



## Fun Facts About Mardi Gras

### Did you know...

More than 500,000 king cakes are sold annually in New Orleans alone! Another 50,000 are shipped out of state!

-www.neworleanscvb.com

### Are Carnival and Mardi Gras the same thing?

"In Acadiana, we refer to the whole holiday season as Mardi Gras, even though Mardi Gras is French for 'Fat Tuesday'. In New Orleans, the holiday season has traditionally been known as Carnival, with the term Mardi Gras being reserved for the day before Ash Wednesday, the start of Lent. That being said, the term Mardi Gras is more widely used today."

### A few tips...

Wear comfortable shoes. Bring a backpack or fanny pack. Get to the parade route early. Don't let kids cross barricades. Don't sit on barricades. Dress in layers...an overcast, chilly morning can easily turn into a sunshiny, humid afternoon. Wear sunscreen.

-http://www.mardigraslafayette.com

# Cajuns Geaux GREEN

a publication by UL's Office of Sustainability

February 2016

What's inside:

Mardi Gras: Statistics and Green Practices

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## 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

Wondering what to do with all those plastic grocery bags that accumulate under your sink? Before you put them into single-stream recycling, STOP! The sorting machines used in this process cannot take plastic bags! Although the bags are made of recyclable plastic, the bags themselves cause sorting machines to jam! Bring bags to your local Albertson's or Winn-Dixie for recycling!

### Did you know...?

In New Orleans alone, roughly **12,500 tons of beads** are thrown from floats each year.<sup>1</sup>

### Consider this...

Beads often end up in trees, which is **harmful** to the trees and animals that live in the trees.

### Did you know...?

Each year, Mardi Gras parade revelers in Lafayette leave signs of the party behind – about **34 tons of trash**.<sup>2</sup>

### Just think...

of all the red solo cups, aluminum cans, glass bottles, beads, trinkets, plastic bags, paper plates and napkins that never make it to a trash can or recycling bin! Make sure these items are **properly disposed of!**

### And remember...

Any trash that is left on the ground after clean up crews finish will go where ALL LITTER left on the ground goes: **into the storm drains that lead to the Vermilion River!**

Remember, bring bags to hold trash until a dumpster is available to keep trash off the ground and out of the river!

Be conscious of the impact our celebration has on the environment!

Keep Practicing The 3 R's

## Reduce

- When shopping in preparation for parades and parties, try to reduce the amount of disposable items you buy!
- Knowing exactly how many people you are expecting will help reduce tendencies of over-purchasing.

## Reuse

- Don't buy new, buy recycled beads from local retailers like LARC's Mardi Gras Beads-n-More or Arc of Acadiana!
- Save collectible throws, use them for next year or re-gift them
- Bring a reusable cup or bottle to parades, balls or parties
- Reuse an old costume or channel your creativity and make a unique costume!
- Bring reusable bags to carry beads and trinkets

## Recycle

- Beads can be donated at LARC, 303 New Hope Road, or at any Goodwill Industries of Acadiana location. Donated beads are packaged and sold through Mardi Gras Beads-n-More, one of LARC's Enterprises, which creates jobs and opportunities for individuals with developmental disabilities.
- Arch of Acadiana also accepts donated beads to be repackaged and resold. This provides employment opportunities for individuals with disabilities.
- Downtown Lafayette partners with Project Front Yard to collect beads for donation using the #Y Sculpture in Parc Sans Souci! The empty space will be replaced with the 6-foot tall chicken wire 'Y' that will collect donated beads that will go to LARC, Lafayette Association for Retarded Citizens.



Citizen scientists from around the world contributed 22,771 data points in 2015! This year Globe at Night is up to 1,236 data points! Check out their website to see how you can contribute to this database!

Continued on next page...

1. <http://www.neworleansonline.com/tools/infographics/mardi-gras-2015.html>

2. <http://theadvocate.com/news/neworleans/11532315-93/lafayette-mardi-gras-keep-it>

3. <http://www.bizneworleans.com/Biz-The-Magazine/January-2015/Purple-and-Gold-but-Mostly-Green/>



# Light Pollution

## Events

February 8-10  
No Classes, Happy  
Mardi Gras!

### What is Light Pollution?

Light pollution is defined as excessive, misdirected, or obtrusive artificial (usually outdoor) light. There are three main types of light pollution.

### How can we prevent Light Pollution?

- Reduce lighting at night that comes from your house by only using lighting that is necessary for a certain task.
- Use energy efficient bulbs.
- Install motion detector lights and timers that will shut off when there is no activity.
- Properly shield outdoor lights.
- Keep your blinds drawn to keep light glow inside.
- Become a citizen scientist and help measure light pollution by going on Globe at Night's website (GlobeAtNight.org) for instructions!

### Why is light pollution an issue?

#### Light pollution has adverse health effects.

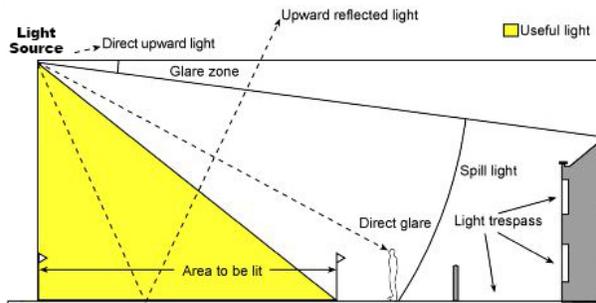
Many species, especially humans, should not be exposed to light while sleeping. Research shows that this exposure suppresses melatonin production which is regulated by light and dark. Melatonin is necessary in circadian rhythms, a natural body cycle, and the disruption of this cycle can lead to sleep disorders and other health related problems such as increased headache and stress.

#### Light pollution adversely affects wildlife.

As mentioned above, animals rely heavily on circadian rhythms. This is especially true with nocturnal animals, as light pollution has a negative impact on plant and animal physiology. It can also confuse the migratory patterns of animals and change competitive interactions and predator-prey relations.

#### Light pollution is a huge waste of energy

Lighting is responsible for at least one fourth of all electricity consumption worldwide. See the diagram below that shows where outside lighting goes, and what portion of it is actually useful. The rest of the light being wasted, especially upward directed light at night, is not only an energy waste but also a contributor to our carbon footprint.



Before and during the 2003 Northeast blackout, a massive power outage that affected 55 million people. Photo by of Todd Carlson.

### Light pollution obscures the view of the night sky

When is the last time you walked outside of your house to look up into the sky? Compare this view to a time when you may have gone camping far away from the city, where there was an abundance of stars in the night sky. 3 out of every 4 people in cities have never experienced a completely starry night sky, thanks to light pollution.



Map of Sky Glow - NASA Blue Marble Navigator  
<http://www.elights.com/starrysky.html>

### What is Globe at Night?

The Globe at Night, a program of the National Optical Astronomy Observatory, is an international citizen-science campaign that aims to raise awareness of light pollution and its negative affects on things like wildlife, energy consumption, and general health. Globe at Night educates the public and asks for participation in observing and reporting what stars can be seen at night. These reports that come from all over the world contribute to the database of knowledge that can be accessed at [globeatnight.org](http://globeatnight.org) in the forms of interactive maps and downloadable files.

### Different kinds of Light Pollution

#### Glare

Excessive brightness that causes visual discomfort.

#### Skyglow

Brightening of the night sky over inhabited areas.

#### Light trespass

Light falling where it is not intended or needed.

#### Clutter

Bright, confusing and excessive groupings of light sources.

## Community

Feb. 13 6pm-9pm  
Valentine's Day Eve Cooking  
Class with Agnes Capello of  
Savoir Faire at  
Vermilionville Cooking School

Feb. 17 5:30 pm  
The Civil War on the Bayou  
Teche  
Sliman Theater for Performing  
Arts

Feb. 27 10am-4pm  
Vermilionville's  
Native American Residency :  
Isle de Jean Charles Band of  
Biloxi-Chitimacha-Choctaw  
Indians

Feb. 29 6:30 pm  
Vermilionville's  
Les Vues Free Film Series:  
"From One Generation to the  
Next"  
Performance Center



## Valentine's Day Statistics

Valentine's Day is a day for lovers, filled with heart-shaped gifts, flowers, candies, jewelry, and the list goes on! But what is not so lovely is the amount of waste generated on this day. Below are statistics according to the National Retail Federation's *Valentine's Day Consumer Spending Survey*:

The average person will spend **\$142.31** celebrating Valentine's Day! (This number is up from \$133.91 last year.)

Total spending this year is expected to reach **\$18.9 billion** (a survey high)!

A record **1 in 5** people plan to spend an average \$5.28 on Valentine's Day gifts for their pets! This equates to a total **\$703 million** spent on pets alone!

Although these statistics may be appealing to retailers and manufacturers, we need to realize that our purchasing habits for this holiday, and many holidays, create a lot of **waste**. Be mindful of how much you're spending and whether or not the item(s) will inevitably end up in the landfill!

## 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!



## Valentine's Day:

### Celebrate Sustainably!

Here are some sustainable suggestions for ways to make Valentine's Day less wasteful and more unique! The ideas below are not only better for the environment, they are also better for your wallet!

- Skip the generic store-bought cards and give a homemade card or write a poem! Consider using seed paper, biodegradable paper that contains tiny seeds so you can plant the whole thing and watch a beautiful plant grow!
- Try an outdoor activity such as biking, hiking, or simply strolling downtown for a date day/night!
- Have a date night in and cook a meal together! When buying ingredients, keep it local and organic.
- When choosing flowers, go for potted plants instead of fresh cut flowers. Keep them around the house or replant outside! Try to buy local!
- For those with a creative side, try making a homemade gift like a knitted scarf or an original piece of artwork!



## Geaux Vélo Update

Check out the mock up for the Geaux Vélo Bikes! You can expect to see these bikes on campus before the end of the month! Keep checking back for more updates!



Be sure to use our website [[sustainability.louisiana.edu](http://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.



## 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](mailto: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 fumes<sup>1</sup>. 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 landfill<sup>2</sup>!

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 towels<sup>3</sup>.

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 lifetime<sup>4</sup>!

1. [thewaterproject.org](http://thewaterproject.org)  
2. [sciencelearn.org](http://sciencelearn.org)  
3. [recyclenation.com](http://recyclenation.com)  
4. [energystar.gov](http://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](mailto:sustainability@louisiana.edu)

Feel free to contact us with questions or comments!

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