

**Welcome to UMaine, where life is greener.**

### Orono Farmers' Market *(More than Just Vegetables!)*

You can visit the summer market in the Steam Plant parking lot  
**Saturdays 8AM - 12PM and Tuesdays 2PM - 5:30PM.**

Buy locally made pies, croissants, bagels, breads, jams, jellies, crepes, milk, scones, yogurt, cheese and much more all within a short walk from your room!



For an easy, no-cook, caprese sandwich recipe made with farm fresh ingredients, visit the UMaine GCI Facebook page.

### September Entertainment!

Grab a group of friends and head to Acadia for the **Acadia Night Sky Festival!** From September 10<sup>th</sup> to the 14<sup>th</sup>, there will be museum tours, nature guides, and star lit celebrations all over the area!

From September 25<sup>th</sup> to the 27<sup>th</sup>, the **Common Ground Fair** will be going on in Unity, Maine! Gates open at 9AM each day and close at 6PM. **Volunteers get admission, a meal, and a t-shirt all for FREE!** For more details, visit the MOFGA website.

### Forgot Something?

If you forgot something you need, try visiting:

- The Black Bear Exchange located at 55 York Village; open Mondays and Fridays 12PM to 5PM.
- The Orono Thrift Shop located at 10 Birch Street; open Wednesdays from 9AM to 4PM and Saturdays from 9AM to 2PM.



Visiting the secondhand shops in the community helps local businesses and helps you!

### Looking for Outdoor Activities on Campus?

- Visit Maine Bound to borrow a Blue Bike, paddle boards, kayaks, and canoes or climb the indoor rock wall!
- Walk the trails behind the New Balance Student Recreation Center. They extend from Orono to Old Town.
- Visit Witter Farm to see cows, sheep, and horses just off the bike trails!

## Welcome to UMaine, where life is greener.

October, 2015

### On Campus Cooking!

Enjoy beautiful October weather barbecuing with friends at one of the many grills scattered all over campus! You can visit the **Farmers' Market** on Tuesday afternoons or Saturday mornings to get local produce and meat. Here are some easy barbecue recipes that are also vegetarian friendly:

- **Grilled corn.** If leaving the husks on, soak in water first! Grill about 10-15 minutes
- **Baked potatoes.** Slice thinly, marinate with oil or salad dressing, wrap in foil and cook about 10-15 minutes
- **Veggie kebabs.** Skewer peppers, onions, mushrooms, eggplant, zucchini, squash or anything else you can think of!
- **Pizza!** You can buy ready-made dough at the grocery store. Simply grill the flattened dough for about a minute on each side, then add toppings



The grocery store in Old Town is a 12 minute bike ride on the forest trails, or you can catch the BAT bus!

Sources: <http://www.thekitchn.com/you-wont-miss-the-meat-10-vegetarian-grill-recipes-172517>

### You CAN make a difference!

Top 3 Global Contributors to Carbon Dioxide Emissions:	What YOU can do about it:
1. Electricity and Heat Production (12.5 billion tons/year)	1. <b>Reduce your electricity use.</b> Turn lights off when you are not in the room, unplug appliances when not in use, turn the heat down and bundle up in a sweater
2. Transportation (6.7 billion tons/year)	2. <b>Leave the car at home.</b> Sources of alternative transportation include the Bat Bus, the Community Connector, or a bike!
3. Agriculture (4.7 billion tons/year)	3. <b>Eat less meat.</b> The livestock industry produces the most CO2 emissions in agriculture. Celebrate Meatless Mondays with tasty vegetarian meals!

Sources:

<http://www.worldwatch.org/agriculture-and-livestock-remain-major-sources-greenhouse-gas-emissions-0>  
<http://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

### Why Wait? Get Healthy NOW!

The **Student Wellness Resource Center**, located on the main floor of the Union in room 235, can help you reach your physical, emotional, and mental health goals. **Services are free.** The Center offers a range of programs including smoking cessation programs, drug and alcohol counseling, Bystander Intervention Training, Peer Education classes (earn 3 credits!), the Healthy High and Black Bear Attack races, and much more! For more information, visit <http://umaine.edu/aod/>.



### Fall Fun

Go apple picking or harvest your own pumpkin, get lost in a corn maze, hop on a hayride, and even listen to some live music! For more ideas, visit <http://www.maineapples.org/>.

The Orono Land Trust has hiking trails hidden all over the area, from Bangor to Orono. Some are even within walking distance! Reach the Piney Knoll Conservation Area from the end of Colburn Dr. off Park St., or Hillside Rd, off Crosby St. Learn more at <http://oronolandtrust.org/>.

Want to get more involved?

Follow us on social media!

facebook.com/UMaineGCI

@UMaine\_GCI

@GreenCampusIntiative

The University of Maine is an equal opportunity/affirmative action institution.

# The Green Zine

**Welcome to UMaine, where life is greener.**

Second Edition  
Published in October, 2015

### Looking for a Halloween Costume?

Instead of buying a new costume, check out the local thrift shops to find supplies to make your own!

Check out our thrift shop Halloween costume ideas on Facebook and share **your** ideas with us!



### GCI Challenges YOU to Save Water!

Residence halls are responsible for consuming a large amount of water every year. Here is what you can do to reduce your water consumption:

#### You can...

Turn off the faucet while you brush your teeth or lather your hands

Put in a maintenance request for leaky sinks, showers, and toilets

Shorten your shower by one minute

Turn off your shower completely while scrubbing or washing your hair

#### And save...

4 gallons a minute

5 gallons a day  
(1 drip per second)

150 gallons a month

150 gallons a month

Source: <http://wateruseitwisely.com/100-ways-to-conserve>

Reuse your towels and only do laundry 1,000 gallons or



### Save \$\$\$ While You Sip!

Bring your own travel mug to campus venues and save 25¢ or more!

#### Includes:

- The Bear's Den,
- Bear's Den Café,
- Oakes Room,
- Bear Bites in DPC



NOTE: Off-campus coffee shops often give a discount if you bring your own travel mug, too!

### Consider Candies with Recyclable Wrappers!

Choose candy with Zero-Sort-recyclable wrappers to reduce waste on Halloween! Acceptable wrapper materials include foil, paper, wax paper, & cardboard.

Starburst, fun-size M&M's, Lollipops, Nerds, Milk Duds, Hershey's Kisses, & Mini Reese's Peanut Butter Cups wrappers are all accepted. **HAPPY HALLOWEEN!**

**Welcome to UMaine, where life is greener.**

First Edition

Published in November, 2015

## Sustainable Careers

Want to make a well-paying career out of your green lifestyle? **Many careers are geared to making companies more sustainable** according to the “triple bottom line”—people, profit, and planet. Consider:

- Chief sustainability executives: \$166,910
- Natural sciences managers: \$114,770
- General and operations managers: \$95,150
- Chemical engineers: \$92,930
- Atmospheric and space scientists: \$89,790
- Industrial production managers: \$88,190
- Environmental engineers: \$79,050
- Civil engineers: \$77,990
- Health and safety engineers: \$75,470
- Industrial engineers: \$77,240



You can **put a green spin on nearly any career** you pursue, be it event planning, fashion designing, sustainable health care, or architecture!

Sources: <http://www.sustainabilitydegrees.com/careers/>  
<https://schoolofsustainability.asu.edu/alumni-career/careers-in-sustainability/>

## November Entertainment: Contra Dancing!

Fading sunlight got you down? Leave campus and head into town for a new activity to lift your spirits—Contra Dancing! **Contra Dancing is dancing to live folk music.** No experience necessary! Contra Dancing is hosted the 2<sup>nd</sup> Saturday night of every month at the Keith Anderson Center in Orono (on Bennoch Rd. near the Post Office), with the next event held Nov. 14 at 7:30 pm.

Can't get enough? Bangor hosts a dance the 3<sup>rd</sup> Saturday of every month!

## Simple Stress Relievers

Even with school in full swing, tackle stress with these tricks and resources on campus.

- **Visit the Mind Spa** in the 120 Memorial Union 11-2 to learn de-stress and relaxation techniques.
- **Chill out in the hot tub** or sauna at the Rec Center (open till 10 pm on weeknights so you can relax after homework).
- Download and listen to the **stress-reduction recordings**, found on the UMaine Counseling Center website.
- **Exercise**—check out a group class at the Rec, such as yoga or aerobics!
- **Try out Zen Meditation** in the Memorial Room in the Union every Tuesday 5-6 pm.



Remember, your body's health always comes before school work!

## Travel Home Together

Driving long distances is tiring, expensive, and polluting . . . But there are many resources so you don't have to go it alone!

**Try the bus:** Concord Coach Lines connects Orono to New York City with many stops in between. The schedule is designed especially to accommodate college students.

**Or carpool!** Chances are you know someone who lives near you who can drop you off on the way home. If not, **post on FirstClass or check out GoMaine.org.** The latter is a forum for people looking for rides or offering rides to others.

*Happy trails!*

**Want to get more involved?**

Follow us on social media!

 facebook.com/UMaineGCI

 @UMaine\_GCI

 @GreenCampusIntiative

**Welcome to UMaine, where life is greener.**

Second Edition

Published in November, 2015

### Spotlight on Local Food: The Farmers' Market Winter Schedule

Never fear; you can still eat fresh, organic products during the winter! The winter market is located in the Pine Street parking lot in downtown Orono from **9AM to 12PM** on the following days:

**December:** every Saturday  
**January-April:** 2<sup>nd</sup> and 4<sup>th</sup> Saturdays each month

For other information, visit:  
[snakeroot.net/orono](http://snakeroot.net/orono)



### Keep Your Windows Closed!

Cold weather has arrived! **Leaving your windows open in the cold kicks on the heater, which wastes over 50% of the heating energy that you help pay for.** Instead, turn the thermostat down. Every degree you turn it down **saves 1% in energy costs.**

If your windows are generally drafty, keep warm by putting on a sweater instead of cranking up the heat.

To submit a maintenance request to fix your thermostat or windows, visit:  
<http://umaine.edu/housing/maintenance-request/>

Sources: Kevin Bright (2013). *Campus Energy Efficiency: How do buildings consume energy and what can students do to help?* Environmental Information Administration (2008). *EIA Annual Energy Outlook* and <http://www.energymaine.com/at-home/energy-money-savings->

### Give Thanks by Giving Back

**Donate items** you don't use anymore to help others in need. The Black Bear Exchange, a sustainable thrift shop on campus, is always looking for new donations of clothes, books, or other items.

The BBE is located at 55 York Village  
 Open  
 Mondays and Fridays 12PM to 5PM

**Volunteer your time** with the Bodwell Center. They have on and off campus events ranging from the Bangor Fall Clean Up to collecting cards for soldiers.

Find what you're interested in at  
<http://signupschedule.com/bodwellcenter>  
 and sign up for a project!



*Have a safe and happy break*



*from GCI!*

**Want to get more involved?**  
 Follow us on social media!

 [facebook.com/UMaineGCI](https://facebook.com/UMaineGCI)  
 [@UMaine\\_GCI](https://twitter.com/UMaine_GCI)  
 [@GreenCampusIntiative](https://instagram.com/GreenCampusIntiative)

The University of Maine is an equal opportunity/affirmative action institution.

**Welcome to UMaine, where life is greener.**

FIRST Edition

Published in December, 2015

## Zero-Waste Gifts

Give back to the Earth this holiday season with these zero-waste (or low-waste) gift ideas:

- **Tickets**—to a concert, movie or play.
- **Food!** Baked goods, chocolate, jams or canned goodies, a gift card to a favorite restaurant.
- **Expertise**—offer to babysit for a relative, clean the house, paint/fix something.
- **Experiences** and quality time—go for a hike, go bowling or to a museum, call far-away family members and friends, hold a game night!

You get 2 free tickets to the CCA each semester for select shows!

**And donate your unwanted belongings!** The **Black Bear Exchange** is holding a **Clean Sweep for its on-campus thrift shop**. Put donated belongings in the cardboard boxes in the lobby of your residence hall.

Source: <http://www.zerowastehome.com/2010/11/zero-waste-holidays-this-time-for-sure.html>

## Sustainable Gift Wrap

Instead of buying new wrapping paper, wrap up gifts with already recycled materials!

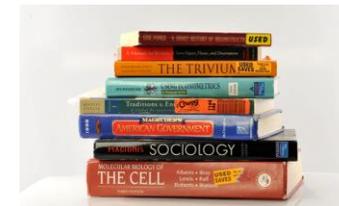
Try using old **maps**, the **newspaper**, pretty **cloth** scraps, or **brown paper** bags! Color on the wrapping or decorate with photos from outdated **calendars** ...Get creative!

Source: <http://greenlivingideas.com/2011/12/05/green-holiday-gift-wrapping-ideas/>

## Use Used Books

Next semester, be sustainable and save money by buying used books. The **UMaine Bookstore** has **great deals on used books** (you don't need to pay for shipping!) Remember to sell back your books!

Also, Fogler Library likely has what you need. **Many professors will put copies of course books at the reference desk** for students to borrow.



## Group Study Tips!

Build community with friends by studying together, and suffering less. Here are some tips to make group study sessions successful:

- Keep groups to about 3 - 4 members.
- Designate a group moderator who will keep everyone on task.
- Decide on the topics and length of time spent on each before meeting.
- Prepare a list of difficult concepts to focus on.
- Quiz each other. You will understand the material better when you teach it to others.



Don't forget to have fun ☺!

Source: <http://blogs.einstein.yu.edu/8-tips-for-getting-the-most-out-of-study-groups/>

**Want to get more involved?**

Follow us on social media!

 [facebook.com/UMaineGCI](https://www.facebook.com/UMaineGCI)

 [@UMaine\\_GCI](https://twitter.com/UMaine_GCI)

 [@GreenCampusIntiative](https://www.instagram.com/GreenCampusIntiative)

The University of Maine is an equal opportunity/affirmative action institution.