents a footprint on the world. Every day, any big or small impact that individuals make towards making a difference on the earth, begins with that first mark. The footprint shows the flags of 172 countries, signifying how each area has individuals that create marks every day.

Whether it is sustainability, making a difference in your own country or an impact on the world – individuals and countries unite. After the occurrence of Hurricane Sandy, despite the significant tragedy it made on Long Island, the world became aware of how we were affected.

We all live here on this earth to respect and bring forth our impacts every day. "Each of us shares a mark here II" was created with pens and colored pencils on cardboard. Displaying an artwork on a recycled material such as cardboard can bring forth "life" in what is often commonly a disposed object to other individuals. Nancy, a recent graduate of LIU Post, hopes to become an elementary school art teacher, as well as continue to keep up with

her own artwork in order to share and give to other individuals. Since creating her notorious "swirls" art in 2006, which she often does on discarded cardboard, Nancy has shown her artwork in many art exhibitions.

In addition to her most recent award at LIU Post, Nancy and her artwork are the recipients of many other accolades. She took honorable mention in the 2009 Stony Brook University Long Island College Art Competition. She was recognized on Distinguished Students Recognition Day at LIU Post with the Art Department Award for Excellence in Mixed Media in May 2010. And her painting "Joy of Painting" won first place in the Juried Art Show at the Suffolk Y Jewish Community Center in July 2012.

She was also the recipient of the 2011 Women's Achievement Award at LIU Post.

Since establishing her own unique style of art in her undergraduate thesis exhibition in October 2011, many individuals have come to know Nancy for her "swirls". But, since then, Nancy has enjoyed adding more mediums of art to her repertoire, and has incorporated them into her Masters in Art thesis exhibition "Perpetual Movement" in May 2013. In her free time, Nancy also likes making homemade cards or "swirls-inspired" gifts for individuals while also continuing her love of using cardboard.



FIND OUT
HOW GOOD YOU
REALLY ARE.

MY STORY OF SUSTAINABILITY

By: William Achnitz, III

Six years ago, I came to C.W. Post with absolutely no idea of where I'd be by the end of my college career. After being raised in Tampa, Florida, returning to my birthplace of Long Island was a very scary prospect. However, I eventually found my niche at Post and it's where I developed my passion for sustainability.

Although I had always been interested in things like recycling, it wasn't until I got involved with the LIU Post Recycling Program that I really began to understand the concept of sustainability and that it was so much more than just trying to "save" the environment.

It was everything.

Sustainability literally encompasses everything. In order to sustain, you must put together the perfect recipe so to speak. It requires looking at things from many perspectives. It requires looking at the entire picture while also understanding the consequences of your every action.

It means getting things right, at least to the point where benefits are maximized and damages are minimized. However, sustainability also requires that this is the case for everyone; not just one person or one company, but everyone, including the environment.

And the environment is something that every living organism depends on and we are included in that. Often, too many times people think of themselves as something separate from everything else, and fail to realize that we are in fact a part of the overall Earth system.

It is for this reason that I want to dedicate my life to sustainability. Ultimately, I want to make this world a better place by making it a more sustainable place. And what better way to start on that mission than starting with where I am - LIU Post.

Inspired by the oft-quoted sustainability mantra "think globally, act locally", I set out on my sustainability journey at LIU Post by partaking in many different sustainability initiatives. I became the coordinator of our school's recycling program where I helped expand recycling to nearly every building on campus. I established a student scholarship that's completely funded by 5-cent bottle deposits. I studied the entirety of our campus waste stream for my undergraduate honors thesis and generated new statistics that our school never had before. I also worked on a finance project that showed the financial and environmental benefits of solar panels and to my delight solar panels were installed on campus the following semester.

I've made it a point to make sustainability a part of everything that I do at LIU Post. And now, I am a graduate student studying Environmental Sustainability in the new Master's Program at LIU Post, the first of its kind on Long Island. None of those accomplishments though were as rewarding as what I experienced last spring.

April 11th, 2013 marked the culmination of all my hard work and dedication to making the place that I've called home for the last 6 years more sustainable. That day was our 3rd Annual Sustainability Luncheon.

Originally, the luncheon was an idea thought up by members of our Sustainability Committee three years ago and I was lucky enough to play a large role in its development. We wanted the luncheon to serve two purposes: (1) celebrate our past accomplishments in sustainability and (2) inspire others to bring about an even more sustainable campus moving forward into the future.

Each year, we've built upon the success of the previous year's luncheon and it has essentially served as that capstone where guests get to learn about everything we do sustainable as well as understand why we are doing it all.

This year, the Pioneer Room in Hillwood Commons could barely fit the 70 people that represented nearly every constituency on campus. The many students, faculty, and staff that attended our 3rd Annual Sustainability Luncheon were treated to a completely sustainable menu, honored our champions of sustainability once they received their Sustainable Pioneer Awards, and learned about the importance of sustainability in the context of climate change from professor and meteorologist Dr. Scott Mandia.

This year's luncheon was truly remarkable and was by far my proudest moment at LIU Post. I hope that guests took away as much as I did from the luncheon and if you were not able to attend, I hope that you can join us next year at the 4th Annual Sustainability Luncheon.

As always, I hope to continue advancing sustainability at LIU Post as well as our world and I hope that you will too.

3rd Annual Sustainability Luncheon

“Hurricane Sandy: A Wake Up Call”

On April 11th, 2013, a combination of 70 students, faculty, and staff gathered together to celebrate the achievements in sustainability at LIU Post.

The 3rd Annual Sustainability Luncheon focused on the growing concern of climate change as well as the recent impacts that Hurricane Sandy had on the Long Island region. The luncheon, which featured a completely sustainable menu, also included the presentation of our Sustainable Pioneer Awards and Recycling Scholarship, a demonstration of the new LIU Post Blender Bike, and keynote speaker, Dr. Scott Mandia.

The food, which was donated by Aramark Dining Services, highlighted their commitment to sustainability by providing a lunch consisting of dishes made entirely from local and organic ingredients. The new LIU Post Blender Bike, making its second appearance, was also on hand for attendees to make their own sustainable smoothies.

Since its inception, the luncheon has featured the presentation of our Sustainable Pioneer Awards as well as the Annual Recycling Scholarship. Recipients of our Sustainable Pioneer Awards can be described as champions for sustainability at LIU Post. They are people that have gone above and beyond in promoting sustainability on campus and they include students, faculty, and staff alike.

Sustainable Pioneers of 2013 include students Rechelle Abalos and Kevin Perez, staff members Amy Rojek and Eric Bauer of Facilities, Chair of the Earth and Environmental Science Department Dr. Margaret Boorstein, and student organizations Twice As Nice and The Runway.

Rechelle Abalos and **Kevin Perez**, both freshmen, are two emerging student leaders at LIU Post. Rechelle, an Environmental Educator, and Kevin, an Environmental Assistant, have both been integral to the success of the LIU Post Recycling Program. It is through their hard work and dedication to recycling that the program was able to achieve as much as it did this year. Rechelle and Kevin have also established a chapter of the Do Something club, a spinoff of the website DoSomething.org, hoping to encourage students to become more active in environmental and social justice issues.

Amy Rojek and **Eric Bauer**, both employees of the Department of Facilities Services, are two of the biggest advocates for sustainability at LIU Post. Whether it is collecting hundreds of chip bags for the Terracycle initiative, picking up extra loads of cardboard and ensuring that it gets recycled, or looking for new ways for the school to be sustainable, these two are the ones operating behind-the-scenes with sustainability always in mind. Their hard work and passion for helping the environment through their work is admired and very much appreciated.

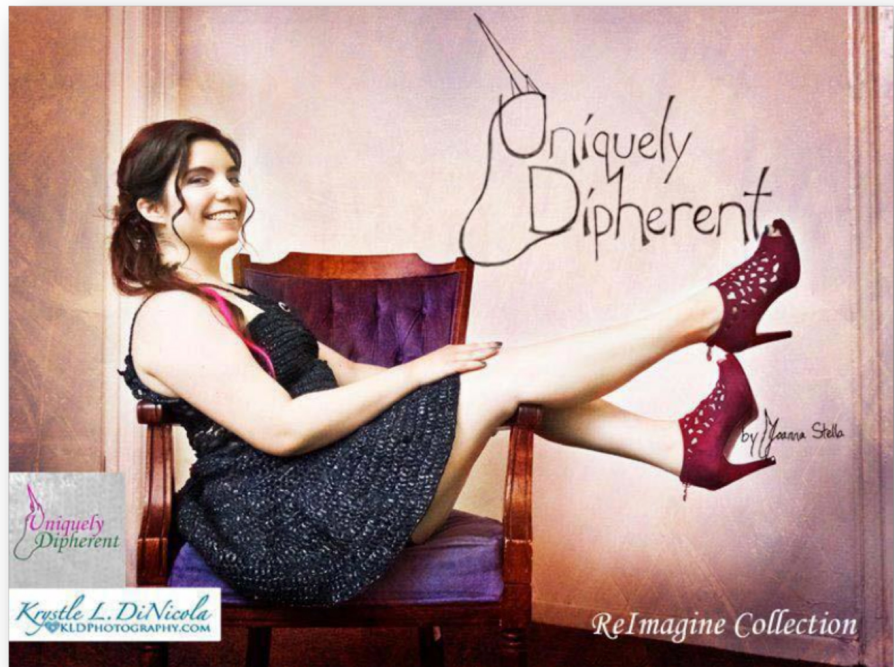
Dr. Margaret Boorstein, Chair of the Department of Earth and Environmental Science, is the leader of arguably the most sustainable department on campus. This past year, Dr. Boorstein and her team were responsible for establishing a new Master’s degree in Environmental Sustainability at LIU Post, the first of its kind on Long Island. Thanks to her leadership, LIU Post has become a regional leader in incorporating sustainability into the curriculum.

TWice As Nice, the LIU Post Twin club, along with being one of the most active clubs on campus, is also one of the most sustainable. Members of TWice As Nice hosted a flea market that offered other student organizations the opportunity to sell their own merchandise. Similar to a real flea market, members of other clubs, including the recycling program, sold items that were made out of recycled materials and other reusable items. This model will also be applied to other future “flea-market” type events, particularly during Move-In and Move-out.

The Runway, the Fashion club at LIU Post, has quite the track record with incorporating sustainability into their programming. For the past two years, The Runway has literally brought eco-fashion to the runway. Including the work of eco-fashion designer Joanna Del Giudice, who displayed two clothing lines hand-crocheted out of plastic bags and cassette tape, The Runway has demonstrated how fashion can be both glamorous and sustainable. The club also hosted a program called “Fashion For Less” where they showed participants how to make clothing out of recycled materials.

Eco-Artist, Eco-Fashionista, Environmental Advocate, Two-Time Graduate of LIU Post, Sustainable Pioneer, and Small Business Owner...

Joanna Del Giudice IS **Uniquely Dipherent**.



The first student to win a “Sustainable Pioneer” award, Joanna Del Giudice is easily one of the most distinguished artists to graduate from LIU Post in recent years. Holding both an M.A. in Art/Mixed Media and a B.F.A. in Art Education, Joanna is pursuing her dream of sharing her work with the rest of the world, while at the same time, promoting a better one.

That’s right. Joanna has combined two of her biggest passions: crocheting and her desire to save the environment.

In order to raise awareness about the impacts of waste and consumption, Joanna began breathing life into items that were otherwise destined for the landfill. For her, items like plastic bags or magnetic film from old cassette tapes instead become resources and her final works of art become completely wearable, functional, and uniquely different articles of clothing.

So uniquely different in fact that even the name of her business reflects how her art is so much more than just those words...Uniquely Dipherent.

Now, a young entrepreneur, Joanna’s quest to the red carpet is currently in motion and we wish her all the best in her journey of promoting a more sustainable planet through her eco-friendly artwork.

The epitome of a Sustainable Pioneer, Joanna truly puts meaning behind the word “ReImagine” and we hope that her story will inspire others to also help in bringing forth a better world.

To learn more about Joanna and her artwork, please check out the following:

<http://www.uniquelydipherent.com/>
<https://www.facebook.com/uniquelydipherent>
<http://www.etsy.com/shop/UniquelyDipherent>



Joanna Del Giudice

GRADUATION CONTINUES “GREEN” TRADITIONS

ON FRIDAY, MAY 10TH, 2013, LIU POST GRADUATED 2,227 STUDENTS.

EACH GRADUATE, WHETHER THEY KNEW IT OR NOT, WAS WEARING A CAP AND GOWN COMPLETELY MADE FROM **100%** RECYCLED PLASTIC. IN FACT, EACH CAP AND GOWN IS MADE PRECISELY FROM **23** PLASTIC WATER BOTTLES.

THAT MEANS LIU POST GRADUATES DIVERTED OVER **51,000** WATER BOTTLES FROM THE LANDFILL.

Green and Gold Pledge

As a graduate of LIU Post, I pledge to be attentive to the social and environmental consequences of my actions and to improve these aspects in my home, work and community.



EVERY YEAR, IN ADDITION TO DONNING ECO-FRIENDLY CAPS AND GOWNS, GRADUATES OF LIU POST ARE INVITED TO TAKE THE **GREEN** AND **GOLD** PLEDGE, WHICH READS:

“AS A GRADUATE OF LONG ISLAND UNIVERSITY, I PLEDGE TO BE ATTENTIVE TO THE SOCIAL AND ENVIRONMENTAL CONSEQUENCES OF MY ACTIONS AND TO IMPROVE THESE ASPECTS IN MY HOME, WORK AND COMMUNITY.”

THE CLASS OF 2013 INCLUDED **195 GRADUATES** THAT TOOK THE PLEDGE.



Campus • St
Billy Achmitz, a 2012 graduate of LIU Post, promoting his eco-friendly gown made out of 23 plastic water bottles at the kick-off event for the 2011 Summer Sustainability Institute.

Green & Gold Pledge

FOR MORE INFORMATION:

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Special thanks to our many sustainability champions at LIU Post:

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Dr. Mark Pires, Earth and Environmental Science

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Mike Sweeney, Facilities Services

Lynn Minutaglio, Facilities Services

Amy Rojek, Facilities Services

Eric Bauer, Facilities Services

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Jennifer Fuoco, Director of Residence Life

Arianna Livreri, Residence Hall Director

Lauren Pecoraro, Co-Coordinator, LIU Post Recycling Program

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