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Class Act Discussion: Going Green on a Budget

In the midst of both economic and environmental crises, it's time that we at Carleton College consider how we can lessen our environmental impacts while weathering the economic storm. During a TRIO/SSS Class Act Discussion on Friday, May 1st, staff and students shared ideas on affordable ways to help the planet.

Common misconceptions about the "green" movement are that it's expensive and inconvenient; sometimes the message we receive is that the only way to have any positive impact is to go vegan, buy a hybrid car and eat only organic food. Although those measures are helpful for the earth, our discussion uncovered many inexpensive and convenient ways to shrink your carbon footprint. Some helpful tips:

- **Reduce:** By simply buying less, you will reduce the demand for material goods that require energy and raw materials to produce and transport. Unplug your cell phone charger when you're not charging your phone; it

will draw energy whether your cell phone is on it or not. Use CFL light bulbs (they use 1/4 the energy of incandescents). Taking slightly shorter showers and washing clothes in cool water (which also helps them last longer) greatly reduces CO₂ emissions because heating water requires a lot of energy. This helps the planet AND your wallet.

- **Reuse:** Think before you throw something away; many things can just be repaired or washed and reused. Avoid disposables; buy a reusable water bottle (tap water is cheap), bring reusable bags when you go shopping (which prevents the need for producing more paper and plastic bags; many stores will also give you a credit on your bill) and use a cloth hand towel rather than paper ones.
- **Recycle:** At Carleton, it's as convenient as dropping something in a blue bin instead of a brown one. It's free, simple, and good for the Earth.

Discussion participants expressed how being green is easier at Carleton than at home, where there might not be so many reminders and opportunities to be environmentally friendly. Still others reminded us that there are many excuses as to why we can't make these changes in our routines, and they are just that: excuses. The health of the environment is everyone's responsibility, and although it may take some extra thought, there are many convenient and inexpensive ways to do your part for our planet.

We at TRIO/SSS have started lessening our dependence on disposable paper products in favor of reusable plates and utensils, and we've started a small garden behind the house to supply us with vegetables. These are only small steps we've taken so far, but we look forward to doing much more.



Introducing TRIO/SSS's Interim Counselor: Sarita Winterrowd-Lundin

The Carleton TRIO/SSS program staff will include a (somewhat) new face for the 2009-2010 academic year. Upon current Director Rietta Turner's relocation to Nashville, Tennessee, current Associate Director Mitchell Madson will fill in as Interim Director and Sarita Winterrowd-Lundin will join the program in the role of Interim Counselor. Susannah Shmurak will continue as Writing Assistant.

Originally from Billings, Montana, Sarita is a TRIO/SSS alum of Western Oregon University, where she earned a BA in Sociology. Sarita is a familiar face to many at Carleton; she has worked for Residential Life as a Hall Director for the last three years. During her first two years at Carleton, Sarita did a collateral assignment with TRIO assisting peer leaders with event programming. In the 2008-2009 academic year, Sarita's collateral assignment with the Wellness Center involved working with Student Wellness Advisors, programming for Disability Awareness Month, and organizing accommodations for students with disabilities.



Sarita looks forward to working with the Carleton TRIO program again. Goals for the 2009-2010 academic year include continuing efforts to increase peer leaders' visibility, establishing technological assistance to students with disabilities on site at TRIO House, and welcoming students as they visit and enjoy the TRIO space.

Some bits of information to help you get to know Sarita:

Favorite color: Blue

Foods: Sweets, especially candy

Music: Anything live and local

Pets: Layla, the calico cat with too many toes! Layla has polydactylism and has as many as eight toes on one paw; put together, she has enough extra toes to have an extra foot. She is a happy and playful 2-year-old kitty who loves to attack rolls of toilet paper.

Signing off...

Hello everyone! This is Maija Sipola, the (graduating! Hooray!!!) editor of the *TRIO/SSS Gazette*. I'm writing to thank you all for your readership and contributions to this publication during my three years of editing. I've greatly enjoyed building this newsletter to share TRIO/SSS activities with the greater campus community.

As I sign off from my position, TRIO/SSS is looking forward to working with a new editor in the fall. As always, TRIO/SSS welcomes your contributions to this publication; please submit them by email to Susannah at sshmurak@carleton.edu.



The Real Deal with Savannah Steele

You're compsing, Miss Steele. Do you have any advice for underclassmen (especially we juniors) for how to prepare for such an academic undertaking?

Dear Rising to the Challenge,

The best way to prepare for comps, besides maintaining a diet rich in vegetables (yes, I'm actually serious), is to learn about yourself. Sit down with you in front of a reflective surface and say to your self "Self... (and your self will reply, "yes love")": What problems do you like to ponder? Where do you do your most productive work? Which professors, convocation speakers, or classmates make you feel curious, inspired, comfortable asking questions, and challenged? What classes do you look forward to? How do you decrease your stress?" Listen to what your handsome reflection tells you because these replies will assist you in navigating the process.

Comps will give you a chance to learn in a deeper, more focused way than most other academic experiences you've probably encountered and to use some of the tools you've been cramming into your intellectual knapsack along the way. Professors are typically quite supportive and useful to engage with. Realistically, its not as scourging as you'd imagine, especially if you can manage to avoid the hype, the droning whiners and cry babies (that is to say, worrying about compsing will never equate with an outline, a draft, a poster, a sculpture, or a talk). Trust that yes, it's tough, but not tougher than you. (PS: to all the crybabies, it's ok to cry... It's good for you, but please, get a tissue, a shoulder or a sleeve... let it out. Or use your tears to salt your vegetables, build a healthy mind, a balanced body and a better end product and then **GET BACK TO WORK.**)

Dear Miss Steele,

You're a senior now, aren't you? Do you have any plans for next year? Also, do you have a successor for the TRIO newsletter?

Dear Prying into Savannah's Personal Life with No Shame or Restraint Whatsoever (aka, Dear NOSEY AS H***),

Indeed, on June 13th I will gallop, skip, roll, shimmy, boogie, two step, sashay, Mohammed-Ali-featherfoot, gyrate, cartwheel into a roundoff-backhandspring-layout-full twist, crab crawl, pirouette, rollerskate, fist pump and/or tenderly walk across the stage into my life as alum of Carleton College. My ideal job is to be the caretaker of islands of the Great Barrier Reef (www.islandreefjob.com). Still, I'm in the process of researching potential alternatives, and I've narrowed it to five U.S. cities--L.A, Atlanta, Miami, New York or Phoenix... choosing a job--butcher, baker, candlestick maker... or, my personal favorite option: anything that will allow me to keep growing as a writer, dancer and critical thinker. All this while still keeping an open heart to volunteer and service opportunities that would allow me to travel outside the U.S.A.

My main goal for next year is to diffuse, simmer, and then begin to cultivate my values outside of a rigid institutional structure. As for a successor, it's hard to let go. If you want my precious and coveted position, please reply to the following question: I'm graduating and I'm going to miss Carleton; what are some things that Carleton has that I cannot find elsewhere that I should try out before I leave?" and email your reply to Maija and Susannah.



May 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 TRIO Potluck @ TRIO House, 5-7 pm	23
24	25	26	27	28	29	30 TRIO Senior Reception, 12-1:30 pm, Alumni Guest House
31						



June 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Last day of class; S/CR/NC, late drop deadline 4:30 pm	4 Reading Days	5 Reading Days	6 Finals
7 Finals	8 Finals	9 Dorms close at 2 pm	10 Senior Week	11 Senior Week	12 Senior Week	13 Commencement!
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				