

# University of Maine Farmington

## Green Guide

Compiled by the  
Sustainable Campus Coalition (SCC)



September 2014

## **Green Campus Vision Statement**

The University of Maine at Farmington is committed to environmental stewardship and to graduating responsible global citizens who care about our environment.

As an educational institution, we have the opportunity to be a leader in promoting the sustainable use of the Earth's resources. We will learn about, and understand, sustainable environmental practices, making their benefits apparent to students, faculty, staff, and our community. Environmental issues will be studied broadly in courses throughout the curriculum.

In addition to educating our campus and the community, we will demonstrate by our own policies and practices that we are good environmental stewards. Sustainable practices will be an integral part of our campus management and operations in building and renovating, in reducing pollution and waste, in using appropriate energy resources and materials, and in protecting and incorporating the native environment in our campus spaces. Indoor and outdoor environments should be healthful and aesthetically pleasing.

Committing to environmental responsibility means that we will also set goals for ourselves and monitor our progress towards them.

Approved by President's Council, Spring 2002

## **Table of Contents**

### **Part I. Sustainability at UMF**

1. Climate Action Plan
2. Sustainable Campus Coalition
3. Recycling at UMF
4. Buildings and Grounds: Upgrades
5. Dining at UMF: Aramark
6. UMF Environmental Curriculum

### **Part II. Sustainability in the Greater Farmington Area**

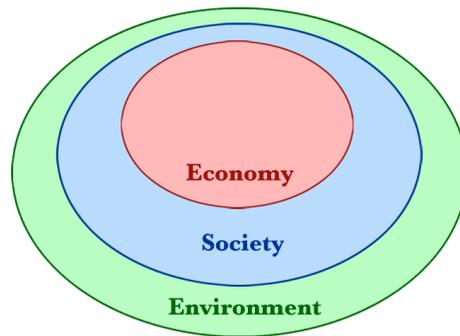
1. Local Businesses
2. Local Farms and Agriculture
3. Recreation
4. Community Sustainability Organizations

### **Part III. Living a Green Lifestyle**

1. Why Should I Try to Live Green?
2. Sustainability in the Residence Halls
3. Tips for a Green Lifestyle

## Part I. Sustainability at UMF

A precise definition of environmental sustainability is elusive. It's best thought of as an important but unfocused term like "justice" or "liberty." At UMF, we think of sustainability as meaning actions and policies that contribute to the long-term well being of our planet. Sustainable behaviors are meant to help people, while reducing environmental impact and maintaining the earth within its durable ecological boundaries. As shown in the figure below (from the Cornell Sustainability Campus), we view a vibrant economy as dependent on a healthy society and a healthy society as dependent on a healthy environment.



UMF has made significant strides towards sustainability through policy changes, infrastructure upgrades, and educational programs. The university supports and encourages initiatives and behaviors that create a more sustainable campus. As you will see in this guide, there are many ways that individuals can contribute to this goal.

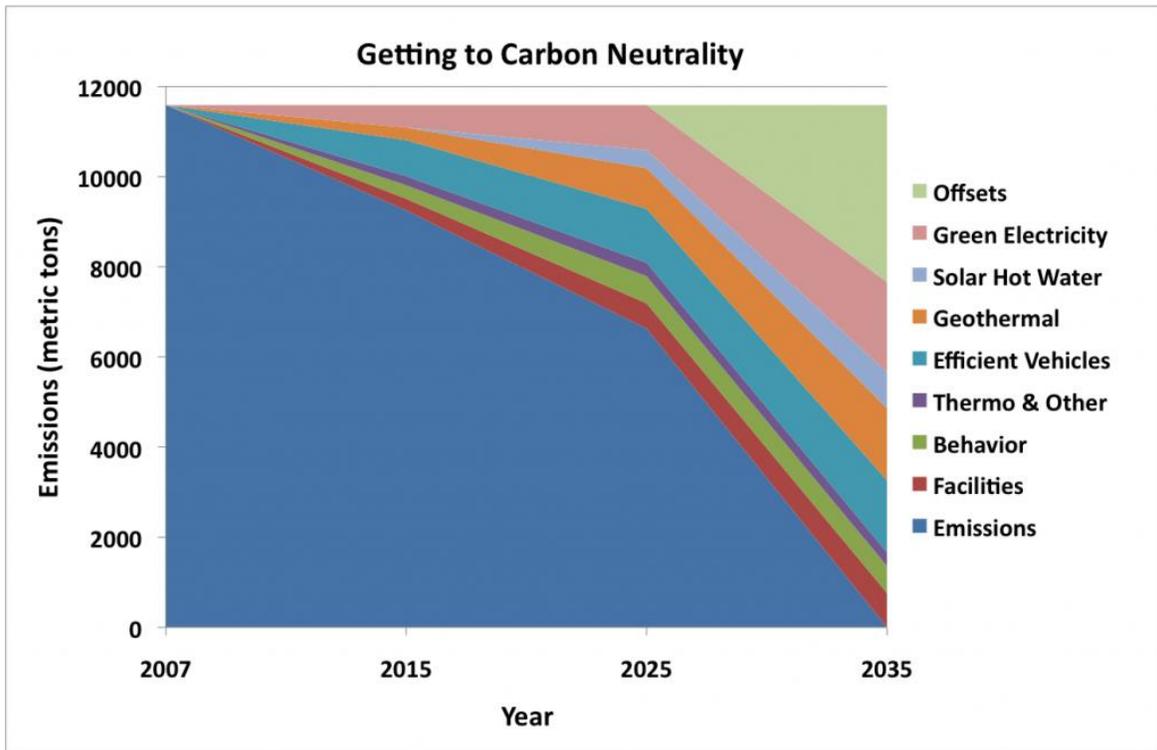
### I. Climate Action Plan

In 2007, UMF signed the American College and University President's Climate Commitment (ACUPCC), which commits UMF to actively work towards reducing greenhouse gas emissions in order to combat human-caused climate change. **The ultimate goal is to achieve carbon neutrality.**

In response to this commitment, UMF created a Climate Action Plan (CAP), which outlines the ways that UMF is working towards reducing its carbon emissions. The goals include:

- 1. Upgrade the energy efficiency of the UMF infrastructure*
- 2. Change behaviors to promote a culture of sustainability at UMF*
- 3. Modify UMF policies related to sustainability*
- 4. Use more renewable energy on campus*

**Main Goal: To Reach Carbon Neutrality by 2035**



You can read UMF's full climate action plan here:  
<http://sustainablecampus.umf.maine.edu/acupcc>

## II. Sustainable Campus Coalition



The Sustainable Campus Coalition (SCC), founded in 2001 by Professors Drew Barton and Grace Eason, is a dynamic group of students, faculty, staff, and local community members who **promote environmental sustainability on campus and in the community.**

The mission of the SCC is to:

1. **Reduce** the negative environmental impact of the campus
2. **Educate** the campus and the community about environmental sustainability
3. **Advocate** collaboration and camaraderie among students, faculty, staff, and the community while working towards common sustainability goals
4. **Pursue** projects both on campus and in the community, partnering with area businesses and non-profit organizations

These goals are achieved through projects and initiatives, most led by students, that are supervised by faculty and staff coordinators. Many students, staff, faculty, and community members actively work to help lead and participate in SCC projects. The SCC is constantly working with the rest of the campus to reduce waste, improve recycling, decrease energy use and costs, lower carbon emissions, promote renewable energy infrastructure, and decrease environmental impacts.

The SCC's work in the community focuses on lowering energy costs for residences and on promoting local food, agriculture, and other businesses. In addition, the SCC sponsors many events about sustainability at UMF and in the surrounding community, some of which are described below.

## **Events**

**Recycled Sledding Contest:** Annual campus event in which members of the UMF community race homemade sleds constructed from reused and recycled materials.

**Trash Day:** Residence hall garbage is collected over a 24-hr period and is dumped in the center of campus to create a compelling image. Members of the SCC then sort the garbage to determine how much could have been recycled.

**Salvage and Recycle:** A collection held at the end of each school year to gather unwanted items, thus reducing the load of trash taken to the landfill. Collected items are then donated to local charities.

**Fall Sustainability Hike:** A hike in the Farmington area to enjoy the natural outdoors offered by the western Mountains region.

**Light Brigade:** SCC members parade around campus dressed as superheroes, encouraging students to conserve energy through simple behavioral changes.

**Energy Challenge:** A month long competition between residence halls that challenges students to minimize their energy. The winning residence hall receives a prize.

**The Sustainability Carnival:** An annual celebration in which students, faculty, and community members gather to participate in activities relating to a theme, such as recycling or local foods.

**Speakers and films:** Forums are held at UMF to educate the campus on environmental issues.

**Earth Day:** Worldwide day of environmental appreciation, during which the SCC encourages the UMF community to participate in a variety of activities, which could include cleanups, movies, live music, crafts, and planting seeds.

**Maine Fiddlehead Festival and Local Foods Day:** The SCC coordinates this annual spring festival with area businesses and non-profit groups, featuring a full day of educational and fun activities focused on the local agricultural and wild foods system.

## **Initiatives**

**TerraCycle:** An innovative recycling program (termed upcycling) that collects waste that is usually not accepted in the recycling stream. Items such as beauty products, granola bar wrappers, chip bags, are collected and used to create new products. Each item collected contributes to local charities.

**Composting:** UMF has been composting organic food waste since 2004 through Sandy River Recycling Association (SRRA). Unfortunately, in 2014, SRRA closed due to budget constraints and UMF transitioned its composting program to Black Acres Farm in Wilton.

**To learn more or to become involved, visit our website at:**

**<http://sustainablecampus.umf.maine.edu/>**

## **III. Recycling at UMF**

UMF Facilities Management works hard to provide recycling access to all students, staff and faculty. UMF currently has desk-side recycling for all employees and large recycling areas in campus buildings with posters illustrating how to sort recyclables. Recycled materials that are not collected by are processed by a certified universal waste company.

### **Materials that are Recycled on Campus:**

- Corrugated Cardboard (OCC)
- Newspaper, Magazines (ONP, OMG)
- Maine Mix Paper
- Batteries
- All Plastics
- Fluorescent Tubes, Computer Monitors, TVs
- Tin Cans
- Glass
- Aluminum
- Mercury Bearing Devices

**For a complete list of recyclable materials, visit facilities website at:**

**<http://facilities.umf.maine.edu/general-resources/umf-recycles/>**

#### **IV. Buildings and Grounds: Upgrades by Facilities Management**

Facilities Management works towards improving efficiency in residential and academic buildings at UMF through infrastructure upgrades. These upgrades have saved UMF a significant amount of money, which helps keep tuition costs down.

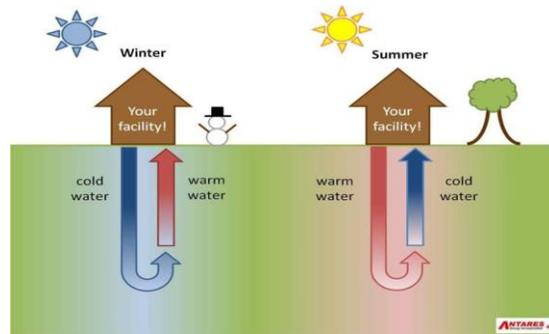
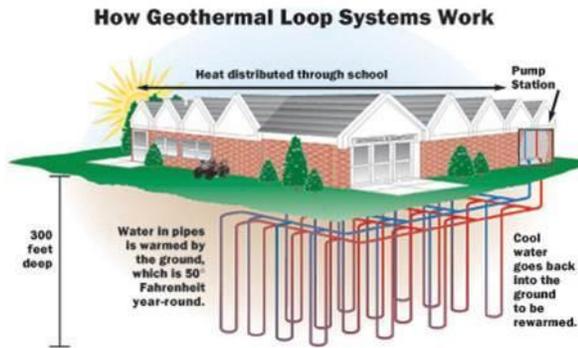
The UMF campus currently features three buildings that are either LEED certified (Education Center) and Francis Black Residence Hall) or meet those standards (Emery Arts Center).

The campus also features a variety of Geothermal/Ground-source heat pump systems. This includes a total of 142 deep wells in three separate fields on campus (Education Center, Fitness Center and Mantor Green). These systems provide heating and cooling for nearly 1/4 of the campus (6 buildings). Comparisons between the Education Center and the comparable, conventional Roberts Learning Center, show a savings of about \$50,000 per year and has reduced carbon emissions by 60% a year.



Geothermal wells being installed in the Mantor Green in the summer of 2013.

## How Does Geothermal Energy Work?



## **Energy Efficient Certified Buildings**

Currently, UMF has three energy efficient buildings which include two LEED certified buildings (Education Center and Francis Allen Black), as well as the Emery Community Arts Center which meets the criteria of LEED certified.



UMF's Education Center (LEED Silver)



Francis Allen Black Residence Hall (LEED certified)

## **Features of the Education Center**

- UMF's first LEED certified building, completed in 2007.
- Geothermal (ground source heat pump) heating and cooling system
- High performance continuous insulation shell
- Windows and ceilings designed for day-lighting
- Carpet, walls, chairs, tiles, etc. constructed from recycled materials such as seat belts, recycled yarn, and sunflower hulls
- Water-conserving facilities such as low-flow toilets and faucets
- Strategic placement for natural lighting, automatic light sensors, compact fluorescent lighting

## Other Campus Upgrades

Building	Upgrades
Computer Center	<ul style="list-style-type: none"> <li>● Cut electricity consumption by over 50%</li> </ul>
Dearborn Gymnasium	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit in the varsity gym (2010)</li> </ul>
Fitness & Recreation Center	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit in the entire building (2010)</li> </ul>
Mantor Library	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit (2011)</li> <li>● Converted to geothermal heating system</li> </ul>
Merrill Hall	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit (2011)</li> <li>● New high efficiency boiler system</li> </ul>
Preble, Ricker & Ricker Addition	<ul style="list-style-type: none"> <li>● Converted to geothermal (ground source heat pump) heating and cooling system in 2014</li> </ul>
101 South	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit completed (2010)</li> <li>● Building envelope upgrade for energy efficiency (windows, doors, roof insulation, wall insulation, etc.) (2012)</li> </ul>
Olsen Student Center	<ul style="list-style-type: none"> <li>● Energy efficient lighting retrofit project completed (2010/2011)</li> <li>● New energy efficient window upgrade (2010)</li> <li>● High efficiency hot water pumps, variable frequency drives, and controls installed (2010)</li> </ul>

## **V. Dining at UMF: Aramark**



Aramark has a long history of being an environmentally conscious dining facility:

- The dining hall is trayless, saving 500 gallons of water per person annually , as well as significant hot water and electricity in dishwashing expenditures.
- Aramark composts all pre- and post-consumer waste, including napkins.
- Aramark buys from local distributors that purchase from local companies and farms, accounting for about 24% of their total.
- 100% of the cooking oil used in the dining hall is recycled after being used.
- All pre- and post-consumer food waste is collected and composted at Black Acres Farm in Wilton, ME

**For more information, visit:**

<http://www.campusdish.com/en-US/CSNE/UnivMaineFarmington/Sustainability/>

## **VI. Environmental Academics at UMF**

UMF offers more than 60 courses in a variety of disciplines related to sustainability and the environment. Students can take these courses as electives, general education courses, or as part of their major. Three majors and one minor are directly related to sustainability and the environment. Other majors, such as biology, geography, and community health, include environmental elements, and many students pursue these career interests through these programs.

### **Environmental Science B.A.**

- Provides rigorous interdisciplinary preparation in environmental science
- Field projects take advantage of Maine's nearby lakes, forests, and coast
- Graduates are well prepared for careers in public agencies, environmental organizations, and private consulting firms

### **Environmental Science B.S.**

- Similar to the B.A. program but more flexible and quantitative, and offers the opportunity for greater specialization
- Students work side-by-side with professors in classes, laboratories, and in the field conducting research
- Graduates are well prepared for careers in the private and public sectors as

well as for graduate study in environmental science

**Environmental Planning and Policy, B.A.**

- Multidisciplinary major that helps students develop a comprehensive understanding of policy and planning issues as they relate to the environment.
- Graduates with this major will be able to apply a deep understanding of environmentally sound principles to issues facing their neighborhoods, state, and the world

**Environmental Studies Minor**

- Multidisciplinary program that spans most areas of the arts and sciences
- The goal is for students to relate their majors and careers to environmental issues or to the natural world

## II. Sustainability in the Greater Farmington Community

### I. Local Businesses

If you are looking to shop, downtown Farmington has much to offer. There are several thrift stores, jewelry stores, and antique shops and many places to grab a delicious bite to eat. Come out and support your local economy!

Check out the table below to find some examples of local vendors:

<u>Dining, Groceries, Food</u>	<u>Shopping</u>
<p><b><u>The Homestead Kitchen, Bar, and Bakery:</u></b>  <i>Great cuisine, baked goods, and a very aesthetic bar; local musicians and live entertainment on weekends</i>  <b>Contact:</b> (207) 778 6162  <a href="http://www.homesteadbakery.com/">www.homesteadbakery.com/</a>  <b>Hours:</b> Mon-Sat: 8:00AM-9:00PM, Sun: 8:00AM-2:00PM  <b>Location:</b> Downtown Farmington</p>	<p><b><u>Reny's:</u></b>  <i>A Maine Adventure, providing for all your shopping needs</i>  <b>Contact:</b> (2) 788 4631 <a href="http://www.renys.com/">www.renys.com/</a>  <b>Hours:</b> Mon-Thurs: 9:00AM- 6:00PM, Fri: 9:00 AM-7:00 PM, Sat: 9:00AM-6:00PM, Sun: 10:00AM-5:00PM  <b>Location:</b> Downtown Farmington</p>
<p><b><u>Soup for You:</u></b>  <i>Delicious soups, sandwiches, and other dining options. Many vegan, gluten free, and vegetarian options</i>  <b>Contact:</b> (207) 779 0799  <b>Hours:</b> Mon-Sat: 10:30AM-7:00PM (after 6:30 take-out only)  <b>Location:</b> Downtown Farmington</p>	<p><b><u>Touch of Class:</u></b>  <i>Multiple locations in the Farmington area, selling second-hand clothing, home goods, and many other items</i>  <b>Contact:</b> (207) 778-4492 (Wilton Rd)  (207)778-9046 (Broadway St)  <b>Hours:</b> Sun-Sat:10:00AM-5:00PM  <b>Location:</b> Downtown Farmington and 309 Wilton Road on RT 2 past Hannaford</p>

<p><b><u>Java Joe's Corner Cafe:</u></b>  <i>Get local Carrabassett coffee, tea, fresh bagels, sandwiches, etc.</i>  <b>Contact:</b>(207) 779 1000  <b>Hours:</b> Mon-Fri: 6:00AM-5:00PM, Sat: 6:00AM-4:00PM, Sun: 7:00AM-3:00PM  <b>Location:</b> Downtown Farmington</p>	<p><b><u>Outskirts Vintage Clothing:</u></b>  <i>A vintage clothing store close to campus, also a perfect place to search for Halloween costumes</i>  <b>Contact:</b> (207)778-9200  <b>Hours:</b> Tues-Sat: 10:00AM-5:00PM  <b>Location:</b> Downtown Farmington</p>
<p><b><u>Up Front and Pleasant Gourmet:</u></b>  <i>Small cozy store selling gourmet food, local produce and delicious coffee</i>  <b>Contact:</b> (207)778-5671  <b>Location:</b>157 Front St, Farmington</p>	<p><b><u>Tranten's Grocery Store:</u></b>  <i>A family market since 1955 supplying all your grocery and household needs</i>  <b>Contact:</b> (207) 778 2202  <a href="http://www.trantens.com/">www.trantens.com/</a>  <b>Hours:</b> Mon-Fri: 8:00AM-8:00PM, Sat-Sun: 9:00 AM-8:00 PM  <b>Location:</b> Downtown Farmington</p>
<p><b><u>Calzalaio</u></b>  <i>An Italian restaurant with some American alternatives</i>  <b>Contact:</b> (207) 645-9500  <b>Hours:</b> Daily: 11:00AM-9:00PM  <b>Location:</b> 284 Main St #1, Wilton, ME 04294</p>	<p><b><u>Liquid Sunshine:</u></b>  <i>A unique shop selling clothing, beads, jewelry, and other accessories and gifts</i>  <b>Contact:</b> (207)778-4413  <b>Hours:</b> Mon-Thurs: 10:00AM-6:00PM, Fri-Sat: 9:00AM-7:00PM, Sun: 10:00AM-5:00PM  <b>Location:</b> Downtown Farmington</p>

<p><b><u>Everyone's Resource Depot</u></b>  <i>Non-profit organization proving craft and project materials</i>  <b>Contact:</b> (207) 778-7150  <b>Hours:</b> Mon-Fri: 3:00-5:00PM, Sat 10:00AM-12:00PM  <b>Location:</b> Ed. Center Basement, Room 009</p>	<p><b><u>Better Living Center:</u></b>  <i>A grocery store selling local, organic and healthy foods</i>  <b>Contact:</b> (207)778-6018  <b>Hours:</b> Mon-Thurs: 7:30AM-6:00PM, Fri: 7:30 AM-3:00PM, Sun: 12:00-5:00PM  <b>Location:</b>181 Front St, Farmington</p>
<p><b><u>Sugarwood Gallery</u></b>  <i>This specialty store is home to Maine Artisans who work with natural resources to make unique pieces.</i>  <b>Contact:</b> (207) 778-9105  <b>Hours:</b> Mon-Fri: 10:00AM-5:30PM  Sat-Sun: 10:00AM-4:00PM  <b>Location:</b> Downtown Farmington</p>	<p><b><u>Twice Sold Tales</u></b>  <i>Buy and sell used books</i>  <b>Contact:</b> (207) 778-4411  <b>Hours:</b> Mon-Sat: 10:00AM-5:00PM  <b>Location:</b> Downtown Farmington</p>

**For further information on local businesses please visit:**

<http://www.downtownfarmington.com/>

## **II. Local Farms and Agriculture**

<p><b><u>Western Maine Market and Farmers Markets</u></b>  <i>Order fresh local food online or come visit a local farmers market!</i>  <b>Contact:</b> <a href="http://harvesttomarket.com/farmers-market/Western-Maine-Market">http://harvesttomarket.com/farmers-market/Western-Maine-Market</a>  <a href="http://sandyriverfarmersmarket.com/">http://sandyriverfarmersmarket.com/</a>  <b>Hours &amp; Locations:</b> Nov.- April: Farmington Grange, Sat. 9AM-noon;  May-Oct.: Front St. in Narrow Gauge Cinema parking lot, Fri. 9AM-2PM &amp; Tues. 2PM-6PM  Check the website for up-to-date hours and locations of farmers market.</p>
--

**Sandy River Farm**

*Many fresh and local products available for sale, such as pumpkins, homemade ice cream, organic milk, fresh veggies and meats.*

**Contact:** 207-778-3835

<http://www.sandyriverfarms.com/>

**Hours:** Monday-Saturday 9am-6pm, Sunday 12-4PM

**Location:** 560 Farmington Falls Rd, Farmington, ME 04938

**Black Acres**

*Fourth generation farm specializing in grass based products including beef, pork, turkey, chicken, and eggs as well as maple syrup and raw honey products*

**Contact:** (207) 491-5443

<http://blackacresfarm.org/Home.html>

**Location:** 123 Black Rd, Wilton, ME 04294

**Marble Family Farms**

*Specializing in locally grown vegetables, baked goods, hay and cage-free eggs.*

**Contact:** (207) 779-4858 or 778-6968

<http://www.marblefamilyfarms.com/>

**Hours:** Farmers market hours or pick-ups available

**Location:** 853 Holley Rd, Farmington, ME 04938

**Rustic Roots Farm (CSA)**

*Small-scale farm offering organically grown, mixed vegetables*

**Contact:** <http://www.rusticrootsfarm.org/>

**Hours:** Farmers market hours or pick-ups Wed: 3:00PM-7:00PM

**Location:** ???

**Porter Hill Farm (CSA)**

*Naturally Grown vegetable and berry farm*

**Contact:** (207) 778-6285

[www.porterhillfarm.com](http://www.porterhillfarm.com)

**Hours:** Wed-Thur: 3:00PM-6:00PM

**Location:** 186 Owen Mann Rd, Farmington, 04938

For further information on local farms, organic farms and community supported agriculture (CSAs) please visit <http://www.mofga.org/>



### III. Recreation

The Western Maine region offers limitless opportunities for outdoor recreation. Whether you are looking to hike the scenic mountains and lakes region or zip down the slopes of some of the biggest ski resorts in the East, you can be certain that you will never be bored. And the best part is, it's all right outside your door.

#### A. Ski Resorts:

<p style="text-align: center;"><b><u>Sugarloaf Mountain</u></b>  <b>Contact:</b> 1-800-THE LOAF  <a href="http://www.sugarloaf.com/">http://www.sugarloaf.com/</a>  <b>Location:</b> Carrabassett Valley, ME (45 minutes from UMF)</p>	<p style="text-align: center;"><b><u>Saddleback Mountain</u></b>  <b>Contact:</b> (207) 864-5671  <a href="http://www.saddlebackmaine.com/">http://www.saddlebackmaine.com/</a>  <b>Location:</b> Rangeley, ME (1:25 hr from UMF)</p>
<p style="text-align: center;"><b><u>Titcomb Mountain</u></b>  <b>Contact:</b> 207-778-9031  <a href="http://www.titcombmountain.com/">http://www.titcombmountain.com/</a>  <b>Location:</b> Farmington, ME (7 min. from UMF)</p>	<p style="text-align: center;"><b><u>Sunday River Ski Resort</u></b>  <b>Contact:</b> (207) 824-3000  <a href="http://www.sundayriver.com/">http://www.sundayriver.com/</a>  <b>Location:</b> Bethel, ME (1:15 hr from UMF)</p>
<p style="text-align: center;"><b><u>Black Mountain Ski Resort</u></b>  <i>A family affordable ski area that focuses on providing fun for the entire family</i>  <b>Contact:</b> (207) 364-8977  <a href="http://www.blackmt.com/">http://www.blackmt.com/</a>  <b>Location:</b> 39 Glover Rd, Rumford, ME</p>	<p style="text-align: center;"><b><u>Lost Valley</u></b>  <i>Ski &amp; Banquet Resort</i>  <b>Contact:</b> 207-784-1561  <a href="http://lostvalleyski.com/">http://lostvalleyski.com/</a>  <b>Location:</b> 200 Lost Valley Rd, Auburn, ME</p>
<p style="text-align: center;"><b><u>Carter's X-C Ski Center</u></b>  <i>Beginner to expert Cross Country Skiing</i>  <b>Contact:</b> Oxford (207) 539-4848; Bethel (207) 824-3880  <a href="http://www.cartersxcski.com/">http://www.cartersxcski.com/</a>  <b>Location:</b> Oxford and Bethel, ME</p>	<p style="text-align: center;"><b><u>Spruce Mountain Ski Slope</u></b>  <i>A unique mountain in central Maine, located on the banks of the Androscoggin River</i>  <b>Contact:</b> 207-897-4090  <a href="http://www.sprucemountain.org/">http://www.sprucemountain.org/</a>  <b>Location:</b> Ski Slope Rd, Jay, ME</p>

**B. Mountains, Parks and Recreation:**

*Hiking, Biking, Cross-Country Skiing, Snowshoeing, Ice Skating, Fishing, Swimming and Whitewater Rafting*

<p><b><u>Bonney, Flint &amp; Clifford Woods</u></b> <i>The Powder House Hill Trails Network, completed in 2012, includes the 10 acre Bonney Woods, the nearby 44 acre Flint Woods and adjacent to that, the 43 acre Village Woods.</i> <b>Location:</b> Anson St, Farmington <b>Contact:</b> (207) 778-4275</p>	<p><b><u>Maine Huts and Trails</u></b> <i>Non-profit organization that manages a system of 4 backcountry lodges and more than 50 miles of trails in Western Maine; offers backcountry adventures with friendly accommodations</i> <b>Location:</b> 496 Main St Kingfield, ME <b>Contact:</b> (207) 265-2400 <a href="http://www.mainehuts.org/">http://www.mainehuts.org/</a></p>
<p><b><u>Sugarloaf Outdoor Center</u></b> <i>Largest Nordic ski center in Maine</i> <b>Location:</b> 1 mile south of the Sugarloaf access road <b>Contact:</b> (207) 237-6830 <a href="http://www.sugarloaf.com/outdoorcenter/">http://www.sugarloaf.com/outdoorcenter/</a></p>	<p><b><u>Rangeley Lakes Trail Center</u></b> <i>55 km of mapped trails for XC skiing, snowshoeing, hiking, and mountain biking</i> <b>Location:</b> 524 Saddleback Mountain Rd Rangeley, ME <b>Contact:</b> (207) 864-4309 <a href="http://rangeleylakestrailscenter.com/">http://rangeleylakestrailscenter.com/</a></p>
<p><b><u>Bald Mountain</u></b> <i>Good family hike, with 1.75 gentle climb to the summit with stunning views</i> <b>Location:</b> Route 156 in Weld, ME <b>Contact:</b> (207) 864-3671</p>	<p><b><u>Cascade Falls</u></b> <i>A peaceful 1-mile hike through wooded area along an impressive natural gorge and waterfall</i> <b>Location:</b> Mosher Hill Rd, Farmington, ME <b>Contact:</b> (207) 864-3671</p>

<p style="text-align: center;"><b><u>Kineowatha Park</u></b></p> <p style="text-align: center;"><i>Located on the shore of Wilson Lake, featuring a sandy beach, walking trails, a playground and wide variety of athletic fields/courts</i></p> <p style="text-align: center;"><b>Location:</b> Wilton, ME <b>Contact:</b> 207-645-4825</p>	<p style="text-align: center;"><b><u>Tumbledown Mountain</u></b></p> <p style="text-align: center;"><i>Challenging hike with multiple trails of varying difficulty leading to a beautiful summit view and tumbledown pond</i></p> <p style="text-align: center;"><b>Location:</b> Byron Rd, Weld, ME</p>
<p style="text-align: center;"><b><u>Hippach Field Skating Rink</u></b></p> <p style="text-align: center;"><i>10,000 sq. feet skating rink for general skating of all ages</i></p> <p style="text-align: center;"><b>Contact:</b> 778-3444 <b>Location:</b> Farmington, ME <b>Contact:</b> (207) 778-3444 or (207) 778-3464</p>	<p style="text-align: center;"><b><u>Grafton Notch State Park</u></b></p> <p style="text-align: center;"><i>The Mahoosuc Range offers rugged terrain for backcountry hikers and include 12 of the most challenging miles along the entire Appalachian Trail</i></p> <p style="text-align: center;"><b>Contact (In season):</b> (207) 824-2912 <b>(Off season):</b> (207) 624-6080 <b>Location:</b> Newry, ME 04261</p>
<p style="text-align: center;"><b><u>Mt. Blue State Park</u></b></p> <p style="text-align: center;"><i>This is Maine's largest state park, encompassing approximately 8,000 acres, all surrounding Webb Lake</i></p> <p style="text-align: center;"><b>Contact (In season):</b> 207-585-2347 <b>(Off Season):</b> 207-585-2261 <b>Location:</b> Weld, ME 04285</p>	<p style="text-align: center;"><b><u>Rangley Lake State Park</u></b></p> <p style="text-align: center;"><i>Visitors enjoy hiking, picnicking, camping, wildlife watching, photography, and winter sports, as well as the long-established traditions of fishing and hunting</i></p> <p style="text-align: center;"><b>Contact (In season):</b> 207-585-2347 <b>(Off season):</b> 207-585-2347 <b>Location:</b> 207-585-2347</p>
<p style="text-align: center;"><b><u>Narrow Gauge Pathway</u></b></p> <p style="text-align: center;"><i>A 6-mile trail following the Carrabassett River with beautiful views of the Western Maine Mountains</i></p> <p style="text-align: center;"><b>Location:</b> Carrabassett to Sugarloaf Mountain, Route 27 <b>Contact:</b> (207) 235-2645</p>	<p style="text-align: center;"><b><u>Bethel Pathway</u></b></p> <p style="text-align: center;"><i>1 mile paved bike trail running along the Androscoggin River, including a covered bridge</i></p> <p style="text-align: center;"><b>Location:</b> Davis Park, ME Route 26, Bethel, ME</p>

<p align="center"><b><u>Magic Falls Rafting Company</u></b>  <i>Kennebec River Gorge and Dead River  paddling opportunities.</i>  <b>Contact:</b> 1-800-207-7238  <b>Location:</b> 38 Dead River Rd, West Forks,  ME 04985</p>	<p align="center"><b><u>UMF Fitness and Recreation Center</u></b>  <i>The FRC offers many opportunities for  students and community members to  attend recreational events including  snowshoeing, XC skiing, and hiking.</i>  <b>Contact:</b> (207) 778-7495  <b>Location:</b> 152 Quebec St, Farmington,  ME 04938</p>
--	--

**Check out these links for more recreational opportunities in Maine:**

<http://www.mainelakesandmountains.com>

<http://www.maine.gov/mdot/bikeped/docs/TrailReport082010.pdf>

<http://www.mainetrailfinder.com/>

## Community Sustainability

Organizations in Franklin County that promote sustainable practices

<p><b><u>Community Energy Challenge (CEC)</u></b>  <i>A volunteer-based initiative that builds  storm window-panels to winterize  homes</i>  <b>Contact:</b> Nancy Teel, Project Manager  <a href="mailto:Nancy.teel@maine.edu">Nancy.teel@maine.edu</a>  United Way of the Tri-Valley Area  (207) 778-5048  <a href="http://www.uwtva.org/advocate/community-energy-challenge">http://www.uwtva.org/advocate/community-energy-challenge</a></p>	<p><b><u>Community Supported Agriculture (CSA)</u></b>  <i>In a CSA, community members buy  shares of local farms' anticipated  harvests to receive fresh local foods  throughout the harvesting season</i>  <b>Contact:</b> Maine Organic Farming and  Gardeners Association (MOFGA)  <a href="http://www.mofga.org/">http://www.mofga.org/</a></p>
<p><b><u>Koviashuvik Local Living School</u></b>  <i>Mission: To help create a world that is  socially just, physically healthy and  spiritually alive by teaching skills and  life ways that connect people to the  earth and their local community</i>  <b>Contact:</b> (207) 778 0318  <a href="http://www.koviashuvik.com/">http://www.koviashuvik.com/</a></p>	<p><b><u>Western Mountain Alliance (WMA)</u></b>  <i>WMA is a local non-profit organization  focused on sustainability and local  economic development in the  community. .</i>  <b>Contact:</b> (207) 778-3885  <a href="http://www.westernmountainsalliance.org">http://www.westernmountainsalliance.org</a></p>

## Part III. Living a Green Lifestyle

### A. Why *should* I try to live greener?

**You can help protect biological diversity:** Our planet is unique (as far as we know) because it supports an abundance of thriving life. We are blessed with vast ecosystems, ecosystem services (such as clean water), and a rich variety of species that provide us with all of our necessities. It's up to us to protect our environment so it can continue to provide for future generations.

**You can do your part in slowing climate change:** Scientists agree that humans are changing the Earth's climate. We can reduce our contribution to the problem by taking actions and changing simple behaviors that will reduce greenhouse gas emissions.

**You can save money:** Many green behaviors can save you money. For example, using alternative, home-made products is often cheaper than conventional options. Also, switching from incandescent light bulbs to CFLs or LEDs, powering down your computer, and shutting off lights will reduce your energy costs. Finally, choosing alternatives such as solar power or hybrid vehicles can save you lots of money in the long run.

**It's Easy:** There are many simple tips you can follow to live more sustainably. You can start out small with changes like using both sides of paper, recycling, and conserving water and energy. You can then take larger steps, such as questioning the products you buy and looking for clean, safe, and less harmful substitutes.

**You can be healthier:** Studies have shown that using products that contain harmful chemicals and substances can have detrimental effects on the body. For example, potentially toxic chemicals can be found in certain plastics, kitchenware, lotions, home siding and many more that have all been linked to diseases and overall health effects. Switching to organic or alternative options reduces your exposure to carcinogens and creates a cleaner and safer home.

**You will feel good about yourself:** People sometimes ask, "how can I make a difference?" Maybe a more important question to ask yourself is, "what is the right thing to do?" Knowing you are doing your part to save our planet is empowering. You can feel good that your actions are benefiting the planet and that you are spreading awareness for the cause through your example.

## B. Tips for Living Green in the Residence Halls

1. **What can you salvage?** Before you purchase brand new items for your dorm room, check around for used or second-hand appliances, furniture, and school supplies. Often you'll find what you need for a fraction of the cost and you'll be doing the most powerful kind of recycling. There are several second hand (thrift) stores in the Farmington area.

### 2. Tips on Appliances

- **Energy Star:** Look for Energy Star brand products that conserve energy. Already, over two million people in the US have pledged to use Energy Star appliances, totaling over \$530 million in energy savings.
- **One Fridge ONLY:** UMF has a strict one-refrigerator per room policy. Before you go out and purchase appliances for your room, you should contact your roommate to decide who is bringing what. This will allow you to split the costs as well as keep energy costs down for your residence hall. Refrigerators use huge amounts of energy and cost a lot to run.
- **Think Twice about a Microwave:** Although microwaves are allowed in rooms, each hall is equipped with a kitchenette and microwave for communal use. If you are already paying for a meal plan, save yourself some money and DON'T buy a microwave.

3. **Power Strips:** Power strips are essential in all residence hall rooms since you are running numerous electronics on a limited amount of outlets. They help conserve energy by allowing you to turn off all of your appliances at once when not in use. Not only do power strips act as major energy savers, but they also protect your appliances against electrical damage.

4. **CFLs & LEDs:** CFLs (compact fluorescent light bulbs) save you money in the long run because they last 70-80% longer than regular (incandescent) light bulbs. They are a cleaner light source and reduce energy usage. They typically are the "curlicue" bulbs, but also come in the regular bulb shape. They are great to use in your personal desk lights or floor lamps. LEDs (Light Emitting Diode) are usually even better and are becoming more and more common.

## C. Tips for a Green Lifestyle

### Cleaning Products

Most cleaning products we use are made of a mixture of chemicals. These chemicals can be toxic, and everyday use may be harmful to your health. When we use products containing ammonia, bleach, chloride and many other chemicals, we are inhaling poisonous materials that can cause headaches, skin and eyes irritation, and burns. Furthermore, when we dump chemicals down the drain they run into our water system and affect growing plants and the surrounding environment. Switching to alternative cleaning products and body care products can have a positive impact on your health and your surrounding ecosystem. Next time you purchase a cleaning product, do yourself a favor and buy one that is made from natural ingredients; you get enough headaches from your homework! You can also easily make some cleaning products for a fraction the cost.

### Food: Organic vs Non-organic

<i>Non-organic</i>	<i>Organic</i>
Use chemical fertilizers	Use only natural fertilizer, such as compost or manure
Spray chemical insecticides to control pests (DDT was heavily used until the harmful effects became too apparent)	Only use natural sources of pesticides, such as traps and natural repellents
Give animals antibiotics and growth hormones, often kept in dirty/ crowded cages and do not see the light of day	Livestock have access to outdoors, are fed only organic food, given a balanced diet and are kept in clean pens
Heavy use of chemicals gets into the food and ecosystems, harming our bodies and the environment	Organic practices mean that chemicals are not used, so the food is healthier and safer and there is less harm to the environment

## **Buying Locally**

Supporting your local farmers, restaurants and businesses helps ensure jobs in your community and gives you access to fresh and unique foods and products. In Farmington, and in Maine in general, we are blessed with a close proximity to farms. Each week, local farmers gather at the Farmer's Market, located across from the courthouse and at the Grange, where they bring fresh, organic produce--meats, cheese, vegetables, fruits, and homemade goods--for you to buy. Instead of getting groceries that are filled with chemicals and travel thousands of miles, you can get local, organic groceries grown within driving distance. As for restaurants, rather than always choosing what is familiar, try the many local coffee shops. Typically, smaller businesses have more unusual food options and may provide more organic and local options.

## **Franklin County farmers' market hours**

**NOVEMBER THROUGH APRIL:**

**Farmington Saturdays 9am-noon**

**Farmington Grange, Bridge St, W Farmington**

**MAY THROUGH OCTOBER:**

**Farmington Fridays 9am-2pm**

**Front St, between Better Living Center & Narrow Gauge Cinema**

**Farmington Saturdays 9am-noon**

**Main St, Courthouse parking lot**

**Kingfield, Wednesdays 3-5:30pm**

**Schoolhouse Gallery, 266 Main St**

**New Sharon, Saturdays 9am-1pm**

**Douin's Market, Routes 2 & 27**

**Phillips, Saturdays 10am-2pm**

**American Legion, Depot St**

## Buying Used

Buying used is a great way to not only get a bargain and find unique items, but it helps reduce your environmental impact. It allows items to stay in use rather than being thrown in the garbage and reduces the need for the creation of new products, thus conserving resources. There are many opportunities to buy pre-owned items in Farmington. For clothing and various household and everyday items, visit the thrift stores downtown. If you need school or craft supplies, go to Everyone's Resource Depot, located in room 009 in the basement of the Education Center. Here you can find an assortment of recycled materials at a low cost, including paper, poster board, binders, fabric, beads, and ribbon.

## What are GMOs?

Genetic engineering is the process whereby organisms' genes are manipulated or changed in order to produce crops with desirable characteristics; these are known as genetically modified organisms, or GMOs. Even though genetic engineering could allow for better crop yields and cheaper products, this has not yet been demonstrated, and some research has shown that consuming GMOs can harm your health and the environment. Potential health risks include the development of allergies, cancer, rashes, gastrointestinal problems, and birth defects. The extent of these problems remains unclear and is under investigation. Environmental consequences could include unintentional cross-pollination and disruption of natural ecosystems. The only way to know that you are not buying GMO foods is to purchase organic or products labeled as non-GMO or certified organic. What is important to remember is to question everything you eat.



## Transportation

Did you know that transportation accounts for **67% of all U.S. oil consumption** — mainly in the form of *gasoline*?

That's a big number, and what's scary is that the burning of fossil fuels is the main contributor to rising atmospheric greenhouse gas concentrations and climate change. You may think you have little control over this, but you do! For instance, when you have

the opportunity to buy a new car, look for more energy efficient models that have good gas mileage. Not only will you save money for fuel costs, but you will reduce your carbon footprint AND the US's dependence on oil. A Toyota Prius is a wonderful choice, but not all young people can afford one. But there are very inexpensive non-hybrid cars (like the Yaro) with similarly high gas mileage.

Also, when you have the opportunity, take advantage of alternative transportation options. When you are going somewhere within a reasonable distance, walk or take a bike ride. There are tremendous benefits to your health and mood from getting exercise outdoors. So eliminate your transportation emissions and do something good for yourself. When you have to go longer distances, first see if you can carpool with friends or use public transportation if it's available. Especially in cities or more urban areas, finding the bus, train, or subway route is usually inexpensive and accessible.

### **Waste**

Did you know that 80% of what is produced gets thrown away within 6 months of its production? Seems like a lot of waste that could have either been recycled, reused, composted, or not purchased in the first place. You can help reduce waste by being a conscientious consumer--only buying what you need and reusing whenever possible.

UMF and the SCC have made a large effort to improve the recycling facilities on campus. In every residence hall and in almost every campus building, you can find green bins to recycle the majority of your garbage. There are also Terracycle bins for items such as granola bar wrappers, solo cups, and beauty care products, which are then "upcycled" into products such as backpacks, fences, and recycling bins. The local United Way redeems each item collected by TerraCycle, and receives a portion of the money in return to support programs in Franklin County.

Another great effort made by UMF is the composting of all food waste. Many local businesses also compost, meaning that here in Farmington, there is almost nothing you cannot recycle or compost!

### **Entertainment**

Take a break from electronic entertainment and try to spend more time outdoors, on campus, and in the community. For example, you could participate in some fun events on campus hosted by clubs and Student Life, like crafts, movies, comedians, and speakers. You could also enjoy off-campus activities such as shopping and eating downtown. If you're 21+, be sure to check out the local bars and participate in events like karaoke, DJ and trivia nights. **Check out the recreation section on page for more entertainment ideas.**

### C. What every sustainable person should own!

1. **A Bike:** With gas prices rising, this is a sustainably and financially efficient purchase. It allows for simple, healthy exercise that can make a world of a difference.
2. **A Reusable Coffee Mug:** If you are a coffee or tea drinker, this will save you a lot of money and waste. The Snack Bar, dining hall, and many local shops will allow you to fill up your own mug. Some places offer a small discount for this.
3. **A Reusable Water Bottle:** Stay hydrated and make use of the water fountains around campus. Avoiding disposable plastic water bottles reduces waste and reduces your risk of ingesting chemicals that can leach from the plastic into the water. The new water fountains on campus make it easy to refill.
4. **Reusable Shopping Bags:** To avoid the many environmental consequences associated with the production, usage and disposal of plastic bags, invest in a reusable shopping bag.
5. **Other Reusable Items:** We live in a disposable culture, which is bad for both health and the environment. To counteract this, you can implement alternatives like tupperware, non-disposable plates and utensils, and cloth napkins and dishcloths.

### MAKE IT YOURSELF

#### Easy Recipes for a College Student

<p><b><u>Simple Body Scrub</u></b>            ¼ cup of any oil (olive works the best)            1/8 cup brown sugar            1/8 cup salt            1/8 cup essential vanilla oil            mix well in a small bowl, use while taking shower or bath</p>	<p><b><u>Basic Lotion</u></b>            ½ cup olive oil            ¼ cup coconut oil            ¼ cup beeswax            a couple drops of an essential oil.</p>
<p><b><u>Shampoo</u></b>            ½ tsp olive oil            ¼ cup water            ¼ cup liquid castile soap            essential oil of your choice if using unscented castile soap            stir together in bowl, use in shower.</p>	<p><b><u>Conditioner</u></b>            2/3 cup water            1 tsp melted coconut oil            ½ tsp guar gum            mix in bowl, use in shower after shampoo</p>

<p><b><u>Simple Shampoo</u></b>  1 tbsp baking soda  1 cup water  stir together, use in shower!</p>	<p><b><u>Simple Conditioner</u></b>  1 tablespoon apple cider vinegar  1 cup water  stir in bowl, use in shower after baking soda shampoo, makes hair very shiny!</p>
<p><b><u>Deodorant</u></b>  5-6 Tbsp Coconut Oil  ¼ cup Baking Soda  ¼ cup Corn Starch  mix into a small mason jar, let sit for 3 days until use.</p>	<p><b><u>Perfume</u></b>  ¼ cup 100-proof vodka (Smirnoff or Absolute work best)  1 tsp of any essential oil  mix into an air tight container, let sit for 3 days.</p>
<p><b><u>Toothpaste</u></b>  ½ cup coconut oil, softened  2-3 tbsp baking soda  2 small packets of stevia powder  15-20 drops of essential peppermint oil  mix into a small mason jar</p>	<p><b><u>Chapstick</u></b>  1 tbsp beeswax  2 tbsp shea, cocoa, or mango butter  2 tbsp coconut oil  20 drops of your favorite essential oil</p>
<p><b><u>Powdered Laundry Detergent</u></b>  1 ¼ cup vinegar  1 cup baking soda  1 cup washing soda  1 cup borax  ¼ cup liquid castile soap  a few drops of your favorite essential oil  mix into a large bucket</p>	<p><b><u>Liquid Laundry Detergent</u></b>  1 ½ cup water  1 ½ cup distilled white vinegar  ¼ cup liquid castile soap  2 tbsp pure lemon juice  2 tbsp salt  1 tbsp washing soda  mix into a large bucket or bowl</p>