From your editors...

The year comes to another closing and we say goodbye. We hope that you have enjoyed reading this edition of the EPIB Trail and that you will still continue to follow us next year. We want to thank all of our great writers and wish good luck to all of those graduating! We are very thankful to have such wonderful advisors Kristen Goodrich and Dr. Clark, and we cannot wait for the next issue in the upcoming semester. After this long and harsh month for New Jersey, we hope that you can still enjoy and celebrate the good spirit of 𓇾𓇾𓇾 enjoy time with family and friends.

Happy 🎄🎅

Evangelina & Kimber

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Thanks To Our Wonderful Staff!

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Advisors: Kristen Goodrich & Dr. Clark

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Eco Fact: In that 20-year span, Greenland lost 152 billion tons a year of ice, West Antarctica lost 65 billion tons a year.
Bill McKibben: Saving Eaarth

By Evangelina Pena

Bill McKibben is an author, educator and environmentalist. He has written a number of books about the deteriorating environment—specifically climate change. In 1989, he wrote “The End of Nature,” which was a primary book regarding the issue of climate change. McKibben was the founder of 305.org which is a climate campaign that has provided the general public with information, rallies and other events dealing with climate change.

Well recognized in many colleges around the country and internationally, McKibben has garnered international fame for his work. His book, The End of Nature, was printed in 20 different languages. He also wrote The Age of Missing Information and Hope, Human and Wild, which are well respected and widely used in education today.

Although McKibben believes that we have already passed the point where we can avoid serious climate change, he still encourages everyone to stop focusing only on our typical ways of living and improving ourselves, and to instead start thinking of new ways and perspectives of survival. He stresses that we have already built a new Earth and now we have to be able to adapt to it.

Bill McKibben will be visiting Rutgers on Monday, February 4th. If you are interested in seeing him save the date. For more information check out: http://www.billmckibben.com/
Let’s talk about vitamins. Although I can be pretty pretentious about nutrition, I’m glad to say that at least I’m not deficient in everything anymore. You win some, you lose some.

Anyway, I’m here to talk about the importance of solubilizing certain vitamins, most importantly Vitamins A, D, and K. There are a lot of myths surrounding these vitamins.

**Vitamin A**

When you look at a food label and it lists Vitamin A content, it’s actually listing the combination of retinol and beta-carotene. I’m sure you’re already aware, but this is very necessary for eye health.

Retinol:

![Retinol Structure](image)

Beta-carotene:

![Beta-carotene Structure](image)

See, these guys aren’t the same? Your body can only convert beta-carotene into retinol, the biologically active compound, at an efficiency of 9-22%. That’s not particularly high, and that’s the rate if you are healthy; chances are you have at least a slightly compromised digestive tract due to years of grain consumption.

Essentially, you can eat 8 pounds of carrots a day and still be deficient in vitamin A. Vitamin A deficiency sucks. I’ve had it. Your color vision gets really messed up. Don’t do it!

Retinol is only found in animal products. It is abundant in egg yolks, organic/grass-fed butter, liver, and fish oil. If you consume the biologically active vitamin A, your body doesn’t have to do the work. Do you see a theme here? The less work your body has to do, the better.

**Vitamin D**

Your body can make this more easily than you can eat it! If you get adequate sunlight, either by going outside or using a happy lamp, you won’t really need to supplement. It’s not a bad idea to supplement though, especially if you live in a northern climate like I do. I’ve also heard that even if you take D3, you still need UV-light to convert it into a more biologically active form, so you should still make an effort to get some UV-light. It won’t cause skin cancer in moderation. I’ll discuss my beef with sunscreens and UV-light scare propaganda in another post.

You will be depressed if you are deficient in Vitamin D. Trust me. It is way better to have your body synthesize it than to trust a dairy company to enrich their already deficient product (that was actually intended to fatten up a baby cow, not for human consumption ... but I digress).

**Vitamin K**

There are two forms of Vitamin K, vitamin K1:

![Vitamin K1 Structure](image)

And vitamin K2:

![Vitamin K2 Structure](image)

These guys are pretty similar actually, and your body can convert vitamin K1 into the biologically active vitamin K2 pretty easily if you are absorbing your vitamin K.

You can get more than enough vitamin K if you eat dark leafy greens with enough fat to solubilize them. So, put some olive oil on your kale salad, etc. That stuff’s delicious.

Now you have no excuse to be deficient in your fat-soluble vitamins.

Pease, love, and seasonal produce--

To read more of Julie Skolnik’s blog, go to: http://bitchesloveproduce.blogspot.com/

Additional sources: rawfoodsos.com
Pining for the Holidays

By Kimber Ray

Making your own decorations is a terrific opportunity to get together with some friends and enjoy the holiday season. One easy-to-do activity is pinecone crafts. Theses prickly buggers are all around this time of year, and if you’ve ever stepped on one barefoot, then the holidays are a perfect time to seek revenge— with pretty and artistic crafts.

Garland

This one’s the easiest— string together a line of pinecones and hang it up! Other garland materials could include popcorn and cranberries.

Pine cone topiary

A bit more materials required for this one: a white Styrofoam ball, hot glue, and white spray paint. Break off the bottom half of the pinecones and glue the top halves to the Styrofoam ball to create this decorative piece. Optionally, you can also spray paint it white so the casual observer will think it recently snowed in your house.

Wall hanging

Whew! That one was tough. Now for something easier— this one is just tying a bunch of pinecones together and hanging it on your wall— pretty much just a vertical twist on the garland idea. Add a frame for some modern art flair.

Wreath

Shape a wire coat hanger into a circle. Use several coat hangers to get a chunkier wreath. Then, tie or hot glue your pine cones to the wire.

Basket of pinecones

This really warrants no further explanation. For those who are feeling particularly crafty though, pine cones can be bleached, spray painted, glittered and bedazzled, or decorated with squeeze paint tubes.

Fire fuel

Pinecones produce an excellent smell when you burn them. You can also purchase various chemicals online and soak your pinecones in a mixture of water and your chemical of choice to create a pinecone that will burn in different colors. For example, copper sulfate will create a green flame, while potassium chloride will create a purple flame. For further explanation and a link to purchase the chemicals, check: http://www.sciencecompany.com/-W150.aspx

Source for information and pictures: http://tipnut.com/pinecone-crafts/
Running in the Winter
By Rachel Alm

Cold weather got you down? That’s no excuse to not exercise! There are plenty of ways to get out there and run, as long as you’re bundled up, hydrated, and safe. Here are some tips on how to stay warm for those long winter runs:

Layering—never underestimate layering. Under Armour works wonders in the cold—especially if you don’t want cottony sweatshirts and tees that absorb moisture and keep it in. Under Armour, for cold weather, is made to wick away moisture so that you stay dry and warm. There are other companies that produce this type of clothing, which is made primarily of polyester. I usually do a layer of Under Armour and then put thinner shirts on top. A long tee-shirt (those Big Chill ones are perfect) followed by a sweatshirt or other outdoor coat is perfect. If you have a fleece, or other Under Armour outerwear, that is good as well. Remember, you can always take layers off but you can’t put them on in the middle of a run! Dress 15-20 degrees warmer than the outside temperature so when you warm up from running, you aren’t overheating.

Earmuffs and hats—these are very handy. I personally think earmuffs are adorable, but hats keep in more heat. You can get earmuffs or headscarves at most sports stores, and even at clothing stores such as Kohl’s. Heat escapes through your head, so when you’re running, you want to make sure that it’s covered! They have ones you can store headphones in, and beanies of all different colors are commonplace now.

Face—this is tough because most people don’t like the idea of wearing a facial mask. But if it’s not a big issue to you, then they are a must, because cold weather can be awful for your skin. Be sure to be aware of the wind—run into it on the way there and with it on your way back, that way you avoid the chill of the wind once you’re actually sweating. Another good suggestion is sunglasses—snow can be very bright, and the winter sun is no less damaging to your eyes than the summer one. Make the sunglasses thin, and weather and running ready—you can get those at most outdoor stores.

Be prepared—another overlooked fact is that you need to remain safe, be aware of the earlier hours of darkness and the times of temperatures for the day. Run in groups, and map out a run. A really helpful site for that is RunningMap.com or MapMyRun.com. There’s a smartphone app for both of these.

Make sure you don’t unnecessarily work on speed work during cold winter sessions—focus more on distance. There are great websites out there to help with cold weather exercise, but make sure you stay warm. It’s sometimes hard to judge, because you may be freezing upon leaving the house but much warmer later on. Judge accordingly. It can be hard to get the motivation to run in the cold, but if you are adequately prepared, running in the winter can be a rewarding experience!

Here are two helpful websites:
http://www.drpribut.com/sports/spcold.html
http://www.active.com/running/Articles/Winter-Running-Tips.htm

Recycle Your Christmas Tree

* When someone is picking up your tree after the holidays, try to make sure that your tree is going to be recycled!
* Christmas trees could be composted, mulched or even turned into fuel, but make sure you remove all the lights and ornaments from it before giving away your tree
* Many big cities will not pick up your tree to be recycled so when you call, ask them where your tree will go and if there is anyway it could be recycled!
* “Flocked Trees” are the trees that are spray painted white to provide us with a winter feeling; this prevents the tree from being recycled, instead it will go straight to a landfill! Try to keep your tree green.
* For a very small donation, Boy Scout groups around the United States are picking up trees to make sure they are taken to a recycler.
* Trees will generally only cost about $3.00 to recycle.
* You can also chop your tree up and use it for a warm and pleasant fire!
10 tips on a more environmentally friendly Christmas decorations

1.) Should I have a live Christmas tree
⇒ There is mixed information as to whether buying live Christmas trees are harmful to the environment. The majority of Christmas trees that are purchased at retail and home improvement stores are grown in tree farms. Therefore, they are not being cut down from nature’s surplus of trees.

2.) Decorate your home with natural décor:
⇒ Add fruit, nuts, and pine cones to your holiday centerpiece or fireplace mantle to bring in rich color and an organic touch to your decorations. Simple ornaments strung with dried citrus, apples, pine cones and cinnamon sticks will look great on your Christmas tree.

3.) Recycle your live Christmas tree:
⇒ When you’re done enjoying your tree for the holidays, take it to a recycling yard where they can be recycled for wood chips, and mulch for landscaping. This gives you peace of mind when enjoying throughout the holiday season. Many neighborhood waste collection agencies will have a plant clippings pickup for your home. Check with them to see if they recycle Christmas trees.

4.) Nontraditional foliage:
⇒ Try decorating urns and planters with branches, berries, fruit, and straw to add a nontraditional twist on evergreen tree decorating. Large urns placed outside your front entryway of your home, or in a foyer or back porch can create natural grand entrances to your home.

5.) Eco-friendly Christmas cards:
⇒ Giving away cards this year? Many greeting card manufacturers will print on recycled paper now at your request. Instead of mailing a physical card, why not send e-cards? Many people enjoy giving and receive electronic cards. E-cards are an inexpensive way to still send holiday greetings!

6.) DIY Christmas:
⇒ Be creative this year and pull out your glue gun and knick knacks to make wreaths, garland and ornaments. Use old neck ties, shirts, yarn and seashells to adorn crafty projects this holiday season. Don’t have ideas? Ask your kids, they always have great ideas from school.

7.) Leave out the holiday green:
⇒ Looking for a minimalist approach to Christmas? Try bringing in décor that uses holiday symbols without the real version. Christmas trees made from recycled cardboard, and snowflakes cut out from last year’s holiday greeting cards will bring the festive nature to your home, and keep the clean simple lines you are looking for.

8.) Conserve energy and resources:
⇒ When the temperatures dip down lower this holiday season, use eco-friendly practices to lower your energy consumption. Lower the heat a few degrees at night, and when not in your home to lower energy bill. Use LED lights for decorating your home and keep lights on for a shorter period of time. Use newspaper and kids old doodle scrap pieces of paper wrapping gifts, and save money.

9.) Re-purpose your old décor:
⇒ Do you have sleigh bells from last year that adorned a wreath that you don’t use anymore? Use them this year as an ornament to a garland or wreath on your home. Repurposing holiday décor items for this year will give your home a new look, and save you money!

10.) Give the gift of life:
⇒ Trying to think of what to bring to a Christmas party, or what to give as a gift? Seeds and small trees to be planted in the ground are wonderful gifts that will grow for years to come. Many home improvement stores and home décor catalogs sell plant kits that are prepackaged for holiday gift giving!

Looking for a PAID summer internship?

Apply to the Collegiate Leaders in Environmental Health program!

This 10-week internship places undergraduate students in an environmental health program at the Centers for Disease Control in Atlanta, GA. In addition to working on an environmental health project with their supervisor, interns attend weekly field trips, lectures with leaders in environmental health, and brown-bag lunches with CDC staff.

Applications are open now and are due in February. Remember: you can’t succeed if you don’t try—apply now!

http://www.cdc.gov/nceh/cleh/

Spring Internships/Volunteering

Alternative Break with Rutgers

The Rutgers University Alternative Winter Break and Spring Break programs provide groups of Rutgers University undergraduate students with a semester-long experience centered on community service. Participants learn about a particular community issue within the United States during five weeks of pre-trip meetings and a volunteer break excursion.

http://communityservice.rutgers.edu/

Cross-Cultural Solutions

A volunteer trip abroad with Cross-Cultural Solutions will change your life. Change the way you see other cultures. Maybe even change what you do with your life—all while you change the lives of others for the better. Ultimately we’re changing the way volunteering is done, making it a safe, exciting adventure of a lifetime.

http://www.crossculturalsolutions.org/

Rutgers Hillel

Looking for a meaningful way to spend your spring break? Want to get your hands dirty and make the world a better place? Each year Rutgers Hillel runs a number of exciting trips for students. Our Alternative Spring Breaks combine international travel, hands-on volunteer work, and Jewish social justice. Past years’ trips have included El Salvador, Guatemala, Nicaragua, Israel, and New Orleans.

http://www.rutgershillel.org/breaks/
What is your New Year’s Resolution?

◆ Time after time we hear the maxim that’s something along the lines of ‘Life is a gift,’ but I often find myself spending more time thinking about what’s in the box than opening it. Sometimes when I shake it around, searching for a clue on what’s inside, I imagine I hear such howls and growls that I quickly throw it aside—how often I find that my biggest source of stress is my unattended imagination! Other times, I’m so sure of the wonders inside that I don’t even bother to check—only to find that my presumptions were bloated with overconfidence. Worst of all, perhaps, is when I don’t check at all; I procrastinate and do things of such insignificance that even I won’t recollect them later. Yet life is ceaselessly moving forward, whether we’re engaged in the process or not. And so, a ceaseless goal of my own is to always be around for the journey, no matter what’s in store.

What or who inspired you to choose that New Year’s resolution?

◆ It’s the type of theme that’s so universal that it constantly finds ways of coming up again. The most recent reminder is probably Bhakti yoga at Rutgers, which focuses on being mindful and compassionate in the present moment.

Do you want to say something inspiring to the readers? Quotes, lines, etc.

◆ How unfortunate that motivation so often follows action! Yet I have a feeling that, though you don’t feel like doing this now, when you do, you’ll be glad you did.

Did you volunteer anywhere or help anyone?

◆ I donated some items to one of the drives.

What was the best thing you did this year? Fun or service work, etc.

◆ This year was a really good year! During the summer I interned with Coral Restoration Foundation (CRF) in Key Largo, Florida. The purpose of this foundation is to try to help rebuild the coral reefs that have been ruined due to different causes. CRF has an enormous coral nursery with Staghorn and Elkhorn coral underwater few miles offshore. Our daily tasks were to assist with the nursery, take volunteer groups that wanted to help out and transport the corals out to the reefs when they reached a certain size. Ken Nedimyer, the president and founder, along with his amazing team who are Stephanie Roach, Kevin Gaines and Ben Renkov, do so much daily work to help these species return to healthy numbers. It was an amazing experience! A fun thing that I did this year was going skydiving, everyone needs to do it once!!

Christmas/winter themed environmental ideas:

◆ Recycle your tree, limit the amount of lights that you turn on as Christmas decorations & wrap presents with newspapers!
What is your New Year's Resolution?

- My New Years Resolution is to become a certified American Sign Language interpreter. I took Sign Language for three years in high school, and always felt very passionate about it. It has been three years now, and unfortunately I can no longer hold a fluent conversation. I hope to take the time this winter or summer break to gain back what I have lost, and become certified to interpret for school events!

What or who inspired you to choose that New Year's resolution?

- Larry David from the careers office at Rutgers has inspired me to choose this resolution.

Did you volunteer anywhere or help anyone?

- I donated clothes and food to those in need!

What was the best thing you did this year? Fun or service work, etc.

- My internship and life in N.Y.C. this summer was for sure the most amazing experience I have ever had.

Christmas/winter themed environmental ideas

- Alternative Christmas trees with ornaments made out of recycled materials. There's probably many fun "how to" tips for doing well on finals:

- Stay fully stocked on snacks, have a music playlist made, and get motivated to learn!
What is your New Year's Resolution?

- My resolutions include: make more friends at Rutgers, talk more in class, learn a new skill, take shorter showers, and call my family more.

What or who inspire you to choose that New Year's resolution?

- My best friend inspired my New Year's resolutions because she is excelling in college and making the most of her college experience. I think it is important to put myself my self out there and make relationships with my peers and professors. My professors are the ones who inspire me to care more about the environment and not be so wasteful. Lastly, I know it is important to stay in touch with my family because they get so excited when I call, and I love them.

Do you have information on how to help with Hurricane Sandy?

- Donate money to Zoe and her family at the link below http://www.wishuponahero.com/wishes/?id=1316547

Did you volunteer anywhere or help anyone?

- No, but I donated money to Zoe and her family

What was the best thing you did this year? Fun or service work, etc.

- The best thing I did this year was becoming apart of the Rutgers University Class of 2016!

Christmas/winter themed environmental ideas

- Instead of buying gifts for children you should "rent" them. Since kids get tired of new toys after a few months and then want the next latest gadget there is now a website for trading toys. This saves the environment because less toys are produced. The toy exchange website is below. http://www.treehugger.com/slideshows/gift-guides/green-gift-guide-2011-the-kid/page/4/

Tips for doing well on finals:

- Get sleep
- Make time to exercise
- Eat a balanced diet
- Plan study times and have all your materials with you
- Talk to your professor if you are struggling before it is too late
- Set goals and conquer them, remember to breath and be thankful for all that you have :)

Did you volunteer anywhere or help anyone?

- I plan on helping out during the holidays.

What was the best thing you did this year? Fun or service work, etc.

- The best thing I did was intern at The Weather Channel and explore the South

Christmas/winter themed environmental ideas

- Use organic potatoes and onions for my family’s potato latkes.

Tips for doing well on finals...

- Get sleep and rest so that your brain is ready.
What is your New Year's Resolution?

My New Year's Resolution is to speak positively about situations life hands me. It is important to carry a grateful heart and celebrate the blessings rather than dwell on the things that are unfavorable. I want to make a more reasonable spring schedule that allows for me to manage my time efficiently. Lastly, I want to train for a triathlon this summer in Sandy Hook.

What or who inspire you to choose that New Year's resolution?

Quite frankly my resolutions are things that I've had on my heart this semester. I get encouragement to be a positive, loving person from God, the Rutgers community, my roommates and the ocean. I've also always wanted to complete a triathlon since I started surfing in high school and as far as time management, I tend to take on more than I can handle.

Do you have information on how to help with Hurricane Sandy?

If anything, go to the beach and mobilize your own clean up!

Did you volunteer anywhere or help anyone?

I donated food and clothes at my church. I also go to the beach on most Friday afternoons and pick up trash as I see it.

What was the best thing you did this year? Fun or service work, etc.

The most fun I had this year was interning for Conservation International in Washington DC during the spring 2012 semester. Going to various think tanks, NGOs, The World Bank, IMF etc. was really eye opening and made me dream even bigger! The most awesome service opportunity I had this fall semester has been teaching the Environmental Policy & Awareness FIG. I adore my students and feel so honored to have had the opportunity to influence their lives. They are all brilliant, amazing people with big hearts for the environment, public health and science. They have tremendously transformed and shaped many of my perspectives on environmental policy.

Christmas/winter themed environmental ideas

Perhaps something to do with tree farms & Christmas trees... or how to recycle Christmas trees or maybe something to do with cookies!

Tips for doing well on finals...

Get enough sleep! Do not wait for the night before to start studying! Go to office hours. Study with a group, speaking out loud helps your realize what you do and do not know. When you get delirious from studying too much, take a break and start again later.

What is your New Year's Resolution?

Find a job after graduation!

What or who inspire you to choose that New Year's resolution?

Since I'm a senior I have no more time to procrastinate!

Do you have information on how to help with Hurricane Sandy?

There are various local areas around the community that were collecting food, basic necessities and other items for those afflicted in the hurricane. I had donated to those organizations.

Did you volunteer anywhere or help anyone?

Yes. My family and I donated some food and old winter coats as it started getting colder and that was becoming an increasing need.

What was the best thing you did this year? Fun or service work, etc.

I am currently interning at an art gallery and got to represent my boss for an entire weekend at an art fair in NYC.

Christmas/winter themed environmental ideas

Starbucks has travel mugs that you can take out the paper and draw, erase and redraw pictures so you can change it for every season.

Tips for doing well on finals...

Don't leave the studying for last minute! Review your notes for an hour or two every night.
What is your New Year’s Resolution?

♦ My New Year’s Resolution is to figure out my plans for after graduation.

What or who inspire you to choose that New Year’s resolution?

♦ I want to go to graduate school, but take a year off to experience something I might not otherwise get the chance to. My boss inspired me to make this resolution; she said the best thing she did was to take a year to work in Europe before her grad school. I want to figure out a similar plan of action.

What was the best thing you did this year?

♦ The best thing I did this year was join the EPIB Trail of course :)

Tips for doing well on finals?

♦ Make sure you allot your time wisely. Also, pulling all-nighters really doesn’t help. Go to sleep early, and start studying early. Otherwise, you’ll just waste your whole day and be unable to function properly.

Julia

"A good laugh and a long sleep are the two best cures for anything"

Irish Proverb

What is your New Year’s Resolution?

♦ I guess you could say that I’m a cliché resolution-er. My New Year’s Resolution is to become a healthier and happier person. I have been a vegetarian for most of my life, but starting on New Year’s, I would like to take on a vegan challenge and see how long I can go. (The only sacrifice I won’t make is feta cheese, because I am obsessed with feta cheese) I am also challenging myself to lose 20 pounds by May, and want to try new outdoor activities or travel to new hiking and kayaking spots. Aside from diet and exercise, I would like my resolution to involve reading more, specifically about different takes on Buddhism and the whole Zen way of living because I find it very enticing and I have wanted to learn about it for a while. After I graduate in May, I would like to spend my time volunteering for an animal shelter; it’s something I have always wanted to do.

What or who inspire you to choose that New Year’s resolution?

♦ The inspiration for my vegan challenge came to me a few months ago. In Bethlehem, PA, they have been holding a veggie fest for the past 2 years, both of which I have attended. This year, they challenged an average, meat-eating, man to become vegan for a month and record how he felt throughout it. I would like to commit myself to the same challenge. My inspiration for losing weight and becoming actively healthier comes from many sources. First, it comes from within myself, because I used to be an athlete but unfortunately stopped when I got to college. I’m also inspired by my boyfriend, who has been working hard for awhile now to become healthier, and from my brother, who has done a mini-triathlon, and is currently training for a half-marathon. My adorable border collie inspires me as well because he is always full of energy and wanting to do something active.

What was the best thing you did this year? Fun or service work, etc.

♦ The best thing I did this year was probably, although such a small, simple thing, going to the lake with my dog for a week. I loved just relaxing and having nothing to do and all day to do it in, spending time walking and swimming with my dog, and being away from the rest of the world for a little while.

Christmas/winter themed environmental ideas

♦ Recycle your wrapping paper! There’s no need to throw away something that can be recycled. Or if you’re crafty, figure out some DIY projects to do with the used wrapping paper, and even some old decorations that you may have otherwise thrown away. There is always a chance to repurpose old items! If you have a live Christmas tree, make sure that it is being recycled for wood chips and mulch after you are done with it. And, of course, print your holiday cards on recycled paper, or send e-cards instead.

Tips for doing well on finals...

♦ Turn off the TV, put your headphones in, and turn on some fully instrumental music, like the band Explosions in the Sky, and then start studying. Stay calm, get sleep, and soon you can eat, drink, and be merry.
What is your New Year's Resolution?
- My New Year’s resolution is to travel and experience as many new things as possible without being afraid of the change or what that change may bring. I really want to spend the last semester of my senior year doing as many new things as possible. I think it is so important to experience the world and learn from all different people and places. I want to spend time with as many people as I can in as many different environments as I can and when I graduate in May I want to take the experience I have had and bring them to Europe!

What or who inspire you to choose that New Year's resolution?
- My mom inspired my New Year’s resolution this year because she went on an amazing trip to Spain this summer that changed her life. She did the El Camino de Santiago, which is a 500 miles pilgrimage across the northern part of Spain. I was so proud of her dedication and bravery for going on this huge trip. She is the coolest person I know!

Do you have information on how to help with Hurricane Sandy?
- Any donations of clothing, food, and especially time are always helpful!

Do you volunteer anywhere?
- I volunteer at Youth Empowerment Services which helps local New Brunswick Youth. It is a great non-profit organization right here at Rutgers!

What was the best thing you did this year?
- The best thing I did this year was rescue the cutest kitten you have ever seen with the rest of my housemates right before Hurricane Sandy hit! Not only did we save the little guy from getting soaked but we also had endless entertainment throughout the storm!

Christmas/winter themed environmental ideas
- Wear outrageous Christmas pajamas inside all winter break instead of raising the thermostat in your house to keep warm. This way lowering your heating bill is fun, and you look good doing it (I suggest a onesie with the butt flaps).

Tips for doing well on finals...
- Confidence is key! Don’t stress, it’s just another test.
What is your New Year's Resolution?

- My New Year’s Resolution is to find a job. I will be enthusiastic about any job I get even if it is not a position I have dreamed of. You never know what other opportunities it will lead to. If I am excited about the work I do I can get others excited with me. I think a smile and a good attitude goes a long way and I will keep both with me in the year 2013.

- What or who inspire you to choose that New Year's resolution?

- Last semester war veteran and motivational speaker J.R Martinez came to visit Rutgers. He spoke about how you should put your all into the things you do even if you don’t plan on being at that place for another day. He signed a 6-month contract with a soap opera. In the end they kept him for 2 years because he did such a great job. He was then able to get on Dancing with the Stars where he won first place.

Do you have information on how to help with Hurricane Sandy?

- You can make a donation at www.tunneltotowersfoundation.org.

What was the best thing you did this year? Fun or service work, etc.

- The best thing I did this year was spend time with my grandmother. She was in the hospital and had to get ready for a serious surgery. I was glad I was able to stay there with her and support her.

Christmas/winter themed environmental ideas

- I like to use the new Pilot “Bottle to Pen” pens. They are made from 86% recycled content and would make for a great stocking stuffer.

Tips for doing well on finals...

- I think time management is the best strategy to doing well on finals. If you spread your work out you will be able to study for each of your classes without stressing yourself out too much.

Everyone always says be yourself, but I think what I learned the most about myself this year is that you can never take life too seriously, and that you ultimately have to be flexible with things. If something doesn't work out, you have to try it again and find another way of doing things!
What is your New Year’s Resolution?

- I need to start waking up earlier! I feel like I would get so much more out of my day if I could get out of bed on time. When the weather starts getting nicer, I want to start going for walks and jogs around campus. I think that would be a really nice start to my day.
- I always make two New Year’s Resolutions: one that I know I’ll need to force myself to do, and another to remind myself of how I want to continue into the next year. So my second resolution is to stay happy and not take anything too seriously. You can’t enjoy the little things if you spend too much time worrying about school, money, and other things tend to work out on their own no matter how much you stress.
- What or who inspire you to choose that New Year’s resolution?
  - It’s just something I’ve been thinking about doing for a while. I had a friend in high school that used to go to the gym and swim laps before school, and I was so jealous of how awake and alert he was at 7 AM.
  - My second resolution isn’t inspired by anyone directly, it’s just something I always like to keep in mind.

What was the best thing you did this year? Fun or service work

- My friends and I took a road trip to upstate New York for a music festival. It was so much fun. We packed up two cars with camping supplies and food and drove up together. We had an absolutely amazing time.

Christmas/winter themed environmental ideas

- Look for Christmas presents at Goodwill! And hand-make your own :)
- Wrap gifts with pretty magazine pages instead of buying an entire roll of wrapping paper.

Tips for doing well on finals…

- Don’t pull an all-nighter unless you absolutely have to! I used to cram like that until I realized how important sleep is. Usually, you can still manage to get at least six hours of sleep and study a lot in the same night.
- Start now! When I have a little bit of down time, I like to re-write notes that I took in class. I like keeping my notes neat and it just helps me remember them. If you look over the material periodically, a bunch of new concepts won’t seem to magically appear the night before your final.

What is your New Year’s Resolution?

- My New Year’s Resolution this year is to continue the same one I have every year – to involve myself in at least one new group, organization, or activity here at Rutgers. One of the great things about going to the gym and swim laps before school, and I was so jealous of how awake and alert he was at 7 AM.
- This particular New Year’s resolution was brought on by my love for snowboarding. This sport is one that is completely dependent on the weather – of the cold variety. This dependence, especially after warmer winters like last year, causes much of the community to worry about the future of the sport in this ever changing climate. This, in part, has spurred a higher environmental awareness in myself.

Do you have information on how to help with Hurricane Sandy?

- Support local blood drives! During the storm, many drives were interrupted or cancelled, and this has created a higher demand for blood donors. Link to New Brunswick Blood Center: http://newbrunswickblood.org/
- The best thing I did this year was backpack the Delaware Water Gap to Sunfish Pond. A group of friends and I set off with our gear right off Exit 1 on Route 80. A major highway quickly turned into the dense forest that the Worthington State Forest is. Following Dunnfield Creek four miles and up a 1000 foot vertical rise, we eventually reached the pond – a large, secluded glacial body of water high up on a ridge. After a night of camping, we followed the Appalachian Trail back down to the highway and returned to civilization. This experience made me truly appreciate the state we live in – the most densely populated state in the nation, yet there is so much natural beauty that exists here.

Christmas/winter themed environmental ideas

- With Christmas right around the corner, many people are starting to purchase Christmas trees to decorate in their homes. In fact, nearly 30 million trees are sold each year in the U.S. alone. However, after the holiday is over, disposing of 30 million trees can be quite a daunting task to do in an environmentally sound way. If one does not already exist in your township, consider starting a recycling program for trees in your area! Many sources exist online with ideas about how to get a program started. If you are not sure if a program exists in your town, contact your local officials for more information.

Tips for doing well on finals…

- My biggest tip to do well on finals would be to plan ahead! Taking a few minutes before things get too hectic to write out a study plan will not only reduce your stress, but will keep you accountable and on track with studying that needs to get done.
What is your New Year’s Resolution?

- **Cody**

  "The difference between try and triumph is a little umph."

  - My New Year’s resolution is to get a new, fuel-efficient car. I got my license in 2010 and have since been driving a 1997 Chevrolet Tahoe, otherwise known as Sheldon. Sheldon was handed down to me by my parents when they decided to get a new car themselves. He is extremely spacious and seats 8, but he is also a glutton for gasoline. In order to get Sheldon to drive just 12 miles, he demands a gallon of fuel. It was extremely convenient getting Sheldon from my parents and not having to pay for the car itself, but paying to drive him is a burden. My high school was 30 minutes away from me, and getting back and forth did some significant damage to my pocket, and surely the planet. I was fortunate enough to carpool at times, but resisted the bus at all costs (The high school student gets tired of riding the bus, and wants to utilize the liberation of a new car…) I have been proposing getting a better car for a while now, and hopefully around New Year’s I will go forth with my plan. I do love you Sheldon, but it is time for me to move on.

  - What or who inspired you to choose that New Year’s resolution?
    - My friends inspired me. Most of them drive smaller cars like Subaru’s and Toyota’s. I get plenty of digs for driving my monster truck and being a bad steward, although his spaciousness provided us with a nice place to chill out.

  - Do you want to say something inspiring to the readers? Quotes, lines, etc.
    - Last year I read the script of "Inherit the Wind," a 1955 fictionalized account of the Scopes "Monkey" Trial. This famous event from 1925 involved a high school science teacher, John Scopes, who ignored Tennessee’s Butler Act, which made it unlawful to teach evolution in Tennessee’s public schools. The reason I wanted to introduce this play is because it features a quote from a character named Drummond that has stuck with me, "The man who has everything figured out is probably a fool. College examinations notwithstanding, it takes a very smart fella to say I don’t know the answer! I think this quote is simply the truth. Drummond is neutral on the evolution issue, but at this point he is fed up with the case presented by the state of Tennessee that is based only on biased evidence. He regards them as dismissive to the idea of evolution, simply because it contradicts with their religious beliefs. Aside from this anti-quated debate, the quote can apply to any such person who is overconfident in their beliefs, because the truth always seems to have a margin of error. The smartest person is the one who can accept a margin of error and find contradiction in their argument, even if it shatters a previous thought. I think it is important for all students to take this into account, and realize that no matter how confident they are in their beliefs, it is extremely important to be open to new and changing ideas.

  - What was the best thing you did this year? Fun or service work, etc.
    - The best thing I did this year, and I am certainly not alone, would be voting for Barack Obama. There are lots of other things I have in mind that made this year a great one, but this vote was very special to me. It was my first time going to the polls, and it felt good to be a part of such a critical election. I was extremely satisfied with how the election turned out. In my home state of Massachusetts, Democrat Elizabeth Warren won a senate seat, which was also very exciting for me. Warren strikes me as a revolutionizing politician, due to her straightforwardness, and willingness to speak up against Wall Street.

What was your New Year’s Resolution?

- **Lauren**

  "Every storm runs, runs out of rain, just like every dark night turns into day, every heartache will fade away, just like every storm runs out of rain"

  - Gary Allen

  - **What is your New Year’s Resolution?**
    - My new year’s resolution is to be happy and cherish everyone and everything I have in my life. I spend most of my time thinking about what I have to do, things I have to finish, papers I need to write—it is never ending. I think that I need to spend more time enjoying just being happy and cherishing what I have, appreciating life, and most of all smiling. I know it may seem like something small because everyone’s New Year’s resolution involves doing something like losing weight but I think that happiness is the most important thing of all. I mean you really do only live once, so I want to cherish it while I can.

  - What or who inspired you to choose that New Year’s resolution?
    - I chose my New Year’s resolution because of Hurricane Sandy. It changed my life without really directly affecting me. Seeing all of the lives lost, houses destroyed, and just all around devastation has caused me to really reevaluate my life. I know Sandy has caused many horrible things, and I’m extremely saddened by that, but I am hoping to maybe bring some good into my life out of the experience.

  - Do you have information on how to help with Hurricane Sandy?
    - I know there are plenty of places to donate clothes, but if you don’t have any to spare you could also donate money to the Red Cross, even while you’re out to eat somewhere like Ruby Tuesday. I donated, so can you.

  - What was the best thing you did this year? Fun or service work, etc.
    - I didn’t do it yet, but this December I am going to officially be a college graduate. That alone might have been the best thing I have done this year.

Christmas/winter themed environmental ideas

- Instead of spending money on wrapping paper and wasting all of that unnecessary paper, my son and I collect all of the unwanted newspapers, wrap the presents, and color and decorate them. It’s free, fun, creative, and environmentally friendly!

Tips for doing well on finals...

- I am a freshman so I can’t speak from experience, but I would say that studying hard and relaxing when taking the exam would help.

- Eat all of the leftovers! Try not to waste anything.

- Tips for doing well on finals...

- Christmas/winter themed environmental ideas

- Instead of spending money on wrapping paper and wasting all of that unnecessary paper, my son and I collect all of the unwanted newspapers, wrap the presents, and color and decorate them. It’s free, fun, creative, and environmentally friendly!

- Tips for doing well on finals...
What is your New Year's Resolution?

- Like most people when I create a New Year’s resolution list it is cliché, and filled with vague, general New Year’s resolutions that rarely get accomplished and are soon forgotten about until the next year when it is time to make a new list. My top two New Year’s Resolutions are:
- Organize my online life, more specifically my Gmail account. I have over 8,100 emails in my Gmail, not to mention disorganized contacts, calendars and assignments in Google documents. I would love to go through the emails and archive the ones I need, delete the ones I don’t, and unsubscribe from all the junk that is constantly flooding my inbox.
- Compete in a Tough Mudder by Fall 2013!

What or who inspired you to choose that New Year's resolution?

- My Boyfriend inspired me to clean out my Gmail account. Over the summer he studied abroad in Jordan where he had a lot of free time and out of boredom he decided to clean out his Gmail account. He had over 10,000 emails, to this day his inbox remains at zero and I am really envious of how less cluttered his online life is.
- This semester I ran in the Mud Run here at Rutgers and I had a great time. My love of running and staying fit combined with how much fun the Mud Run was has inspired me to want to compete a Tough Mudder.

What was the best thing you did this year? Fun or service work

- Over the summer I interned at the Staten Island Zoo two days a week and it was a really wonderful experience. I mostly worked in the small aquarium at the zoo. I loved it and miss being there weekly.

Christmas/winter themed environmental ideas:

- One of my favorite things about the holidays is gift-wrapping. I love the presentation of a beautifully wrapped gift—it makes giving and receiving gifts even more exciting. One thing I like to do is make my own wrapping paper out of old grocery bags, stencils, paint and markers. You can also use newspaper and create decorative bows and flowers. It is environmentally friendly and adds a personal touch to your gift.
- Another idea that I just discovered was buying live Christmas trees, which can be planted after the holidays are over. Planting a tree is a great way to bring in the New Year!

Tips for doing well on finals...

- Most importantly stay calm and organized; keep your mind focused on accomplishments one task at a time so that you don’t feel overwhelmed. Make to-do lists and study goals each day. Having goals will keep you focused, reducing the stress and anxiety of the magnitude of things you have to do.
What is your New Year’s Resolution?

- I personally would like to be a more creative person. It is quite easy to do things that I must do, such as schoolwork, studying and going to classes, but I realized that when I fall into my day-to-day pattern at school, I lose something significant. I desire to have something in my life that is more than just studying, going to classes, and hanging out with friends. I want to start doing something that is original and new to me and that I can be proud of. I have thought of some ideas such as writing my own music for piano, painting, or writing short fiction. I think this is truly my New Year’s Resolution and something I will work on throughout the year.

What or who inspired you to choose that New Year’s resolution?

- My dad really inspired me to choose this New Year’s resolution because his creativity and originality is so amazing.

What was the best thing you did this year? Fun or service work, etc.

- The most productive work which was very beneficial for me was working at the EPA over the summer with Stephen Vida and his water projects. It was very enlightening and exciting to travel to New York City a few times a week and to indulge in NYC’s fast-paced work life. It was definitely an exciting experience and something I would do again.

Christmas/winter themed environmental ideas (email it if it is too big)

- Make a Christmas tree out of plastic bottles and bottle caps. The star could be made out of something plastic as well. It would take a lot of gluing and taping, but the end result would be awesome!

Tips for doing well on finals...

- Don’t go online!

What is your New Year’s Resolution?

- My New Year’s resolution is to become more involved with school by getting to know professors, learning about EPIB opportunities and internships, and actually going to the events. I feel like I’ve seriously neglected this bit of school, and it’s extremely important if I ever want to get hired. I’m also looking on cutting back hours at work. I realize that my part time job is important, but doing well and becoming connected to Rutgers is much more so.

What or who inspired you to choose that New Year’s resolution?

- My friend Aneri inspired me to choose this New Year’s resolution because back in high school I was the one who was involved in everything, and now it’s the opposite. She really knows what she’s doing, and what clubs to join. She goes to important events and makes real connections with those who can help her one day. Sometimes I’m so amazed, because not only is she slowly checking off everything she needs to do before graduation, but she’s growing up in the process. She’s become mature and focused—two things I really need to work on!

What was the best thing you did this year? Fun or service work, etc.

- The best thing I did this year was go to Tennessee. I’ve never been to the South or past Virginia, and it was a trip that I took by myself to see a good friend. It kind of felt like a different country because everyone was so different. Life was paced a lot slower, and everyone was so polite and unbelievably nice. The food over there was amazing and super fresh. Finally, the Smokey Mountains were really breathtaking and unforgettable.

Tips for doing well on finals...

- Don’t go online!
What is your New Year's Resolution?

♦ My New Year’s resolution is to get more involved with activities on campus in 2013. Being a transfer, I haven’t had the chance to get comfortable anywhere, or be overly active when it comes to group activities. I would like to gain some of the experience offered by student organizations and other activities such as The Trail. The Trail proved to be pretty fun, and allowed me to explore issues that are important in my eyes. I think it has definitely opened me up to the idea of joining in on more and providing input on different projects. Even if it’s just one thing, I think it’s important to expand on what I’m already doing so I don’t get bored.

What or who inspired you to choose that New Year’s resolution?

♦ I decided on this resolution after I realized how few organizations I had participated in so far, and how little time I had left in college. I think it’s important to be more involved in order to develop a more expansive worldview.

Christmas/winter themed environmental ideas

♦ I think it would be cool to design some sort of recyclable Christmas ornaments that would be desirable enough for people to buy. Hopefully it would raise awareness, and offset certain plastics, etc.
“Why You Little ...!” (1) A teenager, apparently fed up with his parents’ commandeering of their home’s basement for an elaborate marijuana-growing operation, turned the couple in August. The Doylestown Township, Pa., couple (a chiropractor mom and software engineer dad) had sophisticated hardware and 18 plants.

Police in Athens, Ga., searching for Homer Parham, 51, at his house in September, came up empty, and his wife said he wasn’t there. But as officers were leaving, the couple’s young daughter said, “Mommy locked Daddy in the closet.” Parham was found hiding in a high-up crawl space.

America now has about 700 pet “aftercare” facilities, providing funeral services to the nation’s companion animals, according to a September NBC News report. Oakey’s, in Roanoke, Va., performs 800 to 900 pet cremations annually and provides about 20 customers a year with pet caskets, part of the estimated $53 billion America spends on pets (higher than the Gross National Products of more than 100 countries). The basic charge of Heartland Pet Cremation of St Louis is $275 for a private cremation, including a “basic” urn and memorial video slideshow. (For the more upscale, other facilities offer deluxe urns, taxidermy, freeze-drying pets and creating a synthetic diamond out of pet ashes.) [NBC News, 9-17-2012]

“Celebrate the happiness that friends are always giving, make every day a holiday and celebrate just living!”

-Amanda Bradley