



SLOW DOWN, FAST FASHION!

Sustainability Month continues with Sustainable Fashion Week. This week, the conversation will be centered around fast fashion and its environmental impact. Our friends at OCCU are planning a discussion on that topic which will highlight different perspectives on fast fashion alongside the potential ways in which our society can make a transition to a more sustainable fashion without compromising one's sense of style. Keep an eye on OCCU's social media for updates!

P.S. I thought the picture above would be a perfect illustration for the throwaway fashion culture: what the pretty lady is wearing today will end up on a landfill tomorrow together with other pieces of evidence denouncing our consumerism.

MAKING AN EASY AUTUMN COLLAGE



The leaves on the trees are beginning to change colors to deep auburn, rich crimson, and dazzling yellow, and fall to the ground. One can lovingly take them out of the nutrient cycle and immortalize their fading beauty in a collage.

Follow the 4 step guide found below to frame your own piece of autumn.

LEARN HOW TO MAKE ONE

SPOTLIGHT

We've heard about the harmful effects of fast fashion on the environment and communities: greenhouse and noxious gas emissions, water pollution, poor work conditions of the industry workers, and tons of waste in landfills. It is time to ask the question, How can we dress sustainably? Another, question is, How can cultural venues and the entertainment industry be sustainable in terms of fashion?

Greer King, a college senior who creates costumes for the theater, is a person who has long been concerned about these issues. We asked her several questions about how she incorporates sustainability into her creative work and personal style.



READ THE ARTICLE

GREEN DICTIONARY

Pescetarianism is the practice of adhering to a diet that incorporates seafood as the only source of meat in an otherwise vegetarian diet (Wikipedia). "Compared to following a vegan diet, eating a **pescetarian diet** means there's less risk of nutritional deficiencies and it's easier to meet the recommended levels of vitamin B12, iron and zinc," the senior nutritionist for Nutrition Australia Aloysa Hourigan tells SBS. Being a **pescetarian** can be your first step to giving up meat products.



ENVIRONMENTAL ART

"Not Everything My Eyes See Can Be Given A Meaning" by Olivier Mbabazi, C'22

Olivier credits the book, 'Tous Vegetariens!' which inspired him to wonder, what would happen if humans became the food of choice by animals or aliens! Although he is not portrayed, this painting puts him in the situation of being invited to a dinner, only to see human hands and feet roasted with exotic spices, complimented with vegetables and wine being served. It's quite obvious the cow and chic pig are thoroughly enjoying their meal while the rooster anxiously awaits his meal.

Olivier is not a vegetarian, but he is passionate about how and why humans eat meat and can't depict what animals go through in order to feed us. Olivier states, "I am always saddened by how the majority of people don't really care about it. They don't understand about animal exploitation, mistreatment and the harm it causes animals and the earth." He wishes people would care more for the environment, and animals in particular.

Olivier completed this painting in six weeks and he hopes it will cause people to pause and think what would happen if the tables were turned.

You are cordially invited to witness Olivier's painting, "Not Everything My Eyes See Can Be Given A Meaning". It is currently being displayed at: The Artisan Depot & Gift Shop, 204 Cumberland Street East in Cowan, Tennessee.

Credit for the photo and description: The Artisan Depot & Gift Shop on Facebook.

Ready to share your art?



EDITORIAL BY KRISTINA ROMANENKOVA

What I Learned From Leaves And Seashells: Lessons on Imperfection, Beauty, and Relationships From a Phyto Design Studio

I step down the ladder, which I climbed to reach the highest shelf of the immense closet occupying the whole wall of the phyto design studio. In my hands I carry a heavy yet fragile trophy - a glass vessel filled with ribbed ivory seashells, a large version of what they sell on the Black Sea beaches where I used to go with my family as a child. I open the jar and the smell of salt water bursts from under the lid. I pour the shells from the jar, and they cover the table like they used to cover the faraway seashores.

READ MORE

SUSTAINABILITY EVENTS

Ongoing	What: Nature Photo Contest Announcement Who: Students, Employees, & Community Members
TBA	What: Sustainable Fashion with OCCU Who: Everyone
Thu, Oct 15	What: Black Pain Matters , with Multicultural Health Society When: 6pm Who: Everyone
Fri, Oct 16	What: Let's Talk Sustainability with Emma Spicer When: 4-5pm, Ayres Tent Who: Students
Fri, Oct 16	What: DIY Products with OCCU - Rescheduled
Sat, Oct 17	What: Farm Bonfire 'n S'mores with Farm Club Who: Everyone
Fri-Sat, Oct 23-24	What: Sewanee Hosts Conference on Ecological Hope: "Deep Green Faith: Earth-hearted Hope Amid Crisis" Who: Everyone, Virtual (Zoom), must pre-register ; Sewanee students & employees see email for Free code
Mon, Oct 26	What: "Fixing Our Plate" - Ricardo Salvatore , guest lecture When: 7:30pm, Zoom Who: Students, Employees & Community Members
TBD	What: Haunted Hayride with Greenhouse, Farm Club, Green Fund, SoCo, and Sewanee Water Campaign

Sustain Sewanee newsletter written by Kristina Romanenkova '23

Stay safe and sustainable!

