

# LIVE ON. LIVE SAFE.

## On-campus Safety Resources



### STAFF

**Get to know your residence hall staff.**

Visit [liveon.msu.edu/neighborhoods](https://liveon.msu.edu/neighborhoods) to get to know the staff in your neighborhood or stop by to say hello.



### HELP

**In an emergency, call for help.**

In an emergency call 911  
MSU Police Department: 517-355-2221 • [police.msu.edu](https://police.msu.edu)  
East Lansing Police Department:  
517-351-4220 • [cityofeastlansing.com](https://cityofeastlansing.com)



### NIGHTTIME

**Don't walk alone at night.**

StateWalk-Volunteer Nighttime Walking Service:  
[msubetabeta.org/service](https://msubetabeta.org/service)  
Night Owl CATA Bus Service: 517-432-8888 • [cata.org](https://cata.org)



### BIKES

**Ride in the bike lanes and be aware of your surroundings.**

MSU Bikes Service Center: 517-432-3400 • [bikes.msu.edu](https://bikes.msu.edu)



### FRIENDS

**Always meet new friends in a community space and know some basic self-defense.**

Free self-defense classes:  
[recsports.msu.edu/instructional-programs/index.html](https://recsports.msu.edu/instructional-programs/index.html)



### DATA

**Protect yourself from computer viruses, spyware, spam and scams.**

SecureIT: [Secureit.msu.edu](https://secureit.msu.edu)



### RESOURCES

**Additional Resources**

MSU Live On: [liveon.msu.edu/safety](https://liveon.msu.edu/safety)  
MSU Counseling Center: [counseling.msu.edu](https://counseling.msu.edu)  
Olin Health Center: [olin.msu.edu](https://olin.msu.edu)



**LIVE ON**  
[LIVEON.MSU.EDU](https://liveon.msu.edu)



# Academic Orientation Program

Sustainable Living at MSU







# Personal Computers

You can find Energy Star® labels on almost every type of office equipment.

## Look for these brands:

- Apple
- HP
- Toshiba
- Sony





# Personal Computers

The average laptop consumes as much as 85% less energy than a desktop computer.

Opt for the 15" size; it is large enough to view easily and does not use as much energy as a desktop computer.

Energy Star® computer monitors automatically power down to 15 watts or less when not in use, saving up to 90% more energy than standard monitors.







# Energy Star® Printers

On most printers you can find the Energy Star® label.

Use campus resources whenever possible.

Please recycle all ink cartridges in approved packaging and containers.

## Look for these brands:

- Brother
- Canon
- Epson
- HP





# Energy Star® TVs

TVs use more energy than any other home electronic device, even when they're not turned on.

Energy Star®-qualified TVs use about 30% less energy than standard units.

You can find the Energy Star® on everything from standard TVs and HD-ready TVs to the largest flat-screen plasma TVs.







# Energy Star® TVs

Look for these brands (with lowest on-mode power):

- AOC (Target)
- Dynex (Best Buy)
- Emerson (Wal-Mart)
- Hitachi
- Insignia (Best Buy)
- JVC (Meijer)
- LG (Most places)





# Energy Star®- rated Music Devices

Buy small — it uses less energy — takes up less space: you cannot use the full range of a large system in consideration of your neighbors, anyway.

## Buy a combo unit:

(Alarm clock / CD player / iPod dock)







# Energy Star®- rated Music Devices

## Energy Star® mini-shelf systems:

Philips MCM275 Flat Wall-Mountable Shelf System

Panasonic SC-PM32I XM-Ready CD Shelf System

RCA RS2I30i Audio System w/iPod Dock

## Energy Star iPod docks:

- JWIN
- Emerson
- iLive
- JVC
- Philips





# Energy Star®- rated Refrigerators

Share ONE between two roommates

Size: Five cubic feet or less

Compact refrigerators may use almost as much as a full-size unless they are Energy Star®-approved.







# Energy Star®- rated Refrigerators

Look for these brands:

- Frigidaire
- GE
- Whirlpool
- Haier
- KitchenAid





# Sustainable Powerstrips

Many power strips provide the ease of powering down all electronics with one button.

Use any brand as long as they have a switch.







# Sustainable Powerstrips

## Better Option:

- Smart Power Strip (Amazon)
  - Eliminates phantom electricity usage.
  - Saves electricity related to appliances that continue to consume electricity even when turned off or in the standby state.
  - No need to switch device on/off.







# Sustainable Lighting

Turn off the lights and electronics whenever you leave the room; use daylight when possible.

Use Compact Fluorescent Lights (CFLs) instead of conventional light bulbs.

CFLs are just as bright, but use 75% less energy and last 16x longer!

Using task lighting (lamps) instead of overhead fluorescent lights saves energy.







# Water Conservation

Turn off the faucet while brushing your teeth or washing dishes.

Keep your showers to five minutes. Even better, consider turning off the shower while you are soaping up.

Use shampoo every other day — it's good for the environment and also better for your hair!





# Water Conservation

Try to avoid water use during the peak energy demand hours from 11 a.m. to 7 p.m.

Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other such waste in the trash.

Report dripping faucets or leaks immediately to facilities staff.







# Sustainable Laundry Practices

Drying rack: Air-drying your laundry takes NO energy and keeps them in better shape!

Use biodegradable detergents (brands like Seventh Generation, ECOS, etc.)

## **Never use hot water!**

Choose warm for soiled clothing and cold for everything else.







# Carpets

You can pre-order a sized, brand-new, top-quality plush carpet at a special student discount and have it waiting on campus at move-in!

Colors available are light blue, black, burgundy, gray, hunter green, beige and navy. Recycle your carpet when you move out.

For more info, visit the University Activities Board online at **[www.uabevents.com](http://www.uabevents.com)**.

To order, call **1-800-957-4338** or visit **[www.rhl.org/mst](http://www.rhl.org/mst)**.







# Outfit Your Room

You can also pre-order **MicroFridges**, **Futons** and **Personal Safes** — they'll be ready at pick-up locations for carpet orders.

Sales support University Activities Board (UAB) events!

Visit **[www.uabevents.com](http://www.uabevents.com)** for more information.





# Linens

The UAB Residence Hall Linen Program provides value-packed savings on specialty bed linens, guaranteed to fit MSU beds.

For more info, visit the University Activities Board online at [www.uabevents.com](http://www.uabevents.com).

To order, call **1-800-957-4338** or visit [www.rhl.org/mst](http://www.rhl.org/mst).







# Plants – Make Your Space Greener

Green plants are not only a great way to liven up your living space, they're also one of the most organic and natural ways to clean the air around you.







## Plant Options:

- Artificial Light (Aspidistra)
  - Does not need sunlight or continuous care.
  - Plant can go days without being watered.
- Artificial and Natural Light (African Violet)
  - Grows well under both artificial light and sunlight, but it should never be put in direct sunlight.
- Natural Light (English Ivy)
  - This plant grows quickly with direct sunlight and even grows in the shade. Just keep it away from a heater or freezing temperatures.







# Personal Grooming Needs

Unplug these appliances right after every use regardless of shut-off features — avoid phantom energy use.

Don't own an Energy Star® model?

No need to panic, just use sparingly and unplug after use.





# Waste Reduction

Reuse scrap paper.

Buy items that do not have excessive packaging.

Use grocery bags as waste bags.

Use reusable plates, cups and silverware instead of disposable paper/plastic ones.

Recycle cardboard boxes, boxboard, polystyrene and carpet tubes when you move in. Look for the bright green "Recycle" signs.







# Waste Reduction

Use the mesh recycling bag provided in your room to recycle key items in your residence hall lobby:

- Cardboard
- Plastics #1–7 and household metals
- Mixed paper and boxboard
- White paper
- Newspaper

Use reusable containers for water, coffee and other liquids. Instead of purchasing bottled water, bring your own water bottle and refill it at your hall's filtered water station.





# No Need To Purchase

Many items are available for check-out from the reception desk, including:

- Brooms and dustpans
- Vacuums
- Mops
- Basic tool kits







# Sustainable Dining

Stay healthy and consider trayless dining to reduce food waste, and conserve energy, soap and hundreds of gallons of water.

Dining halls turn off lights during peak daylight hours to reduce energy consumption.

Professional chefs prepare fresh food daily, which helps promote a healthier lifestyle with a variety of choices.







# Sustainable Food Sources

Culinary Services and the MSU Student Organic Farm partner to provide campus-grown, certified-organic produce to Yakeley Dining Hall and The Gallery at Snyder/Phillips.

Culinary Services provides 100% fair trade coffee and teas in all dining halls and Sparty's locations.

The Farm to MSU Program supports local farmers who use sustainable growing practices.







# Sparty's Recycle

All packaging material used at Sparty's locations is recyclable

Help us stay green

- Please recycle your coffee cup, bag or box.
- Reduce, reuse and refill with Sparty's mugs.





# University Websites

[www.bespartangreen.msu.edu](http://www.bespartangreen.msu.edu)

[www.liveon.msu.edu](http://www.liveon.msu.edu)

[www.eatatstate.com](http://www.eatatstate.com)

[www.rhs.msu.edu/sustainability](http://www.rhs.msu.edu/sustainability)



ENVIRONMENTAL STEWARDSHIP ON THE CAMPUS OF MSU

**BESPARTANGREEN**

Academic Orientation Program | Sustainable Living at MSU