



THE FIGHT FOR REUSABLE UTENSILS

As we are entering the fifth week of classes, it is time to reflect on the month spent on the Mountain. For some of us, it was filled with excitement about starting a Sewanee journey. For others of us, it began with nostalgia about Sewanee as it used to be. The first month of the "Semester Like No Other" has been marked by joyful moments and unexpected insights, yet shaded by worries and frustration.

Our experiences of the "new" Sewanee have been different. However, one thing has been common for all of us - using disposable utensils. You may not have participated in an SOP hike or made s'mores with the Farm Club, but you must have tossed at least one set of *plasticware*.

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PRACTICING AN EARTH-FRIENDLY DIET: In 5 Tips, Excerpts from a CNN article

1. **Ease up on red meat.** If you only make one step towards the sustainable diet, cutting out red meat will have the greatest immediate impact...
2. **Focus on unprocessed ingredients and vegan protein options.** Unprocessed high-protein foods like beans, lentils, quinoa, and leafy greens are great substitutes...

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[CNN ARTICLE](#)

SPOTLIGHT

Maria C. Ramirez, a recent Sewanee graduate, discovered her passion for environmental justice while still in college. Interested in exploring the intersection of economic disparities, social injustices, and environmental issues and committed to sharing the untold stories of BIPOC individuals and communities, she became a staff writer for *Platform Magazine*.

Read Maria's article about her path to environmental justice and work at *Platform Magazine*.

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GREEN DICTIONARY

Ecocentrism is a philosophy or perspective that places intrinsic value on all living organisms and their natural environment, regardless of their perceived usefulness or importance to human beings. (Dictionary.com) Opposite to **anthropocentrism** which places human beings at the center of consideration and evaluates creatures and natural objects in terms of their usefulness to people.

ENVIRONMENTAL ART



"The Way of the Path"
wire wrapped sculpture
by Tara Bartal, Seminarian T'23

"It represents a path and the wood and stone are the first pieces I collected when I did one of my hikes. It will be a part of Sewanee's beautiful nature that I will take with me after I finish seminary. I love the rustic feel of the piece and not all our paths are nicely paved, are they? Sometimes our paths will lead us on a bit of a hike. ;)"

SUSTAINABILITY EVENTS

Tues, Sept 15	What: Campfires & Confidence ; learn to build a fire (for Womxn-identifying students only) When: 6-7pm Where: Meet at the Farm
Sun, Sept 20	What: Hike from the Cross to Morgan Steep (1 mile in distance, one way) When: 4pm Where: Meet at the Cross
Tues, Sept 22	What: Campfire Building 101 ; learn to build a fire When: 6-9pm Where: Meet at the Farm
Sun, Sept 27	What: Hike with Nate Wilson When: 10am Where: Meet on the Quad

Stay safe and sustainable!

