



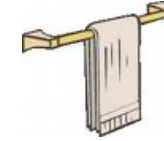
REMP INSTALLMENT

YOUR ENVIRONMENTAL NEWSLETTER

The backs of every installment [depending on whether they survive orientation] will be reused for further installments.

VOLUME VI, ISSUE I
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Welcome Back!



What are these bins again???

Every room in campus housing is given two recycling bins. Here is what to do with those bins:



Paper – The Blue Bin

- Recycle newspaper,
- White and colored office paper,
- posters,
- Notebook paper,
- Manila folders,
- Flyers,
- Opened mail,
- Glossy magazine paper
- Paper recyclables go in the paper recycling outside your building. Do not put any plastic bags or products in with your paper recycling.

Containers – The Green Bin

- #1 through #7 plastic bottles and jugs, #5 wide-mouth containers (like yogurt containers and butter tubs).
- The top opening must be smaller than base except yogurt and butter containers.
- Recycle your metal cans and aluminum foil.
- Paper milk and juice cartons
- Drink boxes and soy milk containers
- Do not include plastic screw-on tops

Be sure to rinse your containers before recycling them!

Making Sustainable Choices

- **Eat more fruits and vegetables** - Eating fruits and vegetables is not only a healthier choice, but it's more environmentally friendly. If everyone cut his or her meat consumption down to one meal a day, it would make a dramatic difference in the amount of impact the meat industry has on the environment. Check out <http://www.goveg.com/environment.asp> for more information.
- **Travel consciously** - walk, ride a bike, use the Tompkins County Area Transit (TCAT) or carpool when traveling around Ithaca. You can use <http://www.tcatbus.com> to plan trips or check out arrival and departure times for all TCAT bus routes.
- **Buy locally** - support your local economy and stop by the Ithaca Farmer's Market. The Market is opening the following hours:

Dewitt Park
Tuesdays 5/5 - 10/27 — 9am-2pm
Thursdays 6/25-9/24 — 4pm-8pm

Steamboat Landing
Sat. 4/4 - 10/31 — 9am to 3pm
Sat. 11/7 - 12/19 — 10am to 3pm
Sun. 5/3 - 10/25 — 10am to 3pm

Check out <http://www.ithacamarket.com/> for information about the history of the market and the current vendors.

Also stop by GreenStar Coop for some great grocery items.

B.Y.O.T. (Bring Your Own Towel)

Next time you wash your hands in an on-campus bathroom, count **how many paper towels** you use to dry your hands. **One, two, even three?** Now think about how many times you'll use the bathroom each day. Do you wash your hands, and dry them, each time? **If you use an on-campus bathroom three times a day, using three paper towels each time** (these are conservative figures - we've all seen the trash cans overflowing with paper towels), **seven days a week, you will have used 63 paper towels that week.** That might not seem like a lot to some of you, but **if you keep those habits up for a year, you will use 3,240 paper towels.** Think of all the resources it takes to put 3,240 paper towels in the bathroom. **Why not try a more sustainable approach? Bring a hand towel next time you plan on washing your hands.** Microfiber clothes can be folded to fit into your pocket and do a great job drying off your hands without using resources or creating waste. If you don't want to try the towel approach, here's a great idea: **use your pants!**

Volunteer for REMP!

Are you interested in working toward a more sustainable future? Have you thought about projects that might help to raise awareness about sustainability and environmental issues in the campus community?

VISIT US AT: WWW.ITHACA.EDU/REMP HAVE QUESTIONS OR WANT TO VOLUNTEER FOR REMP? EMAIL US AT: IRECYCLE@ITHACA.EDU