

ALVERNIA UNIVERSITY GREEN INITIATIVES NEWSLETTER

ANGELICA CREEK TRAIL

Discover the walking and biking trail right in our own backyard – the Angelica Creek Park Trail. It is approximately two miles in length from the Ken-Grill Pool to the Thun Trail.

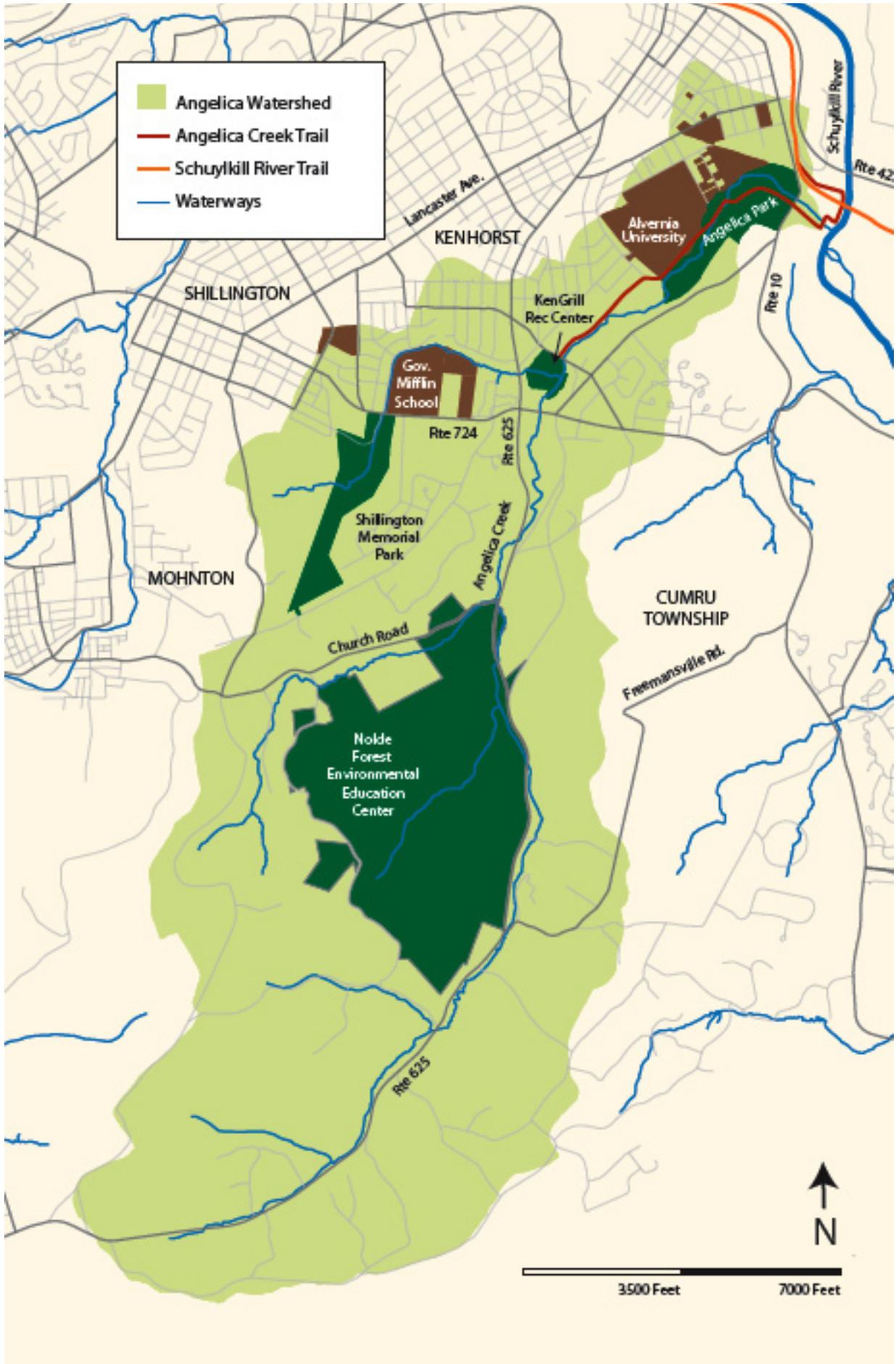
The trail is located just below the new track and field area.

Turn to the right and the trail leads you to the Ken-Grill Pool. There are plans to connect the trail from Ken-Grill Pool to Nolde Forest and the Governor Mifflin Intermediate School area.

Turn to the left behind Alvernia's track and field area and the trail continues along Alvernia's property line. Then it crosses over St. Bernardine Street, leading you into Angelica Creek Park. Follow the red-winged blackbird trail signs around Angelica Pond. Proceed under the Rt. 10 bridge, past the City of Reading Fire Training Center on your right, and across another bridge. As you approach the Schuylkill River, the trail will turn to the left. Follow this section of the trail until you go under another overpass. This is the unfinished portion of the Angelica Trail (soon to be completed). Turn to the left to connect into the Thun Trail system at the top of the grassy hill. If you decide to continue, the Thun Trail heads Northwest toward the City of Reading or Southeast toward Birdsboro.

Join us for our first guided nature walk along the Angelica Creek Trail in April. **The date will be announced in conjunction with the 2010 Earth Day Festivities throughout the month of April. Look for the event dates in an upcoming Green Newsletter.**





FIVE THINGS ONE CAN DO TO GREEN UP YOUR KITCHEN LIFE

- ***Avoid meat.** A single serving of beef requires 2600 gallons of water to create, and it's got a hefty methane output. Chicken uses 408 gallons, rice 36, and almonds 12. Eat lower on the food chain.
- ***Start rethinking meals and strive for the most energy-efficient cooking methods.** Avoid using your oven; opt for cooktop cooking, crockpots, or toaster oven instead.
- ***When cooking, prepare enough to save or freeze to eat later, or to add as ingredients in other dishes.** You will use fewer resources. Beans and rice freeze great; eat more raw foods.
- ***Avoid single serving containers.** Buy in bulk and fill your own reusable small containers.
- ***Run only full loads in an Energy-Star dishwasher, and you will use less water than washing by hand.** Run electric appliances including dishwashers after 8:00 p.m.; it saves energy at the source by avoiding the power "rush hour," when more resources are strained and emissions higher.

From *Cooking Green* by Kate Heyhoe

GREEN TIPS FOR COLLEGE STUDENTS AND THE REST OF US

1. Recycle everything, especially paper.
2. Use your printer wisely.
3. Limit use of disposable cups and plates.
4. Limit use of paper napkins.
5. Use compact fluorescent light bulbs.
6. Walk, bike, and limit your use of a car.
7. Buy green.
8. Carry a refillable water bottle
9. Use refillable binders instead of notebooks.
10. Buy used clothing.

INFORMATIONAL WEB SITES

Green America

<http://www.greenamericatoday.org>

TerraChoice

<http://www.terrachoice.com>

Organic Consumers Association

<http://www.organicconsumers.org>

MARK YOUR CALENDARS

Monday, April 12

Hesburgh Lecture

Dr. Laura Carlson

"Psychology of Deciding to be Green"

Bernardine Franciscan

Conference Center

April 19-23

Campus Celebration of Earth Week

Monday, April 19

John Francis

Author and Lecturer

Discusses how the environmental crisis is a reflection of social and economic inequality

Location to be Announced

Thursday, April 22

Earth Day Program

Campus Commons, Holleran Patio



"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole."

Pope Benedict, *Encyclical Caritas in Veritate*

Do you have News or Suggestions?

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REDUCE, REUSE, RECYCLE