



St. Catherine University

From the Selected Works of Anupama Pasricha, PhD

Fall December 15, 2022

Building a Sustainable World St.Kate's Stories Zine Fall 2022.pdf



Available at: <https://works.bepress.com/anupama-pasricha/23/>

St. Kate's SUSTAINABILITY STORIES

from the students of Building a Sustainable World



Published December 15, 2022

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Instructor: Dr. Anupama Parischa

Department: Fashion Design and Merchandising

School: School of Business



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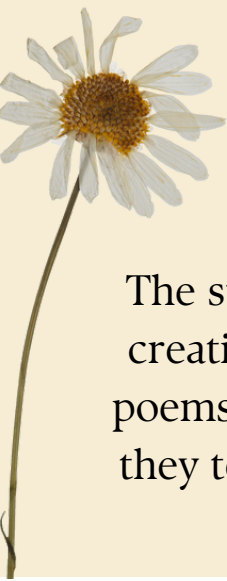
Content compiled and designed by Tessa Schoenecker, Student
Executive, Department of Fashion Design and Merchandising

FOREWORD

INDI 2012: Building a Sustainable World culminated in a final project with a simple objective: tell a story of sustainability at St. Kate's.

St. Kate's works towards sustainability in a variety of ways. Students and faculty take initiative to champion sustainability. The stories highlight some of the community's efforts to protect our common home, consume and produce responsibly, and build partnerships to amplify positive effect and build a sustainable world.

The students have presented creative stories in essays, art, poems, and parables. Together, they tell the St. Kate's story of sustainability.



GARDEN

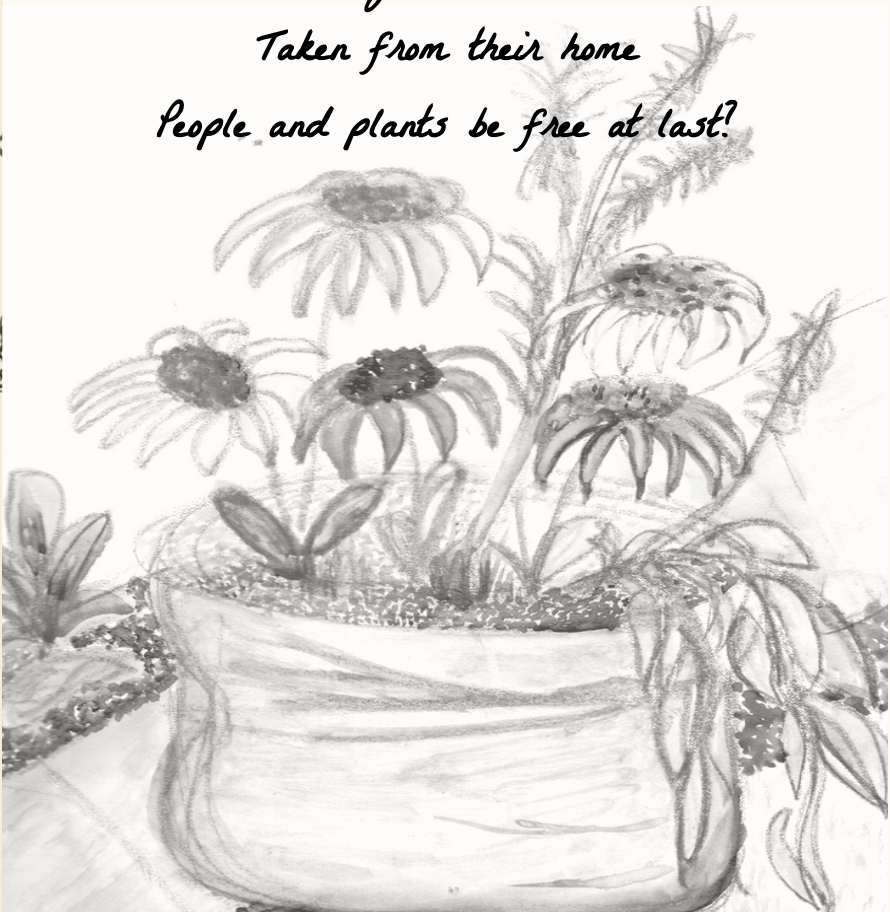


Gardens act as both community spaces and essential aids for wildlife. Caring for a garden can be likened to caring for the world. At St. Kate's, we work to support pollinators, restore dirt profile, and build a flower filled and welcoming community.

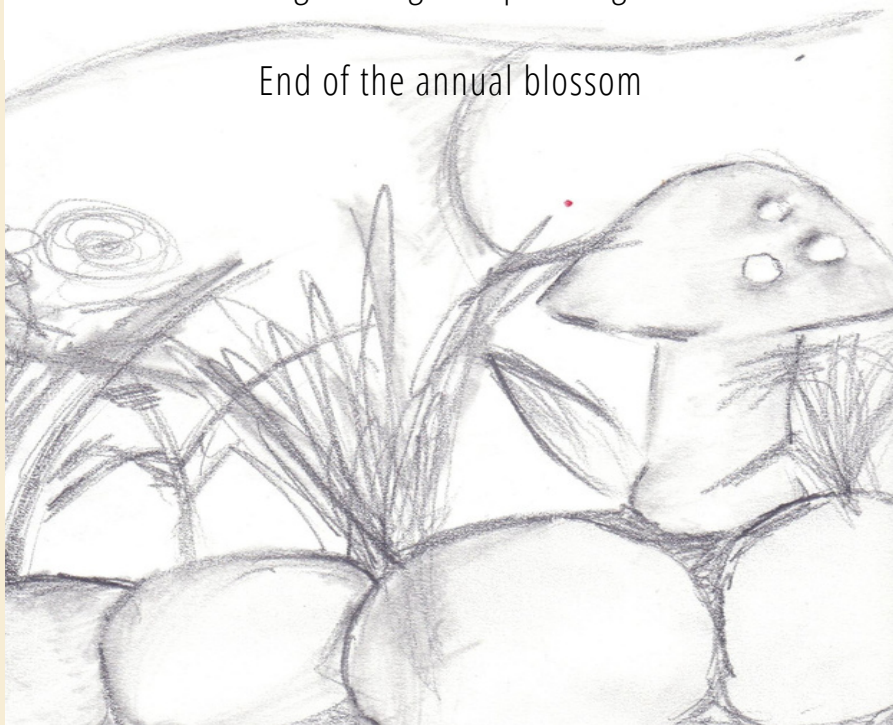
THE RETURN TO ST. KATE'S

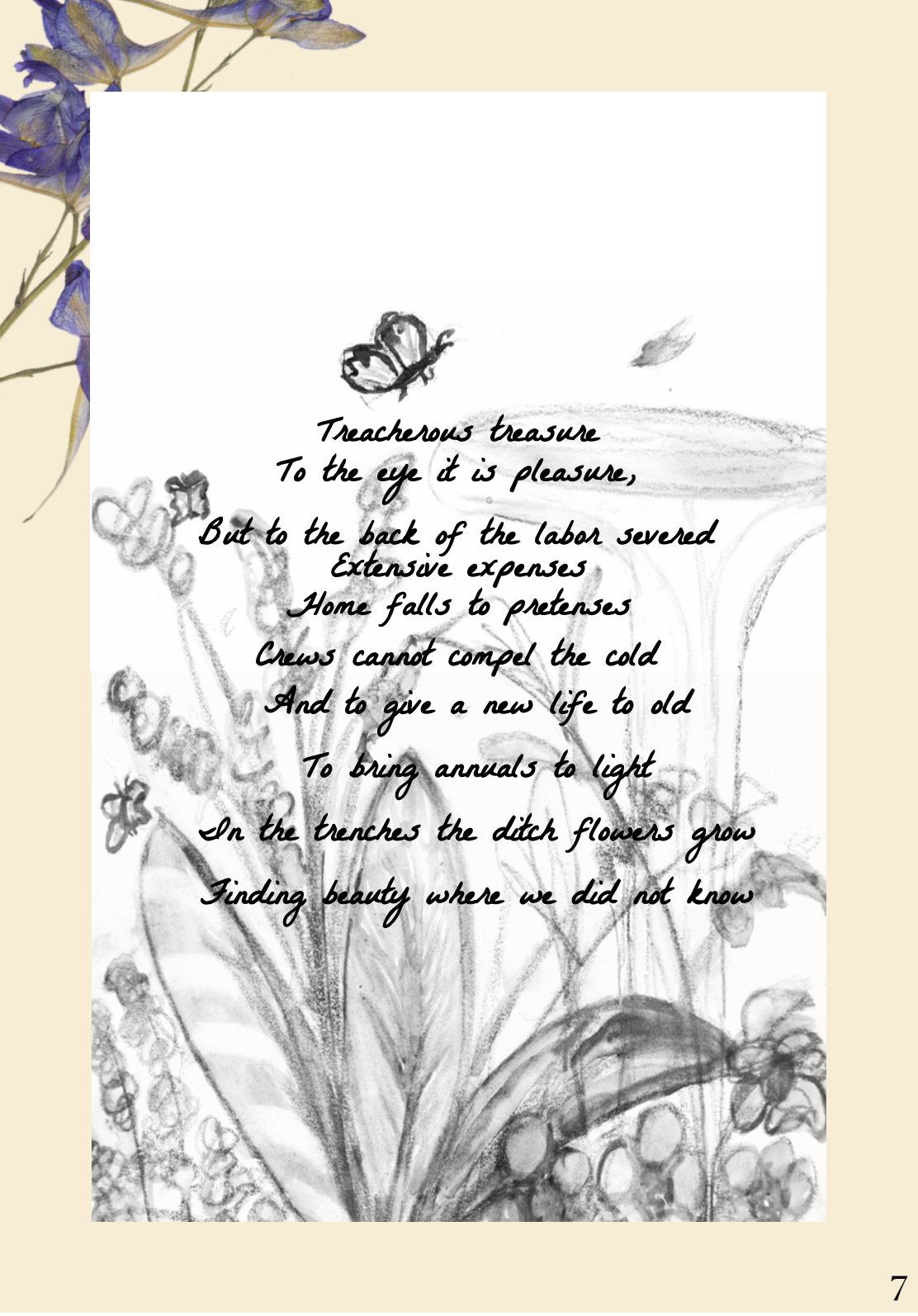
Chando & Nyamuoc

*Beautiful but deadly
Foreign flowers flourish
Trapped by their beautiful medley
Perpetual pots of prison
Poison soil has risen
Since the years have passed
Taken from their home
People and plants be free at last!*



Nurturing shan't be arduous
the arbors cast a shade upon us
Expectations of greed and vanity
Trying the element of sanity
Treading on thin ice, the waking winter weather
No longer brings the pistil together
End of the annual blossom





Treacherous treasure
To the eye it is pleasure,
But to the back of the labor severed
Extensive expenses
Home falls to pretenses
Crews cannot compel the cold
And to give a new life to old
To bring annuals to light
In the trenches the ditch flowers grow
Finding beauty where we did not know

The Lush beauty

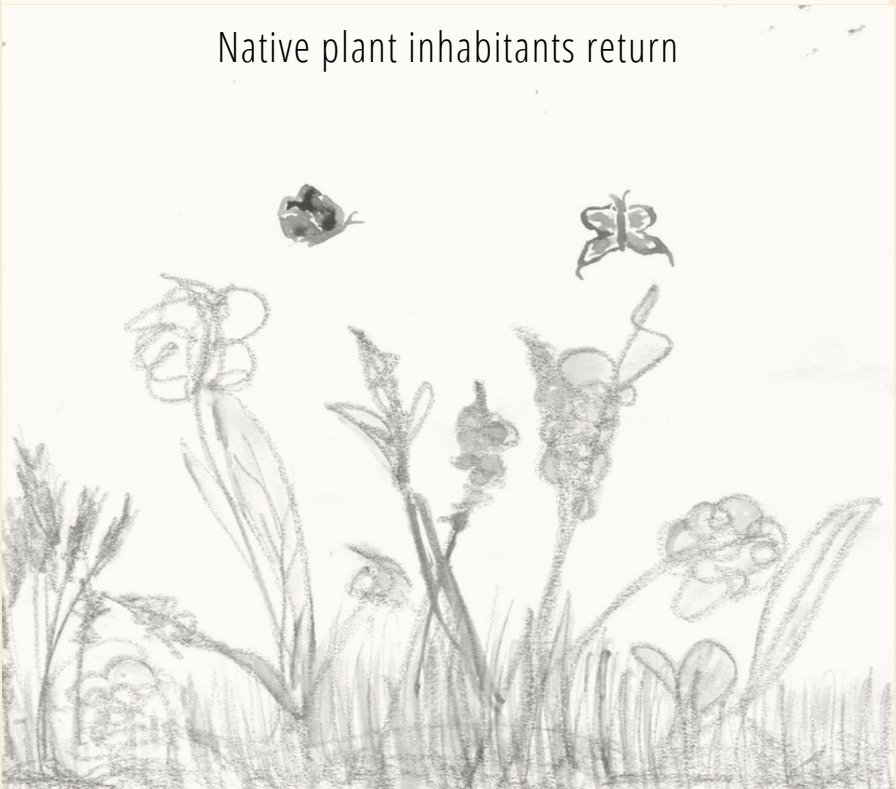
Stripped and judged by community

Entitled neighbors gawk at new changes

Not knowing that annual flowers are strangers

To this land, not earned

Native plant inhabitants return



The ground was once churned
But soil replenishes
by the flower that blooms
With roots deep and wild under the moon
Perennials may die in the winter
But always come back
For their own reasons
In the warm seasons



Through the misty mellow,
The renewables come back bright purple and yellow
Whisps and curls, to some may seem untamable,
however the nature is sustainable
Judging a flower by its appearance
Creates self interference
The connection between
Soil, water, sun, flower, is seen



A calling flower bent and wild
bees, butterflies, come lightchild
the animals stay to enjoy the garden
And the lovely hearts will not harden
But stay open to the secrets of nature
To reveal hidden nomenclature

Planning with intention
To find redemption



Of the years have passed,
Honoring the strong with steadfast
Creating blended culture
Gives a new life to horticulture
Circles of generations shall be renewed
beautiful black eyes viewed
Black always hearten
Resilience never part.

The end.



INVASIVE SPECIES REMEDIATION AT ST. CATHERINE UNIVERSITY

Muna Wardere

St. Catherine University is known for its attention to detail regarding greenery with its abundant flowers, and a tree-dense area to stroll in. Especially since land dedicated to nature in unique locations in the Twin Cities is unheard of, then when you walk into the campus you would have no idea that many of the trees at St. Catherine are invasive species like the Buckthorn trees.

They grow fast and far and cause harm to the native species. There was a large amount of trees that were affected by the invasive trees, and in-fact the native trees such as oak trees, were dying because of their lack of necessities more than double the amount than it did from the year before, from 30 to 90. St. Catherine knew that they had to take action immediately and soon created the Woodlands project for the restoration of trees and plants in our college campus. After understanding the devastation invasive species can bring to the ecosystem of St. Catherine, the Woodlands project has started this year to make the local environment as lively as it once was.





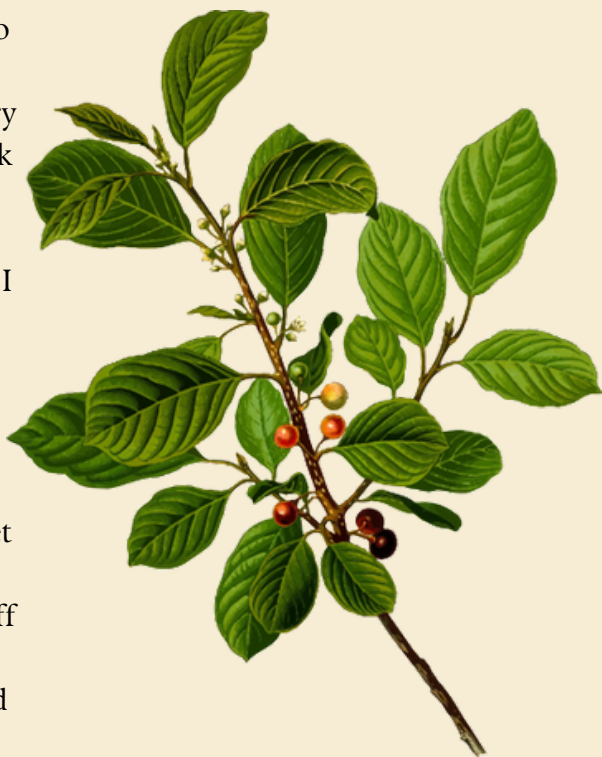
So why would invasive species be such a big problem? Invasive species are known for taking other plants' nutrients and can spread seeds fast so they could fill up an entire area in very little time. The impact of invasive species can take away the connection other trees have with each other. Tree's naturally help each other prevent diseases from insects, and give each other nutrients, but invasive trees don't have that same connection.

Invasive species don't allow for bio-diversity which allows bugs that feed on a certain type of plant to be able to feed on these plants without going to other areas. They would then reproduce and have gradually more bugs eating the same few trees in a place with no bio-diversity. Invasive species would then also have no natural predators that eat them or cause them to slow down spreading seeds in any way and then cause there to be another problem of nothing being able to stop them from growing all over. This is why St. Catherine believes it is so important to start pushing for helping stop the invasive species from growing.

Not only is St. Catherine doing this for its to be healthy trees but for its neighbors. Invasive species can very easily go to the lawns and gardens of the estates near St. Catherine University. People would not have the same facilities to deal with invasive species compared to St. Catherine. We have a dedicated group of people trying to help. From an professional arborist working with St. Catherine that know what they're doing and know the impact invasive species have along with faculty who care, and students who truly want to see a change. We have our students who work with the bees in St. Catherin's beehive who work hard to protect and develop a good space for us. They are one of the things we are trying to protect; the pollinators such as bees that help plants fertilize. They are a big part of the importance of helping plants grow and by the restoration project, they will have trees that are native and give lots of nutrients. This shows the many different reasons the restoration project is dedicated to the life in our campus because of their effort into for the health of the trees, pollinators, and living beings that use this land for shelter.

In the first few months of coming to St. Catherine, I heard about the restoration happening and I was very interested. I even emailed them back to learn more about it, and then I saw that this was a project I could work on. I met with Lisa Babbs and I heard the most intriguing story about St. Catherine. I learned a lot about invasive species; a lot I never heard of before.

Things like how there needs to be specific seasons and processes to get rid of invasive species. Some invasive species spread by cutting off their branches so you can't mow them down, some drop flowers, and some have fruit, and it can't just be all cut because they all need to be identified and cut in a specific way.



For example, there are invasive species that would have fungus and would be easier to cut while the trees are in the Minnesota cold. The invasive species at St. Catherine's was found by a single arborist who had a passion for trees and knew right away the urgency of the situation. They along with a group of people started a Woodland restoration group because of the dire need to save the trees that would be hurt more and more by the invasive species.



After learning about all the different ways invasive species can hurt the environment near it, St. Catherine's efforts to stop them to save the native species are heroic. With a big team of people working on saving the trees in our very neighborhood as well as helping the living beings that are a part of the St. Catherine ecosystem. Knowing that invasive species aren't very simple and can cause trees to die or be hurt is a reason to push for other groups like the Woodland project to do similar things for the environment. And the impact it has not only on St. Catherine's trees, but the areas around it because invasive species can easily take over and hurt the places for squirrels, bees, and birds need to thrive. And because of this, St. Catherine is doing one of the United Nation's Sustainability goals on a small scale of protecting life on land. By taking a leap forward, and showing how sustainability on land can be done St. Catherine has become a leader in understanding how to care for the trees and the life that is affected by the invasive trees. All of this is because people like our arborist and leaders like Lisa Babbs care enough to put the effort in for the trees, and so should we.



THE KING'S GARDEN

Megan Noggle

The page is decorated with delicate botanical illustrations. In the top right corner, a thin green stem with small leaves and a single purple flower extends towards the title. In the bottom left corner, a similar green stem with several leaves and small buds is visible.

There once was a king who was set in charge of his kingdom at a very young age. His father had died, and without leadership or guidance, he basked in his wealth and glory while neglecting his citizens. His greatest pride, however, was his garden. He had it meticulously organized and upkept, so there was always something in bloom. It was so vast that if you stood at one end and looked out over it, you would not be able to see the other side. By all measurements, it was a fabulous garden. However, the greedy king insisted on keeping it all to himself. Fearing visiting peasants would pick flowers and trample bushes, he kept the gates locked tight.

Soon after his reign began, the kingdom was overcome by a severe drought. Naturally, the king's first concern was about his garden. He instructed that all water be collected so the flowers could continue to bloom. And they did, indeed, bloom more vibrantly than ever before. The king, so content in his garden's beauty, didn't even notice the farmers struggling to make ends meet.

The neighboring kingdom was ruled by an equally young queen who saw what the king had done. His garden flourished while his citizens starved. The drought had spread to her kingdom too, but she did not wish to follow in his footsteps.

Instead, she ordered the water to be dispersed to the farmers, letting her own flowers wither so her followers could eat.

She planted cherry trees with roots that reached miles deep in their place, collecting the water that human hands could not.

She had new wells built that bore deeper into the earth and special rooftop containers to catch the rain on the rare occasions it fell.



The drought went on to last years, and the king soon found himself with a dwindling population and a dwindling supply of food to meet his own needs. Desperate, he found himself kneeling before the queen’s throne.

“Please,” he begged. “Just one warm meal is all I ask. The drought has hit my kingdom hardest, and I fear I will not have enough food to make it through the winter.”

“You say your kingdom is suffering,” the queen replied. “Your lands are dry and barren. Yet you continue to only think of yourself. Your backyard garden blossoms, so tell me, why is it you never planted vegetables?”



Finding the king at a loss for words, she continued on. “Flowers will not sustain you. You cannot eat beauty. My supplies are not much better than yours — simply better balanced. Aiding you would be a detriment to my kingdom, as you will hoard any tangible thing we offer. Yet, I do pity your followers. They suffer while you sit in splendor. Therefore, I will offer technology to your citizens directly. With diligent oversight, they should be able to make your kingdom’s untapped reserves last until this dry spell passes.”

And so she did. She offered her own people as labor for those who were too weak to do so, ensuring they were well compensated. Together the two kingdoms constructed wells and rain traps and even combined their ingenious designs to create a self-watering system for the farmland. They began to favor much hardier crops, as well. Potatoes took the place of okra, and wheat in place of cabbage. Though the drought ended only a year later, the kingdoms’ technologies improved their food production for years to come. But the king’s garden never bloomed as vibrantly again.

THE END



SPECIES



At St. Kate's, both institutional and extracurricular efforts work towards protecting vulnerable animal species on and off campus.

Sustainability Series Blog

Hey Sustainability Series Readers,

Have you looked outside recently and seen all of the wonderful birds that occupy the Dew Drop Pond and other areas at St. Catherine University? If you haven't, I invite you to take a walk outside and count how many different birds you see. Especially the ducks around the pond. You may realize just how many birds we have around us. But, there is a serious problem surrounding our birds. St. Kates lives in the Minnesota Flyway, which is the most predictable route for birds to migrate. We happen to live in the largest flyway in North America. This is awesome, but our birds are suffering from collisions with windows. Birds usually migrate during the fall and spring, but since our flyway is so popular, over 100 different species of birds have died from colliding with windows this past fall. This is almost half of the 250 different species that use our flyway. To make matters worse, more than 3 million birds die each year from window collisions.

Birds collide with windows because they think that the reflections from trees and vegetation are a clear path to fly. At night, the lights that come from the windows signal to the birds that it is a path to take. Birds use magnetic and polarized light fields and the stars to migrate at night so windows don't seem any different to them. With this serious issue, there are many things that we can do to stop birds from colliding with windows.

This includes putting bird tape or screens over windows. For St. Kate's students, we can spread the news about turning lights off at night in dorm rooms. As well as closing blinds while they are in the room with the lights on to decrease the likelihood of birds colliding with windows. We can also have the university adopt motion sensor lights in the buildings at night so that only the areas that need light have them.

What is St. Catherine University doing to "Stop the Thud"? We talked with Lisa Babbs to understand what we were doing to help the birds. So far, the university does not have a program set in place but we are hoping to collaborate with the University of Minnesota during the next migration season. We are also going to identify WHERE, WHEN, and WHAT migration concerns exist here at our university. After this research is conducted we will then develop a low-tech manner in which we can track the death of birds around our campus and community. Lastly, the university plans to work with design architects on solutions for our high-risk windows on campus. Although we haven't done anything yet, we are taking great steps toward protecting our birds around St. Kates.

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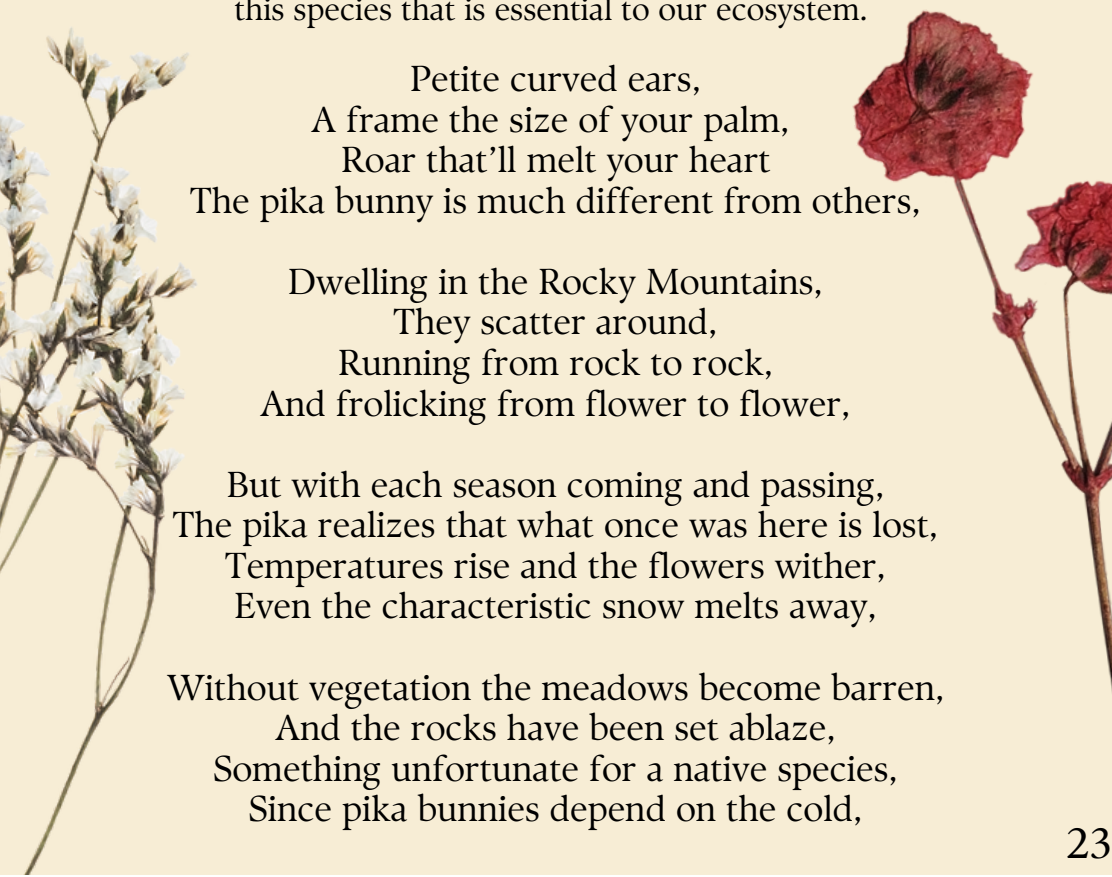
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THE JOURNEY FOR THE OAKS CLUB AND THE PIKA BUNNIES

Julia Brantley and Makayla Stinson

Not many people know that throughout history, wild rabbits have been a very adaptable species. In fact, wild rabbits have been living in North America for about 12,000 years. Currently, there are numerous species of rabbits living in the United States, but with the drastic changes of the climate crisis globally; certain species are more disposed than others to the negative life-threatening effects this crisis has generated. Often the polar bear is a symbol of the endangerment of animals due to climate change, but a new competitor has risen, the pika bunnies. As a sustainability club, OAKS recognizes this and has partnered with the Center for Biological Diversity, an organization devoted to saving suffering species. Together, we are taking climate action for the betterment of life on land, specifically for this species that is essential to our ecosystem.

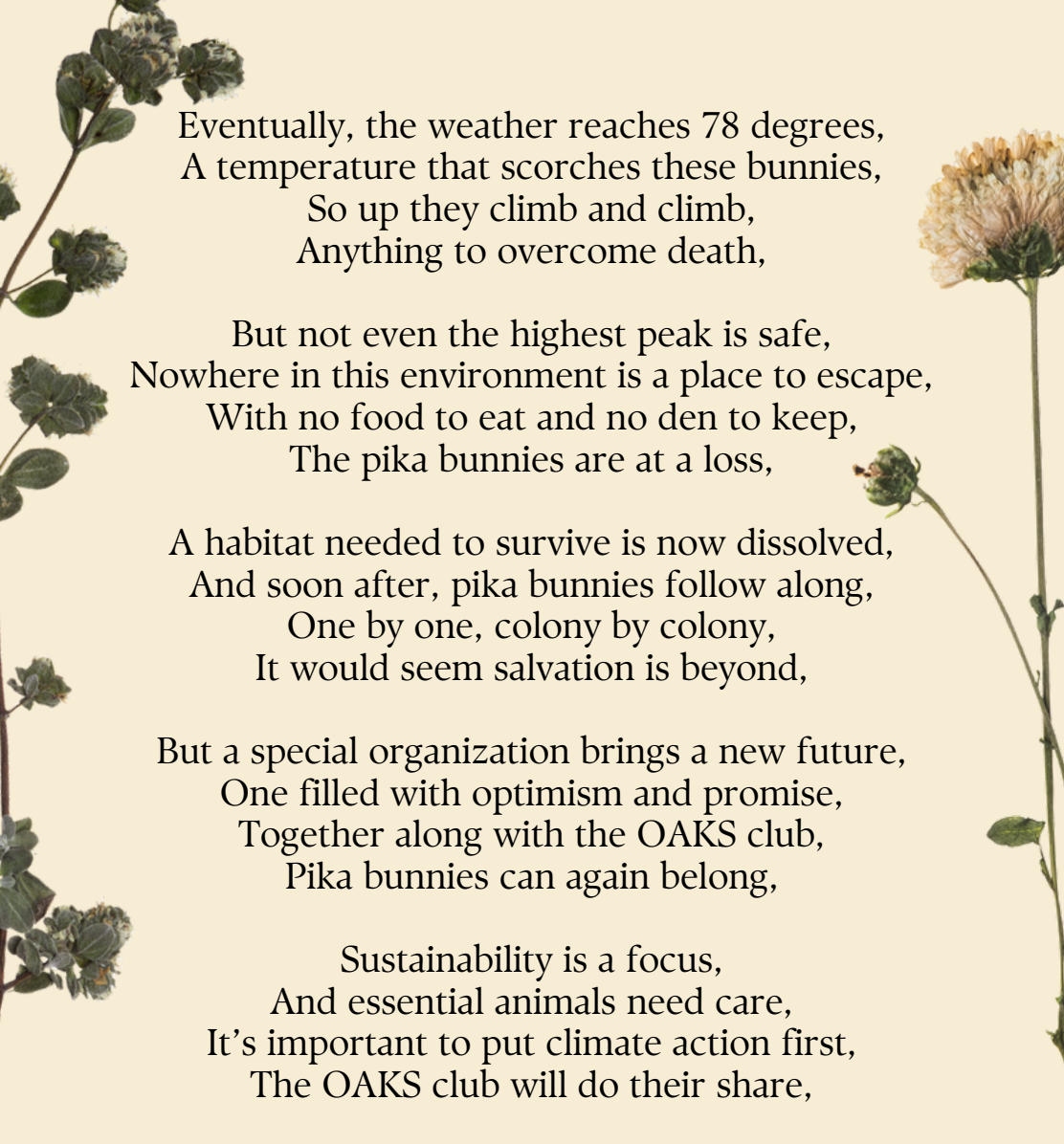


Petite curved ears,
A frame the size of your palm,
Roar that'll melt your heart
The pika bunny is much different from others,

Dwelling in the Rocky Mountains,
They scatter around,
Running from rock to rock,
And frolicking from flower to flower,

But with each season coming and passing,
The pika realizes that what once was here is lost,
Temperatures rise and the flowers wither,
Even the characteristic snow melts away,

Without vegetation the meadows become barren,
And the rocks have been set ablaze,
Something unfortunate for a native species,
Since pika bunnies depend on the cold,



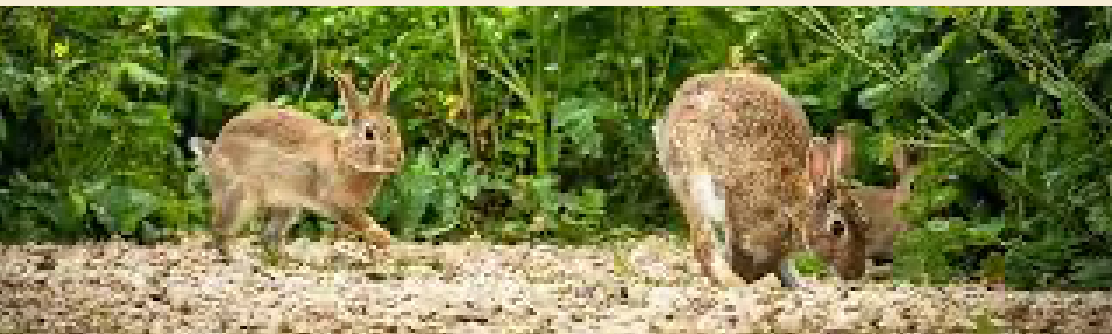
Eventually, the weather reaches 78 degrees,
A temperature that scorches these bunnies,
So up they climb and climb,
Anything to overcome death,


But not even the highest peak is safe,
Nowhere in this environment is a place to escape,
With no food to eat and no den to keep,
The pika bunnies are at a loss,

A habitat needed to survive is now dissolved,
And soon after, pika bunnies follow along,
One by one, colony by colony,
It would seem salvation is beyond,

But a special organization brings a new future,
One filled with optimism and promise,
Together along with the OAKS club,
Pika bunnies can again belong,

Sustainability is a focus,
And essential animals need care,
It's important to put climate action first,
The OAKS club will do their share,






As a club, we have a multi-level mission,
One that is in pursuit towards environmental justice,
One that's deeply devoted to the outdoors for all,
We strive for a better ecosystem,

And as for the Center for Biological Diversity,
They work to secure a future for all species,
All life deserves the right to live,
Especially those who are oppressed the most,

With that, OAKS held a fundraiser,
To which I donated my earnings,
So the center could build a territory,
A habitat that's perfect for pika bunnies,

One with freezing temperatures,
A place with many rocks to creep,
Flowers and hay lay the scene,
Pika bunnies can now rejuvenate,



Finally, this species has a second chance,
And all our efforts went towards a good cause,
With the assurance of the pika bunnies' survival,
The OAKS club can at last rest.

Do your part and donate today to the Center for
Biological Diversity, because the survival of Pikas
depends on you.
Thank You.

FACILITIES & OPERATIONS



Utility metering functions to better help us understand how much and for what we specifically consume utilities. With this data, we can consume more mindfully and sustainably.



BABBS IN BOOTS

CARRIE ZIRBES
INDI2992-BUILDING A
SUSTAINABLE WORLD
DR. ANUPAMA
PASRICHA



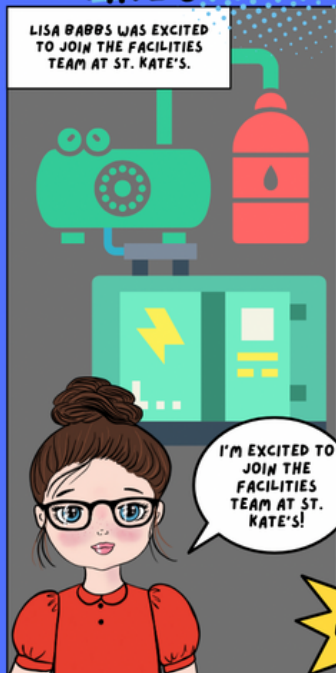
BABBS IN BOOTS

INTO THE TUNNELS AT ST.

KATE'S

CARRIE ZIRBES
INDI2992-BUILDING A
SUSTAINABLE WORLD
DR. ANUPAMA PASRICHA

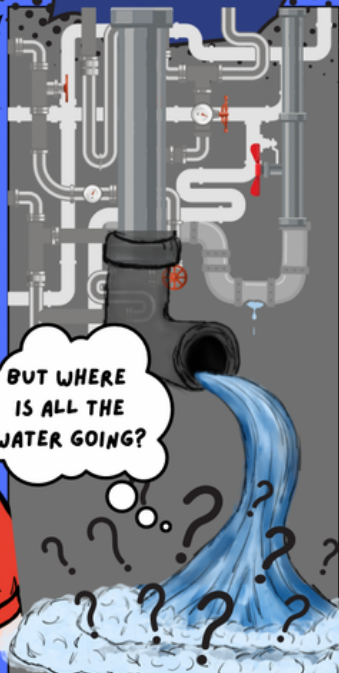
LISA BABBS WAS EXCITED
TO JOIN THE FACILITIES
TEAM AT ST. KATE'S.



I'M EXCITED TO
JOIN THE
FACILITIES
TEAM AT ST.
KATE'S!



THE WATER
BILL ARRIVES



BUT WHERE
IS ALL THE
WATER GOING?

THIS IS A JOB
FOR BABBS IN BOOTS!
FACILITIES
MANAGER BY DAY,
SUSTAINABILITY
HERO BY NIGHT!



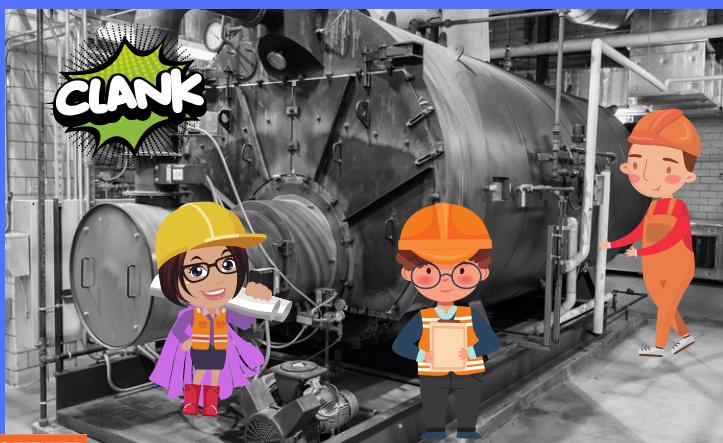
BABBS' BOOTS
HAVE SUPER
POWERS
PERFECT FOR
STOPPING THE
WASTE OF
RESOURCES!



FOOF!

INTO
THE
TUNNEL!





JOIN US NEXT TIME TO SEE DABBS IN BOOTS AND THE ENGINEERS RETROFIT THE BOILERS, IN THE PURSUIT OF SUSTAINABLE INDUSTRY, INNOVATION AND INFRASTRUCTURE!

THE END



NORA LaPORTE

The ozone layer is depleting as we speak. As it depletes, more ultraviolet rays are invading our earth. These rays can cause types of skin cancer, autoimmune disorders and even cataracts. Environmental impacts include destruction of habitats and can cause sensitive species to go extinct. If we don't do anything we will see the impacts become stronger. But what is causing this?



R-22 is a cooling compound typically used in cooling units in buildings. It is no longer available in the US but the compound remains in buildings around the world.

By replacing these R-22 compounds with other environmentally friendly cooling compounds we will relieve some of the pressure on the ozone layer. But how does St. Kates play into this?

St. Kates is currently doing an R-22 phaseout 2 year program. They are working towards removing these R-22 cooling units around campus. By removing and replacing these we are helping reduce the level of ultraviolet rays we are exposed to.



CURRICULUM



In 2008, the Fashion Design and Merchandising Department began a curriculum transformation, one course at a time. Sustainability is now woven into both the curriculum and department operations.

MIKAYLA ROPER & HANNAH VAJ



According to the UN from 2005 to 2014,
Those were the years we tried to be more green.
Climate change and pollution are ruining the earth.
The world is dying! Isn't that absurd?!

St. Catherine University
slowly incorporating sustainability.
Dr. Anu and Trudy making a transformation.
The goal was to incorporate sustainability into fashion.
All the courses in fashion were altered
The knowledge of sustainability was finally transferred.
Other faculty members were skeptical
No one likes change because they are comfortable.
Professors engage and support in sustainable actions
Like accepting overstock fabric donations
Once the fashion curriculum was revised
The other institutions were presently surprised.
Sustainability has made an influence on St. Kates
but there are still some complaints.
Recycling and composting are all that we've attained,
but more things can be arranged.
99% of the world's urban population breathes polluted air.
If people didn't have it so easy, they would be aware.
We have to choose to be sustainable and live the decision
So we can reduce our carbon emission
So let's all come together
To stop the burning weather!

Job Posting Filled by:

SUSTAINABILITY MINOR

By: Sofia Abla and Lilly Ramalingam

Job postings in the fashion industry have been dominated recently by those educated on sustainability and dedicated to the future of textiles. A minor program at Saint Catherine University has been created revolving around sustainability that will be highlighted throughout this article!

The Sustainability Studies minor was approved in Fall of 2021, thanks to Professor Jackie Parr and Dr. Anupama Pasricha of the St Kate's Fashion Design and Merchandising department.

Dr. Anupama Pasricha stated in an interview what students learn through the minor, "...essential skills and creative methods to solve real-life business, social, and environmental problems. Through the lens of design thinking, students will build a solid understanding of principles, processes, and applications of sustainability and innovation, which can be applied to a wide range of disciplines."



Dr. Anupama Pasricha-PhD, Associate Professor, Apparel, Merchandising, and Design with St. Catherine University

Decemeber 14,2022



Dr. Anupama Pasricha explains why companies are hiring sustainability educated individuals now more than ever, "Consumers have to power through their dollars but other stakeholders including policy makers will also play a big role. Countries, companies, communities and consumers are concerned and mobilized for climate change and decarbonizing. The investment companies are asking for specific metrics to reduce carbon footprint."

Sustainability WITH EVEREVE

Our interview with Evereve Sustainability Executive,

Jessica Underwood, shares her highlights of Evereve's methods towards sustainability and their new hire from St. Catherine University who is helping them lead in that direction. Ms. Underwood knows that many of their guests have been curious about Evereve's efforts to be sustainable and is here to let us know all the answers. One of their main focus points being waste reduction. They are eliminating single use or virgin plastic hangers and have installed refillable water stations. Evereve is expected to reduce their waste overall by 15% by 2025. Their new hire that graduated with a sustainability minor has helped lead this project for Evereve and they helped recently install the lightbulb change to help reduce the amount of energy being used throughout all Evereve locations.



She has applied her learning of new innovative ways to reduce energy and now Evereve is using all LED lighting and this project will finish by 2023, so just one month away from completion. One thing they are aiming to do is increase the amount of eco-friendly materials they use. Currently they have 100% recyclable bags but their mailers are made from only 40% recyclable materials. This is a project Ms. Underwood & their new hire will be focusing on. As a local business to Minnesotans it is valued that Evereve continues to strive for sustainability and with their team of experts we expect to see many more sustainable practices from them.

FASHION



Fashion is one of the world's biggest contributors to landfills, but has the potential to become a sustainable entity. Katie's Closet works to both reduce fashion waste and give to Katies in need.

The Life of a Blazer

A Katie's Closet Story

Emily Tincher
Building a Sustainable World
Dr. Anupama



Start of Life



Every day I get to leave the house,
every day I get to have fun.

Such an exciting life,
such a unique life.

To assist my owner in their work,
is to fulfill my life's work.

I consider myself more fortunate than other
blazers.

I am well loved.

I am well worn.

Oh, this life of
opportunities.

End of Life

I don't get to leave the house anymore.

My owner doesn't go to work any longer.
Oh, to look back at my life of adventure.

I miss helping my owner,
I miss going to work.

I have heard what happens to blazers like me.

We leave the house, to never come back.
I have seen more leave before me.

I think I might be leaving my home soon too.

At least my owner kept me for as long as she did.



A Second Chance



I thought I would be sent somewhere else.
Somewhere dirtier,
Somewhere less hopeful.
Somewhere that I would fall away into.

My owner dropped me off in a new closet.
The closet is at St. Catherine University.

It is full of other garments just like me.
Who miss the office just like me.

They told me stories of other second homes.
The places they described didn't sound as
hopeful as this.

I must be lucky to have a second chance,
Thanks to Katie's Closet.

Rebirth

Today I got a new owner.
She is young,
like my first owner used to be.

I am so lucky to have found my new
owner.

I was lucky to be given another chance.

It is all thanks to St. Catherine
University and Katie's Closet.

Now I get to go to the office again.

Now I get to have fun every day again.

What an exciting life,
what a unique life.
That I get to live again.



THE MAJESTIC DARK GRAY DRESS PANTS

Abigail Forsmark

The popular mockumentary entitled "The Majestic Plastic Bag" follows a plastic grocery bag as it makes its way from a store, through parks and rivers, until it finally ends up in the pacific ocean. The story you are about to read is a different, more positive one, that has no definitive end to it. This story follows the lifetime of a pair of dress pants, but unlike that plastic bag, these pants lived a long and healthy life, and continue to do so to this day.



The year is 1995. Melanie has finally been accepted to her first job in the professional world. She recently graduated from St. Catherine University and cannot wait to start living her life. But first she needs some professional clothes to wear to her new job.

As Melanie pushes the door open to the small, locally owned boutique, a rush of warm air meets her freezing face. Melanie looks around and sees professional attire ranging from pantsuits to pencil skirts and everything in between. After trying on a variety of dress pants, blazers, shirts and skirts, she finally settles on a matching dark gray pants and blazer suit.

The chosen suit has already been on a long journey of its own before Melanie had even applied to that important job she got. The story of these garments begins across the world, many months prior, with the raw materials, spools of cotton blend fabric brought to the factory.

Skilled sewists use a pattern to assemble each part of the pants and blazers. They are then packaged up and sent overseas. When they arrive in the U.S., are flown to Minnesota, and placed on a semi truck to St. Paul, the boutique owners finally receive this merchandise. They then take the time to steam, fold, and display each piece neatly.

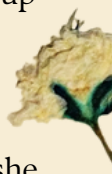


The first time her new ensemble ventures out into the world is Melanie's first day of work. She walks in and enters the elevator feeling confident and put together. Melanie's suit sees many more monumental days on the job as well. Her first pay raise, her first big promotion, and the day she gets to hand in her notice because she has received an even better offer at another company. Melanie continues to wear her favorite suit for many years.

In 2007, the pants hem begins to get worn and come undone. Melanie considers whether she can continue to wear them to work when she remembers the tailor shop she passes by sometimes.

"Maybe they can fix them for me," she hopes. She brings them to the tailor and sure enough, when she picks them up a week later they look good as new.

Decades pass. Melanie continues to wear the pants, having stopped wearing the matching blazer years prior. She has gotten them fixed up twice since that initial time and their quality holds strong. The next monumental occasion these steadfast trousers have the honor of witnessing is Melanie's final day of work before retirement. She has worked hard for so many years and feels it is only appropriate that she wear the pants that have been through it all with her on this day.



After Melanie's retirement, she gives the blazer to her younger sister who it fits perfectly, but the pants stay in the back of her closet. That is until it is time for her to move out from her old apartment into a senior living apartment building. She discovers that there are many garments that without a job any longer she no longer wears or needs. She wonders if there is any way she can donate these clothes directly to someone like her. A young woman about to begin her first job.

Melanie considers donating to a thrift store, or trying to get some money by bringing them to a consignment shop, until she sees an intriguing Instagram post. It has been shared on the story of one of her former classmates at St. Kates and it is advertising Katie's Closet which accepts donations of professional attire and serves the St. Catherine campus, free of charge. The timing and convenience seem too good to be true to the now aging woman, but upon sending an email to them, she discovers that this is the perfect option.



Audrey is a senior at St. Kate's and has had two customer service jobs almost her whole time there just to make sure she can pay for it. Audrey has just been accepted to an internship that will be an amazing opportunity for her career. She is so excited to get started... but first she needs some professional clothes to wear to her new job. Without much money to spare spent on fancy new clothes, Audrey decides to pay a visit to Katie's Closet. She has seen the fliers hanging around campus and follows their instagram but has never in her three and a half years of college been there to visit it.



As Audrey walks through the door she is greeted by one of the St. Kate's interns who is working there at the time. She looks around and determines that coming here has definitely been the right decision- a wide variety of options and all free of charge. After taking a thorough look around the small room, Audrey picks out a dress, a blazer, a button-up shirt and a pair of dark gray dress pants to take home with her.

On the first day of her internship, Audrey walks in feeling confident and put together, thanks to her new dress pants...

THE END (BUT NOT REALLY)



FOOD



Food is a simple way to incorporate sustainability into our every day lives. St. Kate's works towards food sustainability through our food access hub with the CSJs, as well as trying to reduce waste created by our dining.

KATIE'S JOURNEY TO THE ST KATE'S/CSJ FOOD ACCESS HUB

Story Author: Molly Rapp

INDI-2992 Topics: Building a Sustainable World
Dr. Anupama Pasricha



Follow along with Katie's story of how she discovered and utilized the resources provided by the collaborative St Kate's/CSJ Food Access Hub and how she sought to help others with her newfound knowledge.

EXPERIENCING FOOD INSECURITY

Katie had never heard of the term food insecure before coming to St Kate's. However, she knew that she often went to bed hungry. Her mom worked long hours and studied for her classes, leaving Katie to figure out meals all on her own.

WHERE TO START?

Katie knew her mom tried her best but times were very tough. Katie tried to help her mom as best as she could, but as a child, she was limited in what she could do. Katie knew she had to reach out to others for help. However, she didn't know where to start.



MEETING A FRIEND

One day at the playground outside of Georgia, she met a boy named Thomas. Thomas explained to her that St Kate's had many resources to offer and that no one deserves to go hungry.

OUTSIDE HELP

Thomas explained to Katie that SCU offers many programs available to anyone in the St Kate's community. He told her that St Kates and the Sisters of St Joseph run a collective food shelf where anyone experiencing food insecurity can visit and have their needs met. Katie knew that this was a way she could help her family and have food to eat at home.



FRIENDS LEADING FRIENDS

Thomas led Katie to the Carondelet Center and introduced her to the staff working there. They explained to Katie that they offered a wide range of resources and that they welcome all without distinction.

RESOURCES

They explained to Katie that the St Kate's food shelf is open the first and third Wednesday of every month and offers a variety of goods such as produce, canned goods, feminine hygiene, dried goods, etc. Whatever you need, you are free to take. Katie felt hope for the first time in a long time knowing she wouldn't be going to bed hungry.



KATIE'S JOURNEY TO THE ST KATE'S/CSJ FOOD ACCESS HUB

STUDENT/COMMUNITY SUCCESS

The staff explained to Katie that fulfilling the needs of others contributes to the greater overall success of students. They aim to provide students with the tools that they need to live a fulfilling, healthy lifestyle and are willing to provide them with resources for however long is necessary until they are no longer food insecure.



WHERE DOES IT COME FROM?

Katie wondered how they managed to help so many people when times were tough for everyone. The staff explained how they manage to keep the food shelf stocked by utilizing campus community gardens, local food bank donations, community partnerships and other sustainability initiatives.



MANAGING BIG FEELINGS

Katie started to feel ashamed of needing outside help. The staff assured her that food insecurity can happen to anyone- no one is immune to hardship. They shared that 16% of St Kate's students reported experiencing food insecurity- showing that Katie wasn't alone.



ACCEPTING HELP

With the help of Thomas and the Food Access Hub staff, Katie picked out some food to bring home for her family. Katie realized that there was nothing wrong with needing help and that no one deserves to ever go hungry. People all over the world experience food insecurity and there are both government resources and private programs that help tackle this issue.



SHARING IS CARING

Katie knew she had to share what she had learned about the food shelf with her mom so that they could help lead others who needed help just as Thomas did for her.

DONATE

A few months after Katie discovered the St Kate's/CSJ Food Access Hub, she was no longer food insecure. Katie knew she wanted to give back to her community so she collected donations to bring back to the Food Access Hub. It all came full circle- helping others without distinction.



REUSABLE CONTAINERS

Harumi Barranco



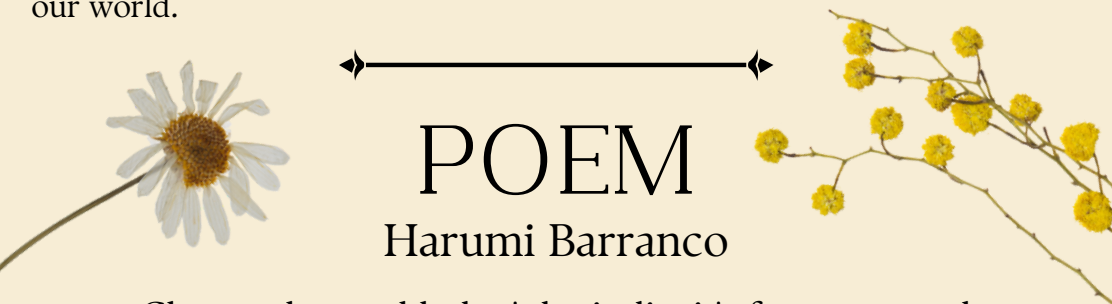
Do you know about the green containers of St. Kate's? St. Kate's is one of the amazing schools, with a beautiful garden and a pond with flowers. It's a protected place for women and everyone in the community. Everyone tries to find ways to protect the planet and take care of it but it's difficult to find them. In St. Kates they are doing everything they can, they are finding ways to be sustainable and recycling,

here is where the green containers come in. the green containers are used to help every student from the school who needs it, but there is always a catch to that, in order to use the containers, student need to pay five dollars for it. The question here is are the containers good for the students? What do we know so far about it?

These containers are made of good material and they are washed well so that other students can reuse them. There are only a small amount of reusable containers about 200 of them. Reusable containers are good but it all depends on the kind of materials they are made of to make them perfect. The green containers that are used in St. Kates were the ones that the school thought were good. Containers are not cheap when they are made of good materials, so the school doesn't have many of them.



A good material for containers is glass but is more expensive so the school decided to go with plastic containers. The downside of the glass containers is that they could break easily if students aren't careful and when hot food is put in it, students could also get burned, that's a few of the reasons the school considered before having reusable containers to consider what kind of material these containers should be made of and what could do less damage to our world.



POEM

Harumi Barranco

Change the world, don't let it die, it's for your good
The trash is thrown into the green grass, which is not good
We are finding ways to reduce waste
but even if we try we are still doing something wrong
We use plastic, we use glass also paper as well
but let's change that and try again
find more ways to make a better container
to save our planet and everyone else.



St. Kate's/CSJ Food Hub - Addressing Food Insecurity

Did you know that **8,741 pounds of food** have been harvested in the CSJ Community gardens and is donated to the Food Hub?

Food Insecurity: Lack of food access to safe and healthy foods that can result from poverty, high costs, climate change, and systemic racism or discrimination.



Office of Disease Prevention and Health Promotion

According to OASH, food assistance programs have been an approach used to increase access to nutritional food within the United States. Some of these programs include:

- National School Lunch Program (NSLP), the Women, Infants, and Children (WIC) Program, and the Supplemental Nutrition Assistance Program (SNAP)

"Food is at the center of health, sustainability, and community".

Hannah White - Program Coordinator
with St. Kate's/CSJ Food Hub



St. Kate's/ CSJ Food Access Hub

The Sisters of St. Joseph of Carondelet and St. Catherine University are combining their efforts to help solve the ongoing food insecurity that has been present on the St. Kate's Campus and neighboring CSJ communities with a food shelf that cooperates with community gardens, food banks, and local businesses to provide and distribute food supplies.

Hannah White, the Program Coordinator of the St. Kate's/CSJ Food Access Hub, has conveyed that their community participates in the Cross-Campus Food Access Coalition (CFAC) with Hamline University and Augsburg University to tackle the systematic presence of food insecurity in a wider sense.

SDG #2 - Zero Hunger

Worldwide, low-income populations and ethnic communities struggle with food insecurity. Not just in the inability to have healthy foods but access to foods as a whole which directly causes malnutrition and starvation that endanger health.

As individuals, we can help provide food resources and materials to these groups of people by directly donating to organizations and donation centers, fundraising, volunteering, being conscious of our food consumption and waste, and many other hands-on or charitable experiences. We can work our way up to having no hunger worldwide.

REFERENCES

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- World Health Organization. (2020). <https://www.who.int/news-room/fact-sheets/food-insecurity>
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Q & A with Hannah White Program Coordinator

What is the origin of the supplies that the food hub supplies?

They order food and hygiene items from two food banks: Second Harvest Heartland and The Food Group.

Other deliveries come from:

- Nonprofit Twin Cities Food Justice - deliver bread donated by Breadsmith (Snelling Avenue, St. Paul) and rescue produce from a local co-op Warehouse
- Donations from two for-profit businesses: Herbivorous Butcher (vegan meat products) and Chowgirls Catering (pre-prepared meals) through MN Central Kitchen initiative
- Rescued food from Common Roots Catering and St. Kate's Sodexo
- Our Lady of Victory Worshipping Community (located on St. Kate's campus) - donates personal hygiene items, paper bags, and financial donations

Growing Season (May to October):

- CSJ Community Garden - grown produce near St. Kate's campus
- Highland Catholic School Garden
- St. Kate's Garden Beds outside the CDC (occasionally)

Is there a log or checklist that implements food inventory and "healthy options"?

The Food Access Hub co-manager orders inventory and manages it, also being a registered dietician.

There are no formal requirements regarding specific "healthy" options, but the co-manager has a dietary background that helps to form a larger variety of nutrient-dense products. The mission of the Food Hub puts emphasis on the nourishment and sustenance of the products provided.

What are other ways that your organization has helped address the food insecurity present within the local community?

The Food Access Hub has a network of community gardens and uses sustainability initiatives on the Sisters of St. Joseph (CSJ) campus and St. Kate's Campus.

Specifically for the St. Kate's campus, collaboration occurs with the Access and Success Office to provide resources needed to succeed for the students attending the University.

Beyond the local community, the Food Access Hub works with the Cross-Campus Food Access Coalition (CFAC) to address food insecurity within the broader food system alongside Hamline University and Augsburg University

My Experience at the St. Kate's/CSJ Food Bank

I attended the St. Kate's/CSJ Food Bank in October for the first time. I was pretty surprised by the majority of to-go meals that were available, as well as the bread options that included baguettes, wheat, rye, and other variations. A scale uses the weight of the visitor's food to keep a log of the amount taken out of the shelf during the day.

I was excited about the variety of produce and vegetables available, which were grown in sustainable gardening practices. It was apparent that there was a lot of collaboration between different organizations and businesses to make the food hub what it is, and it shows the collective action taken to help reduce hunger and increase access to food in the community. St. Kate's students participated as volunteers at the Food Bank for the community engaged-learning as part of The Reflective Woman course, which I have heard great feedback about.

If communities continue to engage in the mutual efforts that are addressing food insecurity, the global presence of the issue will slowly decline.

Sustainability Studies Minor,
St. Catherine University