



# Installment

November 2019



Hey, Orson, what's with the sign?

I want to remind everyone at Wells that we have so much to be grateful for. We live in a beautiful area, especially in the Fall.

True, Orson. Psych research\* suggests that feeling gratitude can help us better cope with stress and may even boost our immune system!

\* [https://health.ucdavis.edu/medicalcenter/features/2015-2016/11/20151125\\_gratitude.html](https://health.ucdavis.edu/medicalcenter/features/2015-2016/11/20151125_gratitude.html)

I am personally thankful there are SO many field mice out there!

Oh, ORSON!!

These are examples of "Single-Use Plastics" that are no longer recyclable:

DO place all THESE items in Landfill Trash:

**single-use, disposable items:**

plastic cold cups and lids



plastic straws or stirrers



plastic hot cup lids



plastic eating utensils



plastic "clamshell" take-out boxes



**ANY Styrofoam items** (cups, plates, "clamshells" take-out boxes, food packaging trays, packing peanuts)



**small disposable items:**

plastic condiment cups



plastic bottle caps



metal bottle caps



medication bottles



K-cup pods



food



If we "gotcha", redeem your GOTCHA card – good for a free 12-oz. refill into your own container – at the GRIND Café. New GOTCHA cards have been issued for the Fall semester 2<sup>nd</sup> Block. Get in the habit of carrying and *using* your reusable beverage container or mug – our student "spotters" just might "getcha" with a GOTCHA card.

A message about auto door openers: These units are in place to help those with mobility impairments to enter and exit safely. If you need to use these devices, please do, but we have seen folks who appear able to manually open doors using these auto door opening mechanisms to enter and leave buildings. They offer *one* way to access a building, but they are not the *only* way to open doors. Please be aware that using an automatic opening mechanism to enter and leave a building holds the doors open longer than usual. In colder weather, this will require extra energy to re-heat the building after use.



Heading home for Thanksgiving? Use Finger Lakes Rideshare's academic portal to share your ride!

During the month of November, if you post a new ride – whether offering an empty seat in your car or requesting a ride from a driver – you will be entered in the 2019 Zimsgiving Post a Ride Sweepstakes and have a chance to win prizes including cash cards and other useful items. Share your rides at <https://www.zimride.com/FLXRideshare>



Speaking of heading out for the Thanksgiving break: *Don't be a turkey!* Please turn off and unplug energy using equipment and devices. Don't waste energy while you are away from your campus room or office.

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

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