

SEA OCTOBER NEWSLETTER

October Update

The Ambassador's of the SEA have been collaborating with clients and other partners to reach business goals, initiatives, and objectives with sustainability sitting at the forefront in each effort.

The SEA is proud to announce some upcoming events, recognize admirable businesses, share a few photos from this past month, and give a few sustainable travel tips!



Upcoming Events!

November 1st @ 6pm - Salsa Cook-Off & Pepper Planting @ Rooster's Coffee Bar

November 18th @ 2 pm - Civic and Economic Development Entrepreneurial Event @ W&J College

November 23rd - Pack the Pantry Donation Drop Off @ Rooster's Coffee Bar



October 31, 2024

SEA Client: The Jamaur Law Foundation

The Jamaur Law Foundation graciously offers education and holistic programming in an effort to close the wealth gap often experienced by marginalized populations.

The Jamaur Law Foundation offers resources in financial literacy, food insecurity, supporting our current professional “heroes”, and contributing scholarships for youth.



JAMAUR LAW
FOUNDATION

FINANCIAL EDUCATION
FOR OUR COMMUNITY

Learn more at

<https://www.jamaurlawfoundation.org/>

October 31, 2024





SEA Client: Legacy Fitness

Legacy Fitness aims to empower and engage all ages to lead healthy lifestyles through fitness & movement.

Legacy Fitness aims to provide an inclusive and motivating space for individuals of all walks of life. Legacy Fitness hones in on developing a feeling of empowerment with a healthy lifestyle goal in mind.



Learn more at :

<https://legacyfitnessbutler.org/>

October 31, 2024

SEA Client: Ohio Valley Environmental Advocates, Inc

The OVEA is a community-led nonprofit dedicated to advancing public health, economic prosperity, and environmental justice in the Ohio Valley.

The OVEA aims to empower and advocate for the communities impacted by industrial pollution through education, scientific research, and community-led initiatives.

Learn more at :
<https://oveadvocates.org/>



October 31, 2024

**JOIN THE SUSTAINABLE ENTERPRISE
ACCELERATOR AT ROOSTER'S COFFEE BAR**

Salsa Contest

NOV 1ST 2024

6:00 PM - 7:00 PM

**BRING YOUR BEST
SALSA DISH TO ENTER!**



SEA Client Photos



Photo By: Madeline Bundy

Ben and Madeline attended one of the special needs classes held at Legacy Fitness. Ben observes them doing circuit exercises.

Photo By: Ethan Edkins



Ben and Steve are reviewing dynamic Excel sheets they created for MAPS Technologies.

October 31, 2024

Sustainable Travel Tips

We are on the cusp of the Holiday Season! With that often comes travel plans. Whether you may be visiting family, embarking on a vacation, or voyaging for work purposes, it is important to act sustainably in your travels.

- Bring your own reusable water bottle
- Conserve water and energy (Be Mindful!)
- Shop Locally
- Support local businesses
- Pack light
- Choose E-tickets instead of paper while flying
- Drive > Fly if possible
- Book Eco-Friendly
- Recycle
- Visit Green Destinations!



October 31, 2024

SEA Ambassador Travel Experiences

Of all the places **Maria** has ever traveled to, Alaska is her favorite. She had the rare opportunity to travel to this state for a service-focused experience in July 2021. She can still recall white-water rafting, sled-dog racing, volunteering at wildlife refuges, and embracing the Russian and Inuit cultures. All these activities have enabled Maria to soak into Alaska's wide-open spaces and better appreciate its rich cultural heritage.

Florida was the place **Madison** liked to visit most. She spent last winter in Florida with her grandparents. She enjoyed the warm weather, which was surely welcome, and it was a time spent with her family that created unforgettable memories. They took a drive to Ponce Inlet, climbed the lighthouse, and enjoyed the scenic beauty of Ponce Inlet Beach during their trip. She and her friend each only took one bag so that their travel would be greener - the plane consumes less fuel this way.

Madeline's most enjoyable place she has ever been to was Wildwood, New Jersey, in which she embraced sustainable practices to enjoy the beaches and boardwalks. Many times she would take a local tram around town to lower her carbon footprint through using public transportation. In addition, she looked for restaurants and shops that could show more locally sourced and sustainable produce so she could have really good meals while supporting businesses that were thinking environmentally.

The sustainable vacationing of **Ethan** to Colorado strikes a perfect balance between adventure and mindfulness. His time in the Rocky Mountains brought him in much closer contact with the environment, with days filled with hiking pristine trails lined with dramatic vistas and great respect for the environment. The long trips and travel made them consume lesser resources by staying in accommodations that were eco-friendly, supporting local businesses, and using reusable bottles and bags. Each one of them had come with different perspectives—from emerald-like alpine lakes to colorful wildflowers, which furthered Ethan's pledge of stewardship toward the landscapes. This left him inspired to continue prioritizing sustainability in all future travels.

Ben finds sustainable traveling close to home through biking. Instead of getting in the car to run to the grocery store for that one ingredient, he can easily bike. He likes to bike in the trails at the local park, too; it lets him get close to nature and appreciate it without having an impact on the environment.

Jayden's favorite place he has traveled to would have to be the Minnesota Finger Lakes because he went on a 75-mile canoe odyssey around the lakes, camping on a number of the different islands. This brought into view the beauty of nature un-polluted. Canoe travel meant an extremely environmentally non-invasive way to see the landscape. Camping sustainably meant Jayden could enjoy nature's beauty without ruining it; he could relax and be accomplished.

Whether through unique ways of connecting with nature or furthering sustainability, each ambassador shows different ways of doing so—discerning that every journey, from Colorado's mountains to the beaches of Wildwood, may carry an inspiring story on making eco-conscious choices. These tales illustrate how embracing mindful-travel practices strengthens your bond with the natural world and leaves a positive impression on future explorers, wherever one may choose to go.

October 31, 2024

SRU Sustainability Enterprise Accelerator's



PACK THE



PANTRIES

Sponsored by Rooster's Coffee Bar and North Country Brewery

**SATURDAY
NOVEMBER
23RD, 2024**

9AM-3PM



ITEMS NEEDED

- ▶ Canned Food
- ▶ Dried Goods and Dried Fruit
- ▶ Nuts and Nut Butters
- ▶ Jerky

The SEA is excited to announce our Food Drive to benefit Rock Pantry+ and the Feed My Sheep Food Cupboard.

DROP-OFF LOCATION



Rooster's Coffee Bar

150 S Main St, Slippery Rock, PA



**Register Yourself or
Your Organization
Now!**

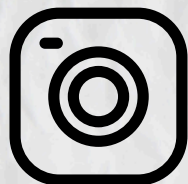


For More Information : (570)-238-0577 (Jayden Linder) email: jml1033@sru.edu

Newsletter Editors:



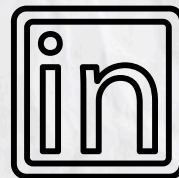
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@SEAatSRU



SEA Ambassador

**Interested in doing an event at the SEA?
Reach out to Dr. John Golden at
John.golden@sru.edu.**

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