



Cajuns Geaux GREEN

a publication by UL's Office of Sustainability

December 2015 - January 2016

Benefits of Biking

SAVE MONEY

average annual cost to operate a car: \$9,600
average annual cost to operate a bike: \$120



SAVE TIME

Avoid sitting in traffic and get to class quickly!



STAY HEALTHY

The average person will lose 13 lbs. in their first year of biking to work or school!



HELP THE ENVIRONMENT

Bikes give off zero CO2 emissions into the environment!



EXPLORE

Discover and visit places you can't access by car!



MEASURING HOW AMERICA RIDES

U.S. Bicycling Participation Benchmark Report

34% of Americans ages 3+ rode a bicycle at least one day in the past year.

Of those who rode a bicycle, 30% rode five days or fewer.

Those who rode for transportation are much more likely to have done so to get to and from social, recreation, or leisure activities (70%) than to have commuted to and from work or school (46%).

48% of adults in the U.S. don't have access to an operational bicycle at home.

54% of adults in the U.S. perceive bicycling as a convenient way to get from one place to another and 53% would like to ride more often. (peopleforbikes.org)



vélo: noun. BIKE (French)

geaux VÉLO

Bike Share here at UL!

We are excited to announce that the new bike share system Geaux Vélo has been approved and will be available to students, faculty, staff, and community members this spring semester! There will be three locations of Bike Share Stations: Cajun Field, The Union, and the Girard Park Circle Parking Tower that house a total of 52 bikes. Membership of this program is FREE, and low-cost fees will be based on hourly usage, which is shown below.

Biking is a sustainable and reliable method of transportation with many health, environmental, and economical benefits! With Geaux Vélo, a round-trip based bike share system, you can become a member for FREE and rent a bike to travel quickly and easily across campus and around the community!

How does it work?

Geaux Vélo bikes are designed with airless tires, enclosed chains, and a basket to be durable and efficient! See below for step by step instructions on how to use the Geaux Vélo Bike Share system.

1

Sign Up

- Sign up for FREE online at geauxvelobikeshare.com to become a member.
- Go to any of the three Bike Share Stations listed above to activate your UL ID or Driver's License with your User ID and PIN which you will receive in an email once you have registered on line.
- Use your UL ID or Driver's License to rent a bike! (Your User ID and PIN will also work.)

2

Remove Key

- Swipe UL ID, Driver's License or enter User ID and PIN at Bike Share Station.
- After station door opens, take lighted key assigned to you.
- Find bike with keytag ID number.
- Unlock your bike using key and lock button.

3

Ride Around

- Adjust the seat using hand knob directly below the seat if needed.
- Make sure to lock your bike when you park it!

4

Return Key

- After returning your bike to the original station, swipe your card and return your key to any open slot.

Costs Per Hour

Hour 1 = FREE

Hour 2 = \$1.00
Hour 3 = \$1.00

Hour 4 = FREE
Hour 5 = FREE
Hour 6 = FREE
Hour 7 = FREE
Hour 8 = FREE

Hour 9 = \$1.00
Hour 10 = \$1.00
Hour 11 = \$1.00
Hour 12 = \$1.00

What's inside:

Geaux Vélo Bike Share!

Recycling on Campus

Benefits of Biking (even in winter)

Geaux Green This Winter

Special Announcement

UL has earned its seventh consecutive title as TREE CAMPUS USA in 2015!

Check out the National Arbor Day Foundation's website for more information on the Tree Campus USA program!

<https://www.arborday.org/programs/treecampususa/>



Tip of the Month

Instead of buying rolls and rolls of wrapping paper for holiday and birthday gifts, try wrapping with materials like fabric, reusable bags, and clay pots. Recipients will be able to reuse these items around the house or to wrap their gifts!

If you don't have any of these items lying around, try using something fun like the comic section of the newspaper to wrap gifts!



UL FOOTBALL

Gameday Challenge

Recycling at Home Games

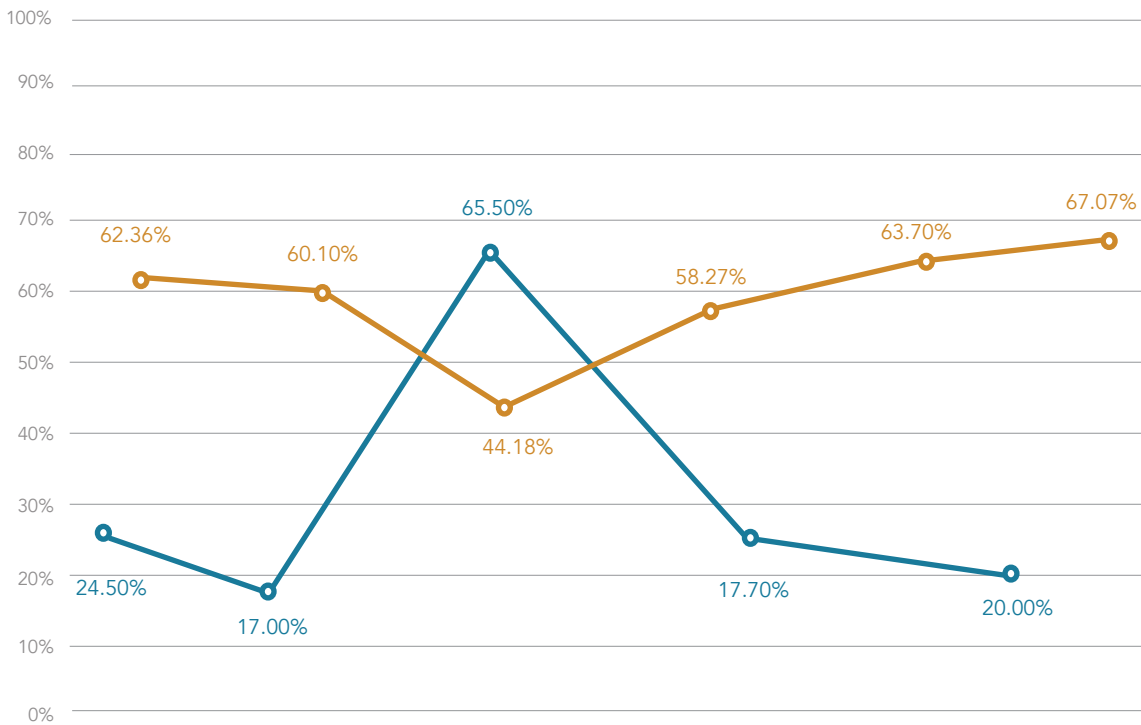


In 2014, we participated in the Gameday Recycling Challenge, a friendly competition for colleges and universities to promote waste reduction at home football games. Last football season, we ranked 10th in the nation for highest diversion rate! This season, though we fell out of the top 10 with a 17th place finish, we did manage to drastically improve our diversion rates from last year! Below are recycling statistics from last football season compared to this season! Thanks again, Cajuns, for participating in the recycling efforts! Keep up the great work!

$$\text{diversion rate} = \frac{\text{Pounds of Recyclables/Compostables}}{\text{Pounds of Trash} + \text{Pounds of Recyclables/Compostables}} \times 100$$

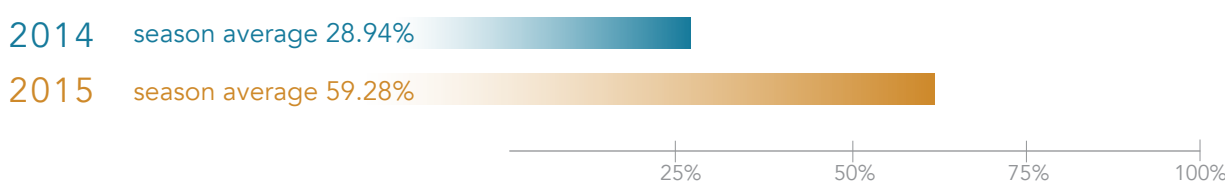
2014 2015

DIVERSION RATES



Year	Game 1	Game 2	Game 3	Game 4	Game 5	
2014	8-30-14 Southern	9-6-14 La Tech	10-4-14 Georgia State	10-21-14 Arkansas State	11-1-14 South Alabama	
2015	9-12-15 Northwestern	9-26-15 Akron	10-10-15 Texas State	10-31-15 ULM	11-21-15 New Mexico State	12-5-15 Troy

HOME GAMES



Events

January 13
Classes Begin

January 18
No Classes: Martin Luther King Day

Community

Jan. 16 8:00 am-noon
The Teche Project's St. Martin Parish Recycling- Free of Charge!
Taking electronic items to be recycled, prescription drug take-backs and document shredding. Check out techeproject.org/# for more info!

Jan. 30 8:00 am-11:30 am
Bayou Vermilion District's Intermediate Canoe/Kayak Lesson + Paddle Trip

Jan. 9 10:00 am-11:00 am
Lafayette Parish Master Gardener's 2nd Saturday Gardening Class
@ Green T. Lindon Elementary 603 Avenue B Youngsville, LA. 70592

Shout Outs!

A big thank-you to all who have contributed to our e-cycle program!

Here are the leaders for the month of November:

- Student Cashier Center (The Union)
- Administration and Finance (Martin Hall)
- University Bookstore (Rex and St. Mary)

Check out our website (sustainability.louisiana.edu) to learn more about our e-cycle program and how you can contribute!



Bike Safely This Winter

Rules to Follow:

1. Be Seen!
With the days getting shorter and weather occasionally getting bad, make sure you are seen by drivers by using white and red lights and reflective tape and/or clothing that makes you visible! During the winter, motorists don't expect to see many bicyclists on the road, so take the extra precautions to be seen!

2. Know the Hazards
The streets are slickest when it first begins to rain or snow. Also, manhole covers, leaves and metal bridges are especially dangerous when wet. Keep your eyes open for potholes, cracks, and RR crossings.

3. Know the Tricks
When it is wet or icy, pump the brakes, ride slower, keep your weight on the back wheel, and don't lean into turns as much. If you do start to fall, try to lean away from traffic and resist putting out your hand to brake the fall.

4. Know Your Options
Although many bike routes to work or school may be habit now, make sure you know alternative routes in advance in case you run into things like messy weather or heavy traffic.

5. Be Predictable
Anticipate what other road users (including pedestrians and other cyclists) are going to do, and help them anticipate your movements. You can do this by using hand signals, not stopping abruptly, and looking behind without veering off course.

6. Be Assertive
Don't hesitate to take a lane. If you're being honked at, at least they see you! Also, stay to the left of right turning traffic at intersections so oncoming traffic will see you better, and right turning traffic won't plow into you.

(bikewinter.org/node/20)

Reminder

Remember to get involved with sustainability-related efforts on campus! Check out the **Biology Club**, **Horticulture Club**, **Geaux Bike UL**, or **Students for Sustainability** to see what they're doing to make our campus a better place! Ask club members about upcoming volunteer opportunities as a way to help out around our campus and within our community!

Sustainable Winter 2015-16

Geaux Green this winter by following these simple tips!

Recycle

Look for ways to store and reuse holiday decorations and ornaments next year! Some gift wrapping, such as gift bags, cardboard, and packing peanuts, may be salvaged as well and reused next year!

Holiday Parties

Choose reusable dinnerware instead of disposable dinnerware when possible. When party planning, know party size in advance. This will prevent over-purchasing.

Green Clean-up

Make sure to separate recyclable material (paper, cardboard, glass, metals) from trash when cleaning up after a party. Also, try using eco-friendly cleaners that don't contain toxic or dangerous chemicals.

Get Exercise

Despite the cold weather, find ways to remain active and in-shape this winter by doing this as simple as walking in the park, jogging around your neighborhood, or completing projects around the house.

Winter Air Quality

Use resources like the Environmental Protection Agency's AIRNow website (www.epa.gov/airnow) to check the particle levels in the air. "Particle pollution consists of microscopic particles in the air that can get deep into the lungs, potentially causing serious health problems and can occur throughout the year (www.epa.gov).

Eat Local and Organic

Check out Lafayette's local farmers markets to get great deals on locally-grown food. Not only is this good for your health, it also helps boost our local economy!

Weather-proof

To make sure your heating system is functioning efficiently, check ductwork for leaks and wrap with duct mastic. Caulk and weatherstrip doors and windows that leak air.

Check Vehicle

Make sure your vehicle is running efficiently by checking air filter and fluid levels. Check tires for proper inflation and tread wear.

Energy-star qualified equipment

Consider replacing old equipment around the house with energy-star qualified equipment. For instance, if your heating equipment is more than ten years old, it is time to upgrade. Although these items may be initially expensive, they will save energy and money in the long run.



Be sure to use our website [sustainability.louisiana.edu] as one of your sustainability resources!

There, you'll find UL news, planning and progress updates, green guides, links to environmental footprint calculators, transportation information, and ways to get involved around campus and in the community!

Also, keep up to date by following us on **Facebook** (University of Louisiana at Lafayette Office of Sustainability), **Pinterest** (UL Office of Sustainability), and **Instagram** (ul_sustainability)!

Some programs we offer on campus include E-Cycle, Single-stream recycling, and S.W.A.P Shop for faculty and staff.



UNIVERSITY OF LOUISIANA
Lafayette

Office of Sustainability

Reduce Waste

Stay Healthy

Be Energy Efficient

Stay Connected

[r] E - CYCLE
electronic recycling

It is...

a way to recycle

ink cartridges
toner cartridges

how it works...

contact the Office of Sustainability

call 482-0054
email sustainability@louisiana.edu

you can also donate...

personal computers
personal cell phones
personal televisions
personal printers

We cannot recycle any property purchased with University funds



Local Farmers Markets

Lafayette Farmers & Artisans Market at The Horse Farm
Every Saturday 8:00 am-noon

Lafayette Hub City Farmers Market
Oil Center (427 Heyman St. across from Champagne's)
Every Saturday 8:00 am-noon

Arts Weekend
Local artists join the Hub City Farmers Market
1st & 3rd Saturday of each month

Green New Year's Resolutions

1. Stop buying bottled water!
Bottles used to package water take over 1,000 years to degrade in landfills and, if incinerated, produce toxic fumes¹. Instead, try drinking tap or filtered water from a reusable bottle.

2. Remember to bring reusable bags when shopping.
A plastic bag can take up to 500 years to degrade in a landfill²!

3. Cut back on paper towels.
Try using dish rags or towels to clean up instead. Approximately 51,000 trees are required daily to replace discarded paper towels³.

4. Eliminate phantom power usage by unplugging electronics such as chargers, DVD players, gaming systems, coffee pots, TVs, etc. when not in use.

5. Switch out all incandescent light bulbs for compact fluorescent light bulbs (CFLs). An EnergyStar qualified CFL bulb will pay for itself in 6 months and will save \$30 in electricity over its lifetime⁴!

1. thewaterproject.org
2. sciencelearn.org
3. recyclenation.com
4. energystar.gov

Got an Idea?

Great ideas come from everywhere, and we would love to hear yours!

Please share it with us!
Just email us at sustainability@louisiana.edu

Feel free to contact us with questions or comments!

sustainability@louisiana.edu email
337.482-0054 phone