For one day or an afternoon or even one hour a week, don’t buy anything, don’t use any machines, don’t switch on anything electric, don’t cook, don’t answer your phone, and in general, don’t use any resources. In other words, for this regular period, give yourself and the planet a break. Keep your regular eco-sabbath for a month. You will find that the enforced downtime represents an improvement to your life.

No Impact Week Resources


No Impact Workshop Guide http://www.box.net/shared/o6pz9oxh0

The Story of Stuff: http://www.storyofstuff.com/

Tree Hugger: http://www.treehugger.com

Planet Green: http://www.planetgreen.discovery.com

Edible San Marcos http://ediblesanmarcos.wordpress.com/

No Impact Week Film Screenings

Mon, 9/27: I LOVE TRASH Alkek 250, 7PM

Tues, 9/28: A crude Awakening Alkek 250, 7PM

Wed, 9/29: Food Inc. Centennial 157, 7PM

Thu, 9/30: America’s Energy Challenge LBJ-SC 4-16.1, 7PM

About No Impact Week

All students, faculty and staff are encouraged to participate in the No Impact Project, based on Colin Beavan’s book, No Impact Man.

Texas State’s No Impact Week runs from September 26 Through October 3. This one-week carbon cleanse is designed to help you discover easy ways to decrease your overall environmental impact—and have a good time.

For more information on the No Impact Project Visit: http://experiment.noimpactproject.org

**Things YOU can do:**

1. **Repair broken items instead of replacing them.**
2. **Check out Freecycle and Craig’s List Free Page.**
3. **Limit single use products.**
4. **Buy food in bulk to eliminate excess packaging.**
5. **Use a Handkerchief instead of Tissue or paper towel.**
6. **Avoid Individually wrapped goods.**
7. **Bring tupperware to eat out.**
8. **Use a reusable drink container.**
9. **Carpool with friends.**
10. **Increase fuel efficiency, make sure your tires are properly inflated.**
11. **Attend a CRUDE AWAKENING Film screening, 7pm, Alkek 250.**

*“My whole life appeared to have turned into a money making machine intended to buy more convenience.” —Colin Beavan, *No Impact Man*, p. 46*

**Day 3, Tues 9/28: TRANSPORTATION!**

Sponsored by The Bike Cave & Bobcat Tram
http://www.tram.txstate.edu/bicycling/Bike_Cave.html

**Things YOU can do:**

1. **Walk or Bike to School.**
2. **Get your Bike Tuned Up On the Quad, 8am to 4pm.**
3. **Ride the Bus.**
4. **Carpool with friends.**
5. **Take the stairs instead of using the elevator.**
6. **Drink water & limit sugary drinks.**

**Day 4, Wed 9/29: FOOD!**

Sponsored by Suzi Fields & Edible San Marcos
ediblesanmarcos@gmail.com

**Things YOU can do:**

1. **Attend JUST FOOD by Dr. James McWilliams, 2pm, Education 4062.**
2. **Visit the EDIBLE SAN MARCOS FARMERS’ MARKET on the Quad, 4-7pm.**
3. **Go without Red Meat one day a week.**
4. **Turn off lights not in use.**
5. **Report/repair dripping faucets.**

*“Does being able to jump on a movement machine, so that you never have to walk across town or climb up stairs, necessarily improve quality of life? —Colin Beavan, *No Impact Man*, p. 76*

**Day 5 - Thurs 9/30: ENERGY!**

Sponsored by Net impact Student Org
Contact Janet Hale, jh29@txstate.edu
http://www.netimpact.org

**Things YOU can do:**

2. **Take the stairs not the elevator.**
3. **Unplug electronics not in use.**
4. **Wash clothes in cold water.**
5. **Line Dry your clothes.**
6. **Attend A CRUDE AWAKENING Film screening, 7pm, Alkek 250.**
7. **Learn how to convert Exercise into Renewable energy at the REC Center, 9:30 am to 4:00 pm.**

**Energy Day Lectures and Panels**

1. **11am - 12:15pm: ELA 316 Reducing your Coal footprint by Mark Carter, Wear the Sun Film Screening, Net Impact Student Org**
2. **1:45pm - 3:15pm: McCoy 240 Energy options and savings with Steve Harvey & Bigelow homes**
3. **3:30pm - 4:50pm: McCoy 240 San marcos Energy panel featuring an ideal sustainable energy model for local utilities by James Harkins, Local Entrepreneur Ruben Becerra & Phoenix Energy & the city of san marcos**

*“The average American uses 1,189 gallons of water per day.” —No Impact Experiment, p. 13*

**Day 7, SAT 10/2: Give Back**

Sponsored by Student Volunteer Connection
Contact Kelly Stone, ks26@txstate.edu

**Things YOU can do:**

1. **Attend “STATE OF WATER” DISCUSSION BY RON COLEY AND DIANE WASSENIICH 2pm, Derrick Hall 227.**
2. **Turn off the faucet when brushing your teeth or shaving.**
3. **Only order water if you are going to drink it.**
4. **Report/repair dripping faucets.**
5. **Turn off lights not in use.**
6. **Limit shower time & conserve Water.**

*“I went into this project wondering if I could make a difference. But the question is whether or not I make a difference. The question is whether or not I want to be the type of person who tries.” —Colin Beavan, *No Impact Man*, p. 205-06*