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Staying Green this Summer

We do not inherit the earth from our ancestors, we borrow it from our children. —Native American Proverb

Now that summer is upon us, it's time to consider improving a relationship of a different sort. Our relationship with the environment is just as important as the ones we build with the people in our lives. As an organization, MTT spends a lot of time exploring the skills needed to create and maintain healthy relationships. It's not that different when it comes to our connection with the environment; it is about finding a balance between giving and taking. There is much that we can take from the environment, without causing harm. We can take pleasure in its beauty, which we hope will inspire us to give back. At MaineTeenTalk we are always looking for ways to contribute. Below are some effective and easy tips for reducing your "environmental footprint" during the summer months.

- Air dry dishes and line dry clothing.
- Plug all home electronics (and small appliances) into power strips whenever possible and turn them off when not in use.
- Lower the thermostat on the hot water heater to 120 degrees Fahrenheit.
- Only use the washing machine and dish washer when they are full, and try not to run them at peak hours

If you are using an air conditioner, make sure you buy a unit that is the proper size for the room you are trying to cool. Use interior fans to spread the air more effectively.



Consider organic gardening. It is a great way to be eco-friendly and encourage healthy eating habits while reducing your overall grocery costs. When we grow our own vegetables, we reduce the need for large commercial farms. The result is less environmental pollution, less destruction of natural habitat and a decrease in the use of pesticides. For more information about the environmental footprint our food production leaves, pick up

a copy of The Omnivore's Dilemma, by Michael Pollan.

The joy of gardening—enjoying the outdoors while celebrating earth's abundance and watching it grow—cannot be underestimated. The Maine Organic Farmers and Gardeners Association has a comprehensive website, mofga.org, which discusses programs, events, resources and tips on locating local, organic food.

Summer is also an ideal time to reconnect and relish the "Great Outdoors". Few states have the variety of geography that Maine does. It is with good reason that Maine is known as "Vacationland". It offers a wide range of healthy and environmentally friendly activities. MaineOutdoors.com has a great deal of information on camping, hiking, canoeing, kayaking, whitewater rafting, fishing, bird watching and nature tours. Maine has some of the finest trails and parks anywhere in the country: Mount Katahdin and Baxter State Park, Camden Hills State Park, Grafton Notch State Park, Acadia National Park, Gulf Hagas, and Aroostook State Park. If you go to VisitNewEngland.com and check the Maine tab, you will find a broad array of things to do and see—from fairs and festivals to whale watching and Windjammer Tours. They also provide information on state beaches, golfing and kids trails. Maine also has many lakes, lighthouses, bike trails, museums and botanical gardens for all levels of interest and experience.

Most of these activities involve transportation. To maximize your 'eco-friendly adventure' you can utilize "green" transportation such as bicycling, car pooling or public transportation. Needless to say, there will be times when necessity dictates that you will be driving your own vehicle. We offer a few suggestions to minimize the carbon footprint of your vehicle:

- Avoid idling.
- Avoid aggressive driving and high speeds. (We can't resist reminding you to NEVER text and drive.)
- Combine errands to maximize your driving time.
- Keep your vehicle's maintenance up to date: including tire pressure and oil changes.
- Carpool whenever possible.

No matter how you spend your summer, from all of us here at MaineTeenTalk, enjoy yourself!

MaineTeenTalk's 2nd Annual Pulling Together for Teens Airplane Pull

In case you missed it, on Saturday, June 19th, MaineTeenTalk held its 2nd Annual Pulling Together For Teens Airplane Pull at Sanford Regional Airport, in conjunction with the Airport Fly-In and the Elks Club Classic Car Show. It was a great event for the entire family.

This year we had four teams who competed for the title of Champion. We also restructured our pulling format to allow the teams to pull in a 1st, 2nd and Final Round style tournament. Here are the Final Round Results: MaineTeenTalk took 4th place with a pull time of 7.20 seconds. They were "out pulled" by the Fallbrook Woods team who took 3rd place with a time of 4.64 seconds. This was the best overall time of the entire event! In the Championship Pull Off, the Acton Fire Department really "pulled it together," defeating the Rocking Iron Ladies 4.96 seconds to 6.10 seconds respectively. It was a courageous battle between the Acton Fire Department and our first all-female team but, in the end, the Acton Fire Department "put out the flames"...and the competition.



We had many highlights to this year's event including professional timing by Tom Kendall of Bart Race Service. His timing service kept the competition fair and organized. He was a real asset to the event. Another highlight was the addition of a new team this year, The Acton Fire Department. Not only did they take first place in the pull, they also won this year's "Best In Show" award for their unbelievable team spirit and sportsmanship. They pulled in uniform,

brought music to get the crowd excited, and even danced the Macarena in-between pulls. Needless to say, they were just PLANE awesome!

We hope all of you can make it next year as we plan to hold our 3rd Annual Pulling Together for Teens Airplane Pull in June of 2011. Log onto www.pull4teens.com for updates.

Upcoming Events

MaineTeenTalk's 2nd Annual Wolfe's Neck Trek 5K

Be sure to check out our Fall Newsletter for the exact date and time for our 2nd annual 5K run/walk at Wolfe's Neck Farm.

MTT Teen Board

MaineTeenTalk is delighted to share with you the nine videos depicting communication strategies by our talented Teen Board. The Teen Board wrote the scripts, acted them out and filmed them. This is the essence of teens talking to teens. It was a very creative day, fueled by great talent and energy.

The videos can be found at the MaineTeenTalk.org website. The link will take you to YouTube.com at our MaineTeenTalk channel.

The Teen Board has also interviewed and filmed teenagers answering our "Questions of the Month". This is an opportunity to hear teens discuss current and compelling questions in their own words. Please go to our website to see their responses.



A Sad Farewell to Our 'Great Dane'

As many of you know, MaineTeenTalk has had the extraordinary privilege of working with Jules Bjerning-Jensen, who originally hails from Denmark (hence the nickname). Jules brought a unique international awareness and appreciation to our program. Her enthusiasm, honesty and individuality had a positive impact on both our organization and - more importantly - the teens who were lucky enough to be her students.

Jules has the astonishing ability to connect with teens in the most authentic way. They recognize that she values their input and ideas and they reward her with honesty in return. Not only has she been a gifted educator, she has also been a catalyst for several remarkable efforts. She brought the innovative Statue Theatre to our program - offering workshops to teens where they can access and express deep emotions without speaking a word. She was instrumental in the creation of our Teen Advisory Board - empowering them to give valuable feedback to make us a better program. They have created videos of many MTT communication strategies as well as recording other teens answering our "Question of the Month" (both available for viewing on maineteentalk.org).

Jules has also been an important member of the "TOOB Workshop" team - traveling around Maine sharing her knowledge of the program with health teachers who would be teaching the program to their students. Clearly, she is skilled at teaching all ages.

It is with great regret that we say goodbye to Jules as she and her husband head back to Denmark. Although she will be greatly missed, we are happy in the knowledge that she has an exciting new adventure waiting for her. Best of luck to you, Jules!