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CAMPUS PLANNING AND SPACE MANAGEMENT

## OCTOBER NEWSLETTER | VOL. 2

### Falling for Sustainability

#### Greetings Panthers 😊

As the autumn leaves begin to fall and October sets in, we've got a spook-tacular lineup of eco-friendly tricks and treats! As we embrace this month, it's time to shift our focus on environmental initiatives that promote a greener future for our illustrious campus. October brings several awareness and action dates for our panthers to engage in! Let's all help contribute to making our world a healthier and more sustainable place to live.



#### **Energize Your Eco-Friendly Spirit**

**Whilst the days get shorter and cooler, here are some fa-boo-lous ways to save energy & reduce your carbon footprint this month:**



# Breast Cancer

## Awareness Month

### Environmental Days & Tips

**October 4th: Energy Efficiency Day:** Utilize LED lights or opt for natural lighting and efficient appliances. Natural lighting has physiological benefits such as improving vision, sleep, and your mood.

**October 10th: World Mental Health Day:** Take it easy because you deserve it! Connect with nature for a relaxing study break.

**October 14th: International E-Waste Day:** Safely recycle your old electronics to protect the environment.

**October 16th: World Food Day:** Choose locally sourced foods to support sustainable agriculture. Fresh products are healthier and require less water to produce than processed foods/beverages.

**October 23rd: Make a Difference Day:** Organize/Participate in a local community cleanup event to help preserve our natural spaces and keep them clean.

✓ **Chilling Choices:** Embrace sweater weather and turn down your thermostat a notch.

✓ **Eco-Costumes:** Get creative with your Halloween costumes, opt for a DIY using recycled materials

✓ **Ghostly Gadgets:** Opt for digital textbooks and study materials to reduce paper usage.

✓ **Carpool:** Unplug devices when they're not in use to ward off energy vampires.



## Navigate Midterms the Green Way

Too Ghoul for school! Midterms can be hauntingly stressful, but don't forget these eco-conscious habits to help you prosper through:

- ☆ **Study by Natural Light:** Use daylight for studying to save electricity.
- ☆ **Brain Food:** Treat yourself & increase your intellectual powers by opting for healthy, natural- snacks.
- ☆ **Relaxation Rituals:** Take mindful breaks outdoors to rejuvenate your well being.

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