



Orson, what are you up to now..?!?

*Just showing solidarity with my cousins, the Galliformes.*

That's nice of you. Do you have any Thanksgiving plans?

*Well, the owlets and I thought we would invite over some of the local field mice for our dinner... I mean, for dinner...*

Oh, Orson...

*Hey, an owl's gotta do what an owl's gotta do!*

### We still see some "mis-cycling"!

The items we *STILL* see being *improperly* handled most often are the *Grind "go-cups"*. These are either a paper hot cup, plastic top, and paper sleeve, or an all-recyclable plastic cold cup, top and straw. When recycling, please do not place full/half-full cups of liquid in **either** the trash *or* recycling bins. Your **empty** paper cup is *landfill trash* – **everything else is recyclable!** Look for instructions near waste stations; learn "what goes where."



A sustainable community is not only environmentally conscious but socially resilient, providing its members with accessible healthcare services for not only their physical health but also their mental and emotional well-being. Wells provides free, on-campus mental health resources for students.

- Through the Community Medical Center, meet with any of the three counselors on staff. Appointments are available Monday-Friday. Call (315) 364-3388 or stop by to set up an appointment. The Medical Center also provides mental health screenings; call for information.
- Through SAVAR (*Sexual Assault Victims Advocate Resource*), meet with Tracy, a trained advocate and educational specialist, or attend counseling with Natasha, specialized in working with violence survivors. Their office: Macmillan 322; office hours: Wednesdays 8:30am-12pm, or by appointment.
- If your mental health is impacting your academic performance, meet with Randy DeVett-McKeon, Coordinator of Disability Services. Randy can work with Dean Michael and your professors to accommodate your academic needs and help you find success. Dean Michael is available to meet to discuss academic concerns. Their emails: [rdevettmckeon@wells.edu](mailto:rdevettmckeon@wells.edu) or [jmichael@wells.edu](mailto:jmichael@wells.edu).
- If your on-campus housing situation negatively impacts your mental health, talk with Emily Burt, associate director of Campus Life for Residence Life, to find a solution. Email: [eburt@wells.edu](mailto:eburt@wells.edu).

**"Installment"** is a double play on words: we put these informational mini-newsletters inside bathroom cubicles ("in stalls") and the content is changed out - in "installments."

**Get it? Got it? Good!**

### Over the river and through the woods, to Grandmother's house we go...

Looking for a ride home for break? Willing to fill those empty seats in your vehicle and have somebody share your ride? Check out



**Zimride.com/flxrideshareacademic**, our regional ridematching network. Create a free Zimride profile and post your request for a ride or your ride offer to others. Consider opening your search to Cornell University students who have the same Thanksgiving Break period as Wells (Wednesday, November 22 – Sunday, November 26). *Zzzzzzzzzzimride!*

### Recycle batteries, bags and bulbs!

Bring dead batteries, extra plastic shopping bags, and even your burned-out light bulbs to the *Center for Sustainability and the Environment* in Zabriskie 212 and deposit these items in the labeled collection boxes. We will recycle them for you over the break.

### Don't be a Turkey..!

As you leave for Thanksgiving break, please remember to **turn off** and **unplug** all energy-using equipment and appliances in your room - many keep drawing power even when the item is turned off but still plugged in.



Any questions about sustainable practices?

Email: [sustainability@wells.edu](mailto:sustainability@wells.edu)

**Installments** are produced as a community service by the **Wells Center for Sustainability and the Environment.**

*Arrive curious ∴ Graduate prepared.*