



THE ISLAND SCHOLARS NEWSLETTER

The Island Scholars Newsletter
a program of the Island Institute

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Join Our Mailing List

Welcome to the second edition of the Island Scholars Newsletter.

This newsletter is part of the brand new Island Scholar's Network, which provides different venues for all Maine Island Scholarship recipients and their families to talk to and support each other. We're hoping that this will be a useful tool to inform you of events, a reminder of scholarship deadlines, a few articles on how to make the most of your college experience, and how to cope with the tough times at college.



This issue is all about going green -- so we've printed this issue on 100% recycled INTERNET.

It's Not Easy, Living Green

Have you ever tried living "green"? It's not easy. In fact, it's quite expensive. And if there is one word that most college students don't like, it's "expensive". But say you want to live as green as possible without having to install solar panels on the roof of your dorm...or wear leaf pants...or collect your friends' leftover Ramen water to pour over your twice-brewed coffee grinds...



It's possible. And here are a few tips on how to make "green" living work:

One! Nalgene bottles. You've seen them around campus: they are those clear plastic or stainless steel water bottles. If you don't have one, go out and get one. Your school probably sells them in the campus bookstore.

I'll wait...

Sweet! Okay, so now just use it whenever you possibly can instead of using paper or Styrofoam cups. You accomplish several things simultaneously by doing this. You look cool AND cut down on paper waste. Congrats! Go to Nalgene's surprisingly interactive website at <http://www.nalgenechoice.com> to learn more.

Two! Go here: <http://www.wastedfood.com>. No, it's not a blog about casseroles talking about how drunk they got the previous night....though that is a good idea for an animated web series. Artistic people: get on that. The website

is actually a very informative site about ongoing food-waste statistics and the efforts being made to make America a more food-conscious country. For an example, go here (<http://www.wastedfood.com/2008/05/28/virginia-tech-ii/>) to check out an article where an experiment to go trayless at Virginia Tech resulted in a reduction of food waste by 29%.

Three! Avoid driving if you can help it. Having a car on campus is considerably less convenient than you would think. For one, it costs you (the poor college student) more money. Depending on the size of your campus and the distance to anywhere resembling reality, walking or riding a bike should be the preferred way to get around. For every mile you DON'T drive, that's 25.3 pounds of carbon emissions that you're NOT releasing into the air. Also, if you need to drive a car, make sure your tires are inflated to the proper levels. It improves gas mileage and cuts down on CO2 emissions.

Four! The Insomniac's Dilemma: Electricity is cheaper at night because demand for energy is down, because the more sensible people are sleeping. So, when you find yourself awake at three in the morning, wishing you could sleep, go to the study lounge and work on that 12-page philosophy paper that's due in eight hours. You're saving energy AND getting good grades!

Five! Random tips, comin' at ya!!

- Don't leave your phone chargers plugged into the wall.
- If you're buying food for yourself, re-use your shopping bags.
- Recycle all those syllabuses and handouts. That's a lot of wasted paper if you just throw it away. Just remember to take out the staples!
- Take short showers. For every minute you are in the shower, that's 2.5 gallons of water you've used.
- Know people who are going to be in the same classes as you are next semester? Meet up. Pool your money. Share textbooks. It's a great excuse for a study buddy, too.

If keeping aware of the goings-on within the "green" movement is of interest to you, head over to <http://www.ecogeek.org> and <http://www.regeneration.org>. Both sites are loaded with information, as well as dozens of links to other equally informative sites.

Scholarship Idea Of The Month



For you inventors out there already in college and looking for ways to pay for college, the Collegiate Inventor's Competition is a great way (if you win) to get \$25,000. The competition is funded by the National Inventors Hall of Fame Foundation, and applications for the 2009 competition will be available in December.

The website: <http://www.invent.org>, and you can find application rules, deadlines, and past winners and what they've accomplished. It is an extremely challenging scholarship, involving a whole lot more work than is normally involved. But the end result is worth the work. So take a look at previous winners, and if you think you have an idea that stacks up, and have the determination to follow through, then go for it!

Scholarship Deadlines

There are several scholarship deadlines approaching -- be sure that you and your parents have the paperwork completed before the due date of the scholarship.

The James and Marilyn Rockefeller Scholarship Fund provides scholarships for residents under the age of 35 with a passion to learn at the post-secondary level. Applications are available at <http://www.mainecef.org>, and are due by December 1, 2008.

The Maine Island Scholarship application is due by April 1, 2009. Check the Island Institute website for the updated application.

Ramen Du Jour

As promised, here are a few ideas for ways to spice up a Ramen dish.

One of the simplest ways is to just not use the flavor powder that they provide you. Go invest in a bottle of soy sauce, or Frank's Red Hot sauce, or Italian dressing.

To keep it quick and simple, boil some frozen mixed vegetables to go along with it. Depending on if you have access to a stove or hot plate, you could also brown a pound of hamburger and mix that in as well. Covering it in pasta sauce and sprinkling Parmesan cheese on top works as well.

The real challenge is turning it into some sort of dessert...if you can do that, then more power to you.



How Can We Help?

If you are feeling it, seeing it, hearing it, or needing it while you are away at college, others are probably having the same experience. Let us know how things are going, and tell us if there are items we can share in the newsletter or things we can seek out. If you have any suggestions or articles that you might find useful, please don't hesitate to send an email to bodgren@islandinstitute.org

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