

Youth Corner

Sustainability Culture, Ethics, Psychology, and Action: Excerpts from Internship and Literature courses

Grizzaffi, H., M. McKay, H. Malott, J. Weihe, A. Ramos, E.
Belzle, S. Fielder, A. Koval, W. Forbes

Correspondence to: William Forbes, Geography and Sustainable Community Development, Box 13047 SFA Station, Nacogdoches, Texas 75962; forbesw@sfasu.edu

Stephen F. Austin State University sustainability students wrote reflective papers for internship and literature courses. This article reflects their thoughts through excerpts of selected papers. Topics range from readings in environmental philosophy and conservation psychology to personal experiences mixing with students overseas and promoting sustainable actions to students on campus. Students' haiku poems about outdoor scenes are placed between each piece.

Sustainable Culture in Germany

Hollyn Grizzaffi

Back when I was still a German and Japanese major at the University of Texas, I decided to join my German professor's six-week program in Freiberg, Germany in the summer of 2018. We were going to earn two language credits for this trip, and I would be able to experience the German language and culture while going to university there. Little did I know that I would be changing my major to environmental science less than a month later or that I would speak less German while in Europe than I had in America.

When I arrived in Freiberg, the hippie college town where we were staying, I found out I would be living with eight college students in a house- I figured I would be practically fluent when I left. Well, only four of those eight spoke fluent German, the others were from China, Spain, Tunisia, and Brazil. The rare times that I saw my roommates coming in and out of the house, we spoke only English to each other. The rest of my peers soon found out that most Germans would rather speak to you using their conversational English skills than try to understand our fragmented attempts at German, so most of us left the country with less German than we had when we arrived.

It didn't concern me much, I felt that I had learned a lot while in Freiberg. Aside from my new vocabulary of German insults and knowledge of anarchist ideals that I learned from my roommates, I also realized the major role that culture plays in sustainability.

Walking around the uneven cobblestone streets, my friends and I often commented how pretty the areas in town were. There were beautiful trees in the middle of wide

sidewalks, colorful flowers sprouting in front of shops and near tram stops, little water canals (bächle) running parallel to the trams, and clear fountains in open areas. We would all ask the same thing- why don't we have these things in America?

The answer came to us very quickly. If flowers were planted in the streets and on sidewalks, people would walk over them, pluck them, maybe even trample them for fun. If we had trees in the middle of our sidewalks, they would be removed because they got in the way of walkers/ bikers. The little water canals called bächle would be polluted and possibly removed in case anyone might trip into it, and fountains would be a convenient place for passersby to throw their trash.

When my friends and I would go shopping (usually Aldi) we were joined by college students, families, seniors, children – all of whom had walked or biked there and all with reusable shopping bags in tow. Many people brought empty bottles and cans to the front where there was a recycling machine that gave you 20 to 50 cents back for each return. There were no shopping carts, only small baskets to carry around the store because German families do not bulk shop like American families. From what I could tell, German families usually shop once a week for their meals or even come back before mealtime to grab food.

In my Nacogdoches apartment fridge, it isn't unusual for food to go bad and for a whole package of fruit or veggies to be thrown out. The entire time I was staying in Freiberg, my eight roommates did not have a single rotten item in the fridge. Even more interesting, they had three garbage cans in the kitchen: one for recyclables like cardboard boxes, one for compost, and one for food waste.

The compost bin, I later found, was given to students to put in the community garden, which was available to anyone in the area. One day I passed by this community garden, there was a compost pile and rows of different vegetables growing. A student walking by invited me to help move worms around the different patches the next day and told me that it was open for whoever wants to plant or take care of the plots.

This was new to me because I had never heard of campus living having these sort of things – the dorms I lived in in America didn't even have room for a garden; and compost would be thought of as a smelly eyesore that no one would want to take care of. It was amazing to me that each and every student had a part in it.

A few weeks into our stay in Freiberg there was a music festival right behind the house I was living in and I joined a few friends in attending. We walked around for hours listening to local bands and ordering food from college students who volunteered to work the festival. When we went up to the bar to buy drinks, we were charged about 50 cents extra for each glass bottle of beer or cider and were given the money back after we returned the bottle to the bartenders. The party went on late into the night and when I woke up early in the morning to meet my class at the train station, I couldn't believe my eyes. On a Saturday morning, before 8 o'clock were these same festival goers taking the decorations down and cleaning up after themselves. There were probably fifty students emptying trashcans, picking up the rare case of an abandoned bottle, wiping down tables, and packing up the stands and stages where musicians had performed.

I can't count the number of times I have seen a house or park trashed after a college

gathering in Texas. Not only would the party area be full of garbage, but you could bet that no 20-year-old student would be up at 7:30 in the morning cleaning up their mess. Everyone in America knows and has seen pictures of the disastrous aftermath of spring break in Florida; I suddenly felt embarrassed to imagine what these students might think of us when they come across those types of pictures.

There wasn't a dryer in the house, nor an air conditioning system, nor were there any lamps. I invested in hanging racks to dry my clothes, I left my window open for a breeze and shut it to stay warm, and the giant windows around the house provided us light during the daytime. It was a culture shock at first, not having the amenities I was used to in my Texas household, but after a few weeks, I got used to it. Many moths flew in my room late at night and a couple of people complained about the stiffness of their clothes after using the drying rack, but after time it all seemed normal to us.

We learned how to travel via train and tram, we got used to walking in the 80-degree heat to get to class, we fell in love with the farmers market in the square every day, we laughed at each other tripping on the uneven cobblestone sidewalks, and told each person that stepped in the *bächle* that they were now destined to marry a citizen of Freiberg as the common superstition was told to us.

Although it was such a short period of time, experiencing the sustainable culture of Freiberg was eye-opening to me. I can't tell you how to order gelato at a German restaurant, but I feel that my fellow exchange students and I were able to grasp a concept that I don't think was the intention of our German professor. This idea is that sustainability is most importantly about the culture and belief systems that individuals have instead of just passing new environmental policies.

Littering is against the law in America, but I have never seen or heard of someone get caught or getting in trouble for it. I have seen a lot of pollution, littering, people just throwing out the trash instead of putting it in a trashcan two yards away, and yet, they are never fined or corrected in their ways. Littering is illegal in America but walking the Nacogdoches trails I see plastic bags in the creek, empty beer cans in the trees, confetti and paper on the ground, fast-food wrappers in the grass. Littering is also illegal in Germany, but when I hiked through the Black Forest, I did not see a single piece of trash on the ground even though there aren't many trash cans along the trails.

We as passionate Americans can fight for environmentally friendly policies in our government, but what then? If no one cares to follow these new laws or even enforce them, then what has changed? As people who care about the planet and want to help lessen our ecological footprint, we need to spend as much time advocating as educating. Instead of getting mad at your friend for buying a plastic water bottle or using single-use plastic bags at the store, try to explain why we should care to change these habits. If we can explain our views and inspire others to care about the environment, then we won't need to worry about demanding environmental policies: the laws will change with our culture. As sustainable beliefs become more and more normalized within our culture, environmentally friendly actions will no longer be seen as environmentally friendly, but simply part of the American culture.

Accidental Work

Hollyn Grizzaffi

She hums her sweet song
From white petal to petal
Pollen on her wings



Here in the Garden
Magnolias are thankful
For all her hard work

Ignorant of this
Great service she has done she
Returns to her hive

Wilderness Reflection

Maggie McKay

It is important to read literature on any subject to learn more about a topic, but also to understand the previous beliefs of science or continuities of theories that have evolved and grown. In sustainability, the subject is blessed by writers and researchers who have made an impact in general, and in America in particular. Such writers include Thoreau, Muir, Faulkner, Leopold, and Carson. Their focuses include relationships between humans and nature, the importance of wilderness, and the impacts of human connections with the environment.

Henry David Thoreau, besides being an accomplished writer, is a philosopher, Transcendentalist, and naturalist. Thoreau is considered by some the “Father of the Sustainability Movement” because of his theories of forest succession, furthering of the ideas of Darwin, and his contribution to the literature. In his essay, “Where I lived and What I Lived For,” from his famous *Walden*, Thoreau reiterates the idea of simplicity. He argues that life is meant to praise God, so living with excess, destroying the world, and dedicating life to work is only a negative response to freedom (Thoreau, 1854). It is clear Thoreau has a passion for the subject, and writes persuasively, bringing awareness to the environment in the late 1800s. This was the start of a movement toward sustainable living,

as Thoreau's work was followed by large amounts of research and essays.

One of the first environmental activists, John Muir, emerged shortly after Thoreau. After suffering an eye injury and regaining his sight, Muir devoted his life to nature, spending his years traveling and founding national parks. Muir eventually founded the Sierra Club, one of America's most successful conservation groups. Written in 1918, his first chapter of *Steep Trails*, entitled "Wild Wool", is characterized by the uniqueness and "fineness" of all things in nature, and by noticing that no matter the process by which something is created, they, "are made with the same consummate skill that characterizes all the love work of Nature," (Muir, 1918). He simply promotes the idea that every living thing in nature provides a service, and that to diminish one aspect of nature would be a sin. We can use this message in our world when comparing natural products versus lab-made ones. Often, the formulated ones carry destructive chemicals and are made in factories quickly, making them cheaper. However, natural products are often from nature or hand-made with care, making the prices rise, but the experience is worth it. In another essay, "Man's Place in the Universe", from the book *A Thousand-mile Walk to the Gulf*, Muir argues that all things were created for their happiness, "is made first for itself," and not to benefit humans (Muir, 1916). For example, cotton provides clothing, textiles, oils, and yarns, but a poisonous scorpion is to be avoided and left alone.

At the turn of the century, William Faulkner began his journey to becoming one of America's greatest writers, and many of his works contained themes of nature and wilderness. One of his most famous stories, "The Bear", shares a story of an adolescent hunter, Ike, who is intimidated by an indestructible bear, Old Ben. With the help of his mentor, Sam, Ike takes on the challenge of hunting Old Ben. One of the most influential lines in the chapter appeared at the climax, when Sam says, "Be scared. You can't help that. But don't be afraid." (The Bear, 1942). This is a parallel between the story and real-life as if Sam is saying to the reader that fear is inevitable, but so is discovery. There is a constant battle between humans and nature. It has been a struggle to find the right balance because mankind wants to be at the top of the food chain. When humans find something that threatens them, they take charge. However, Faulkner wants the readers to know that threats are okay, and it is braver to be scared of the future than to be afraid of losing, and consequently ruining the future of peace.

Aldo Leopold grew his fame in his studies of ecology and wildlife management and was gifted in writing, so produced literature on such subjects. In 1923, his essay criticizing boosterism was published. Boosterism is the enthusiastic promotion of an organization or cause, but Leopold focuses on the boosterism of cities to increase population, and consequently, money. Boosterism is seen through "menu cards, convention badges, billboards, windshields, and civic orature..." (Leopold, 1923). While these examples are outdated, we see this today through the many platforms of advertisements. However, Leopold argues, we don't see the negative consequences of boosterism. Boosterism causes small businesses or towns to seem like failures, minorities to remain unheard, taxes to increase, and nature to be commodified. His overall argument is persuasive and the negatives of boosterism seem to outweigh the positive. Today, we see mass amounts of boosterism in the state of Texas, and more specifically in Austin.

There is an increase in immigration from Mexico because of benefits provided by the United States, but also immigration to Texas from Californian residents. There have been commercials for Texas that show the cost of living, and the attractions of Austin: food and music. So many people move to Austin annually that there is constant construction as the city expands. More seriously, the music industry is declining as minorities, such as Hispanics and blacks are being pushed out of the city due to increasing business and the price of living. Leopold has shown how, "The booster seems almost proud of the ugliness and destruction that accompany industrialism" (Leopold, 1923).

In a set of essays from *A Sand County Almanac*, Leopold shows several examples of environmental decline after threats and predators are removed. In "Escudilla", trappers began their destruction with a big bear. The death of the predators meant that cows were free to graze, but overpopulated and left the grass dead (Leopold, 1949). This is similar to the message from Faulkner's "The Bear", because killing one animal affects the rest of the food chain, down to the plants. The ending of "Escudilla" is a memory of the bear that once was, but no longer is a reminder of the mountain, just like what happened to the Yoknapatawpha County after Old Ben had died.

Lastly, Rachel Carson emerged during the American environmental movement in the 1960s. She devoted her life to the study of pesticides, revealing the truth of the harmful effects of DDT, despite what was claimed by the US authorities. In *Silent Spring*, Carson begins in an eerie farm scene with no sprouting life, and says, "The people had done it to themselves." (Carson, 1962). She explains the importance of life and its relationships from an ecological standpoint before diving into her allegations of the human sin of pesticide use. The rest of the book uses examples of Darwinism and science to warn against the use of pesticides, or "biocides" and to blame humans for their downfall (Carson, 1962). Her work was well-researched but moving, and suffered a hostile reception. She was reviled as a radical, disrespected as a woman, and even called a Communist. However, this brought her research lots of attention for the growing environmental awareness movement. Eventually, DDT was banned in 1972, and all began with a strong woman's outcry for awareness.

Throughout time, there has been an interest in the human connection with nature, and within the past two hundred years, we have seen an increase in the need to preserve this connection. It is important to be mindful of the copious amounts of literature in the world that bring awareness to the continuity and resilience of nature, but also remind us of the harm humans can cause and the fragility of the bond.

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Old-growth

Emilianne Belzle

Ancient roots reaching

A forest full of giants

They whisper my name



Reflections on a Sustainability Internship

Hanna Malott

I applied for the sustainability internship through Aramark in the fall of 2019 because my friend who worked in the marketing program suggested it to me. Throughout this internship, I have worked with SFA students one-on-one, created educational sustainability programs, developed student incentive programs to gain action from the student body, and conducted surveys and collected feedback.

One of my favorite parts of the internship was creating two tabling events a week to communicate with the students. These events were themed and had prizes for the students to get positive responses. I gained survey information and educated the students on fun trivia facts on how to be more sustainable. My goal through this tabling was to have students see how small steps make the switch to sustainability easy. I would research products and websites to give students access to resources for when they are ready to switch.

A few of the most memorable interactions for me were about peanut butter, personal product switch, and "swap a straw". The peanut butter table involved a trivia game that students would participate in to win a prize. These games showed me the base knowledge of the student and what information to give them following the game.

I have learned a lot myself from researching for these events. One fact that caught my attention was that Americans eat enough peanut butter to coat the Grand Canyon!

When I told the students this, they were surprised. For the personal product switch event, I brought all my own sustainable products to show students what they might look like. I had a laptop with websites open for them to shop at and then prizes for our trivia games. The trivia games involved questions surrounding how much water is used to create hair products and how much longer soap bars last compared to soap bottles. I offered my personal experience with soap bar switches and how, in the long run, it lasts longer and saves on production water to create it. I feel my personal life is what grasped the student's attention. I have students to this day contacting me on social media to ask sustainable questions. This means progress to me.

I applied my marketing skills to the social media page of SFA Dining to have students receive notifications when I would be doing sustainable events. I post about when we do waste audits in the dining hall and how much food people waste. The first time I did a waste audit I was genuinely surprised by the poundage of food wasted. I calculate food waste and then paper/plastic products separately. This gives me a more accurate number of what is wasted. I use these audits to communicate with the dining hall supervisors about what needs to be changed. I write email reports on how to alter the dishware so there is less paper waste, such as grill liners and dessert cups. In these emails, I also report how much food per person we are wasting during my two-hour time slot. I have a clicker for the number of students to be exact for my calculations. I use clear tubs to show students the amount of food wasted, so they have a visualization.

Throughout my internship, the numbers for the waste audits have lowered significantly and the dining hall supervisors work with me on figuring out why certain foods are wasted compared to others. We have altered portion sizes and types of food to help combat the waste issue. We also compost twice a week using Appleby Farms for the food scraps we won't be using. The compost is around a thousand pounds a week. Since I have this internship until I graduate, my goal for the fall is to make an educational video on how much we compost, what we compost, and where it goes. A lot of students on campus are unaware of the compost project and throughout my table events I explain it, but I want more notice on it.

The largest project I have worked on for this program is developing the Pineywoods Paper Conservation competition. I had this vision in the fall to recycle paper throughout campus because I kept seeing students throw away their paper at the end of the semester. The idea originated from seeing compostable journals to purchase online and then journals made from repurposed paper. Over winter break, I thought if we used student papers, there would be a way for them to be involved. I used the funds from my fall competition to pay for the incentive prizes for this semester's challenge. The first-place winners will receive a four-hundred-dollar check, the second-place winners will receive a two-hundred-dollar check, and the third-place winners will receive a hundred dollars in dining dollars.

The goal of this project was to use the student organizations that are competing to drop off the most paper to re-purpose into little notebooks for the fall. These notebooks would be free and have the competing student organizations listed on the back cover. Having students compete for incentive prizes meant having more paper dropped off. We

were only able to do one paper drop-off before campus shut down for the pandemic, but we received over fifty pounds of paper. I went through the paper to make sure each organization had followed our guidelines. The guidelines involved needing to be printer paper, one side clean, no confidential information, no dark colored paper, no tears or staple rips, and no blacked-out sections. The program had over 17 organizations competing because I attended the involvement fair in January with a survey for students to sign up. I was pleasantly surprised to see how happy students reacted to the news of the competition and how it will continue throughout the following semesters.

My time management and communication abilities have grown through this internship from having to email and inform students and supervisors of the sustainable projects I have been working on. At first, I was hesitant with the internship, thinking the students would not be willing to hear what I had to say, but more students than I expected were open to new information. I have learned how to introduce sustainability slowly, to not overwhelm the students and make them feel a sustainable life is not possible. This was my hardest part to overcome. I get very excited showing all the alternative products and how to cut down on waste and plastic use, which can be too much for someone to absorb in a sitting. My events help teach one thing at a time.

Last October I hosted a “Dining in the dark” event to teach about the importance of turning off lights when not needed and cutting down on electrical usage in general. This event involved putting solar lights on the roof of the student center two weeks before the dinner. I put the lights up early in case of forecasted rain that might affect the lights' ability to gain energy. The dinner involved Halloween trivia games through Kahoot, involving questions on topics such as pumpkin waste, plastic candy wrapper pollution, costume fast fashion, and repurposing Halloween decorations. The students that got the most correct answers won a t-shirt that I created with my graphic design intern. The event had the students eating in the dark with only solar-powered lights to see. The table decorations were re-purposed glass jars painted into Halloween characters. I got an organization, The Big Event, to help host the dinner to gain more outreach to students.

My sustainability internship will continue until I graduate, which is great news for me because I have many more ideas to implement on campus. In my last semester, I will have someone shadow me so I can train them to take over my job. This way SFA can continue to involve sustainability in its campus lifestyle.

Seaborne Creek

Sophie Fielder



Listen! Past buzzing
Insects and rustling reeds,
A watery hum.

Midst the evening haze
Through grassy forbs and damp earth,
Her shallow depths call.

Reflections on Citizen Input

Jackson Weihe

Another way to promote local sustainability is to let elected and other officials know of your interest in this area as a citizen or group of citizens. One author worked in the capitol building in Austin taking input from citizens. The following tips are based on that experience, along with a guide to such input (Seekins et al. 2000). Writing a letter or email to an official is a powerful tool. An official at almost any level has an important position in ensuring that we are conserving natural resources and protecting the environment for future generations. When writing to an official, it is crucial to include certain information to guarantee they will be able to process your input.

Dos

- Call ahead to the office and ask for the name and email of the staff member(s) covering the topic you are addressing in your letter. For example, if you are writing a letter to your U.S. Senator about sustainability, ask “Which staff member covers the Committee on Environment and Public Works?” This enables you to address the letter to the person who is most familiar with the topic and is the official’s personal advisor on the issue, rather than simply putting the name of the senator.
- If there is a regional office, that will often be the better place to send the letter. An official does not have time to personally read every letter, so sending it to the regional office is a good way of knowing that a staff member dedicated to handling the official’s correspondence for your area will actually see the letter and input the message into their system.
- Although a signed letter could be more personable, there is nothing wrong with

sending an email. Most correspondence is input into a computer system, so having the email already typed is helpful to the staff.

- In the closing, make sure to include your name, full address, phone number, and email - all typed or written legibly. When inputting a message into the correspondence management system, if your address is not included, the system cannot verify that you are a constituent and will have trouble placing your message into the proper folder.

Don'ts

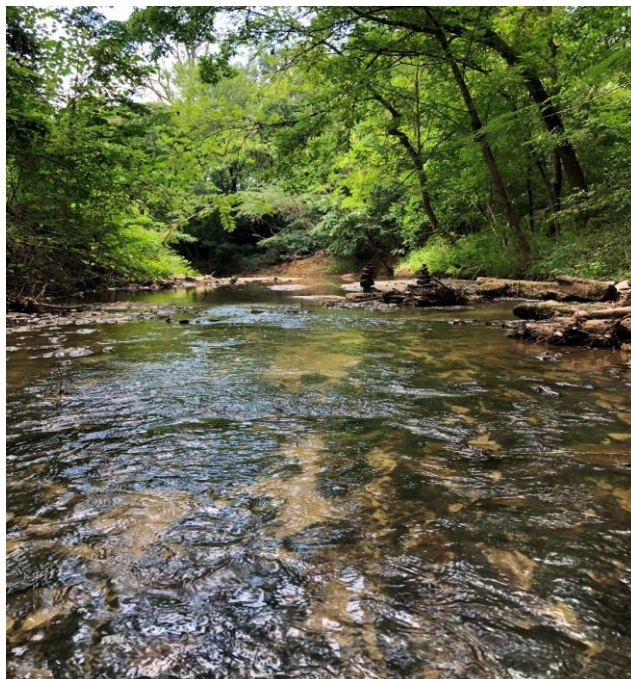
- In general, it is not beneficial to send a letter to an official if you are not their constituent. It is always better to send a letter to your own representative asking them to encourage the other officials who are working on the legislation or members of the committee for their support on that topic.
- Do not expect the person who answers the phone to always know the answers or even be familiar with that topic. When calling to ask for the names of staff members, be sure to know the relevant information. If you call saying "Who covers sustainability?" the person answering the phone might not be able to answer because sustainability is often spread across multiple committees. Instead, ask "What staff member covers Article IV for the Senator?"
- If members of a group are wanting to send letters with identical content, it is not necessary to send them individually. What matters most for the staff is having the names and addresses of multiple constituents for inputting the message into the system. Instead, of sending a flood of letters with all the same content, cut down on paper and have a dedicated page at the end of the letter to include each member's information and signature.

Streamside

Addison Koval

Leaves rustle with breeze
The babbling creek flows soft
Where nature is pure

A dragonfly's wing
Glistening in the sunlight
Resting on a leaf



Employee and Student Incentives

Annalisa Ramos

Overall, sustainability initiatives such as renewable energy, waste management, and alternative transportation options can help attract businesses and keep employees. Not only do corporations benefit from these initiatives, but employees benefit as well. Implementing sustainable ideas into a work environment, then seeing positive results as an outcome, motivates and encourages employees to continue making an impact, big or small. Johnston (2016) states: “One immediate bonus of sustainability is improved worker engagement, which can boost profitability by 21 percent.” Workers are most likely to feel encouraged to continue doing good when they see good come from their positive actions (Leddy, 2018).

Leddy (2018) also states that enforcing sustainability doesn’t just happen with knowledge, but also by getting others involved in interacting with sustainability, to help create more ideas on actions that could be taken. Another way of initiating more sustainable practices is with incentives. Although many corporations may not want to give up more dollars by offering financial rewards, they can still motivate their employees to recycle, reduce waste, reduce the use of water and energy, and reward them in a point system (Green Element 2017).

Sustainability initiatives can also attract and retain students. In 2019, students at Stephen F. Austin State University built a coalition in spring to bring a referendum up for a vote in the fall in support of a \$5/semester/student “green fee” to build a pool of money for campus projects (Diakun 2019, Torres 2019). Their campaign was successful, with the vote approximately 1200 to 350 in favor of the fee. The first proposals were drafted in the spring of 2020 and seven were submitted in the fall. They include water bottle filling stations (the most popular project at Texas A&M and UT Austin), membership in the Association for the Advancement of Sustainability in Higher Education (AASHE), partnering with the city on a multi-modal (bicycle/pedestrian) transportation plan, a plan to beautify and reduce pollution in a prominent campus stormwater retention pond, build a greenhouse that links with the student food pantry, and analyze the campus for potential savings by linking to green energy providers and privatized campus solar panel installation. A committee is reviewing the proposals for implementation in 2021.

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