

# A Conversation with Nolan Downs

*Nolan Downs is a third-year at the University of Maine and is majoring in Marine Science. He is President of the Sustainable and Environmental Activist Division (S.E.A.D.) and is an important person in creating sustainable ideas/events to help the campus.*

## **Q: How would you describe S.E.A.D.?**

“S.E.A.D. is an activist group here on campus that creates activities or imposes ideas to the university to help reduce waste and create a better environment.”

## **Q: Why did you join S.E.A.D out of the other environment activist clubs here at the university?**

“S.E.A.D caught my eye in regards to them being a part of the student government branch, I joined last year and it was just impactful to me and I made a bunch of new friends.”

## **Q: What does the campus do to help reduce waste and its impact on the Earth?**

“They use zero waste through Castilla and the campus is very...progressive with its sustainability efforts. They have the Mitchell center for sustainability here on campus that deals with a lot of these things.”

## **Q: What small things in someone's daily life can they do in order to reduce waste/ and or help the environment?**

“Make sure they know what to recycle and to recycle as often as possible, they can also use reusable materials and items to make sure they are not producing more waste that is unnecessary. They can also use second-hand clothing and second-hand furniture because a lot of furniture, clothes, and fabrics have synthetic materials that have a lot of microplastics.”

## **Q: How do you think S.E.A.D will affect your future life decisions?**

“Honestly it's given me better leadership skills and confidence. Also creating ideas and being more creative. It allows me to interact with faculty more and has more opportunities. I also want to be sustainable for the rest of my life so this club is helping me with that concept.”

## **Q: What do you think is the most prevalent issue in relation to the environment?**

“I think the main thing is the cattle farms in America, and cattle farms take up so many acres, literally  $\frac{2}{3}$  of American land is cattle related, dairy, beef. It takes a ridiculous amount of water to produce one pound of beef. Also, they create a lot of methane..cows, which is 48 times stronger than carbon dioxide.”