



BRINGING THE EARTH TO YOUR FINGERTIPS

A NOTE FROM THE EDITOR EM-J STAPLES



Glory to you good reader! We're back in action after receiving monetary greatness from student funding. SORF you've been good to us and for that we thank you. We have found ourselves in a rough transition of winter and spring. Melted snow means muddy messes and trash waking up from hibernation mode. I need sunshine in my life. On those days I can't get it, I've got The Green Observer. All hail to the beauty of March. This blessing of 31 days radiates nothing but marvelous vibes, and the Green Observer is your explorer's guide. Friends, this is your chance to discover the bliss of Champaign-Urbana. We have provided you with the beginnings of wonder and excitement. Now it's your job to take these discoveries and transform them into your own kind of magic!

YOGA POSE: TOUCH YOUR TOES

by Felissa Amanda Tugade



Performing Uttanasana, the forward fold, stretches the body's hips, hamstrings and calves. While it strengthens the thighs and knees, the forward fold also relieves stress, calms the mind and reduces headaches.

Here's how to get your yoga on:
1) Stand upright, with your feet slightly spread apart.

2) Inhale and raise your arms, taking them over your head.

3) Like a rag doll, slowly bring your arms forward, and bring your torso along with you, so they are touching the floor.

4) Relax your body's muscles, and remain in this position for 7 to 8 breaths.

5) Keeping your arms in front of you, slowly raise your arms and your torso up until you are completely straight.

6) Repeat this stretch as many times as needed

If you are a beginner, slightly bend your knees to help ease the pain and you will be able fulfill the stretch. Also, if you are looking for a deeper stretch, put a blanket or pillow under your toes and try holding onto your elbows for a little bit. This will stretch your shoulders and the back of your legs.

If you find yourself looking for a break or in need to relieve stress, try going to Candlelight Yoga with Luna Pierson on Wednesdays from 7-8 p.m. The soft-lit candles and quietness of the class proposes tranquility, especially in the middle of a hectic week.

For prices and more details about the classes, visit the Amara Yoga and Arts Studio at 300 S. Broadway Street, Urbana, or visit: <http://www.amarayoga.com/>

Image by Felissa Amanda Tugade



Image by Felissa Amanda Tugade

HEARD IT THROUGH THE GRAPEVINE

The 2011 growing season at the Sustainable Student Farm has begun!

Regular deliveries to the dining halls begin March, and bed prep and planting has already started in three 3,000 sq. ft. high tunnels. There is a bed of spinach left over from winter production. Spinach is an amazingly cold, hearty vegetable that can survive and grow during the mid-winter months in the tunnels.

Volunteering will begin this month and continue throughout the spring semester. Some of the crops that will be planted in the coming weeks include: baby salad greens, cilantro, spinach, head lettuce, scallions, beets, chard, tomatoes, cucumbers, and peppers.

If you want to get a chance to work with vegetables and just cure the general winter malaise, come help out! Information about the farm can be found at thefarm.illinois.edu.

-Farmer Zach

A TOAST TO LOCAL ROASTS

by Katie Lindsay

We can't cultivate local coffee beans, but we sure can roast 'em. Visit Columbia Street Roastery in downtown Champaign. The C.S. Roastery imports green (unroasted) beans from Latin America, Africa and Indonesia and roasts them here in CU. The batches are small and the staff is attentive, resulting in a roasting process, and a coffee, that has been honed to perfection.

Stop by this java joint and stock up on all the coffee essentials, including French presses, flavored syrups, airtight containers

for grounds, and lots of smashing coffee. For \$5.75 you can walk away with a half-pound of any brew you please, or \$10.75 for a full pound. For a well-rounded dark roast, try the Black Velvet. It's the Roastery's best-seller. It boasts a smoky, berry flavor while avoiding the burnt taste oftentimes associated with dark roasts. Appease your morals with the Brazilian Bob-O-Link, which is purchased directly from the farmer. Raise a mug to nothing but the finest of flavors roasted locally.

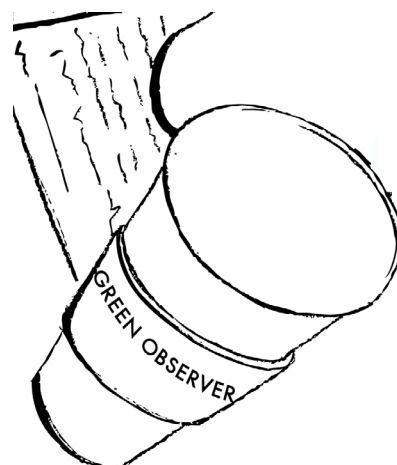


Image by Elliott Djuric

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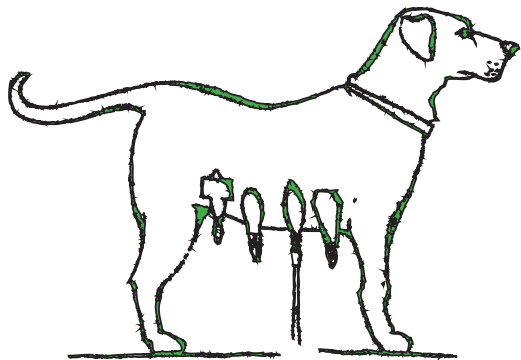
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WEATHER:



IT'S ALWAYS SUNNY
WHEN YOU'VE GOT THE
GREEN OBSERVER!

FEW FAVORITES ON TAP



Black Dog Smoke & Ale House, Urbana:

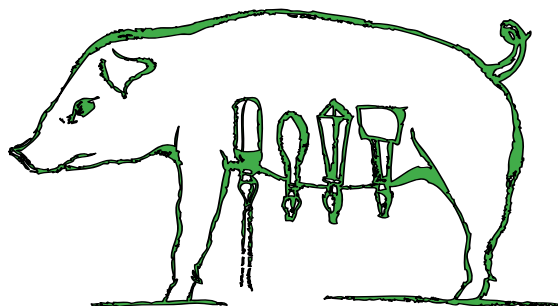
Ayinger Oktoberfest- Deep golden hues and lightly sweet. Floral hops with big body. ABV 5.8%

Atomium Grand Cru- Barley! Spelt! Rye! Maize!

Wheat! Buckwheat! So many grains! Zests of orange and tastes of coriander, delightful! ABV 8%

Smuttynose Big A IPA- Everything you need in your IPA-life, but MORE. More hops, more malt and ridiculously more flavor. This is one of the most talked about beers around. Give it a whirl. ABV 9.7%

Images by Elliott Djuric



Blind Pig Brewery, Champaign:

American Dark Ale-Imagine IPA-filled dark storm clouds. These raindrops splash a hint of dark malts. ABV 7.1%

Imperial IPA- Double-time it! Twice the malt and hops of the norm IPA, hop lovers unite! Think grapefruits...ABV 9.5%

Winter Barley Wine- Rich, sweet and dark. Descriptions don't get much better. ABV 10.0%



**EATS GLASS FOR BREAKFAST.
PAPER FOR LUNCH.
AND METAL FOR KICKS.**

Meet your newest neighbor — a real tough act with a soft spot for the environment. And an appetite for all things recyclable. Glass. Aluminum. Paper. It doesn't matter. Just toss it in and stand back. Way back. Because this is The Thing. And no matter how much you feed it, it's always hungry for more.



FEEDTHETHING.ORG



To learn more about Champaign's new multi-family, non-sort recycling program, please call 217-403-4700 or visit www.feedthething.org.



**FEED THE
THING**

GIY: GREEN-IT-YOURSELF FASHION

by Megan Dawson

Trendy stores get away with selling environmentally friendly products for a fortune. However, you can be eco-savvy and save money by changing your consumerist clothing habits and make your own fashion.

Check out these two incredibly simple and cute "GIY" styles and get started!

Update my: Little Black (& Boring) Dress

With red carpet season in session, oversized bows have been embellishing countless dresses of celebrities.

Tie a ribbon to one shoulder of a little black dress you can't yet part with. Shoot for a two to three inch-wide silk ribbon in black or a contrasting color such as red or pink—think left-over birthday gifts.

Don't have any? Craft stores can supply you with ribbon for a reasonable price. Tie the ribbon around the top of the strap of one of the shoulders and secure in a large bow. Trim excess ribbon in the shape of a "v" from the end. Voila!

Update my: Long Sleeved (& Too Short) Shirt

When it comes to cold weather on campus, layering is key. Stay warm while you're outside, but avoid overheating in furnace-fueled classrooms. A lightweight cardigan is essential for this situation. Unfortunately, a quality cardigan can be pricey.

Transform a long sleeved shirt or crewneck sweater into a custom cardigan. Just use a piece of chalk to trace a straight line down the front middle of the shirt or sweater and use a heavy-duty pair of scissors to cut from the collar through the bottom. The result is a less bulky and more wearable layer that can take you from winter through summer.

Feeling ambitious? Add a button near the middle of your cardigan. A scarf also makes a nice addition.



Image by Elise Pescheret

RETIRING THE RED CUP

By Kaitlyn Pascus

Be a tree hugger this unofficial holiday. Whether you're hosting a gala or walking your rounds, try using an earth-friendly cup. The same company that makes those infamous red party cups is walking towards greener pastures. Solo released a new line of tableware called Bare, Bringing Alternative Resources for the Environment, creating single-use products using recycled, recyclable, compostable and renewable materials.

"The compostable plates are made with sugarcane, which is a renewable product. Another cup we offer is made with a bio-based resin [plant based plastic mate-

rial] which is renewable material as well," said Tim Lindberg, Solo Cup Company spokesman.

Bio-resin is the new plastic. It's made from a variety of natural plants including corn, potatoes, rice, tapioca, palm fiber, and wheat fiber. These Bare products are made of just that.

In addition to producing Bare, the Solo Cup Company is encouraging others to join in and make the change to become greener.

"Some municipalities might recycle all plastics, where as others might selectively recycle content. One of the things we're really working on with different industry

groups, trade associations, and municipalities is to expand the recycling of their programs," said Lindberg. With the growth of recycling programs, many companies like Solo, could possible expand their market for recyclable material, as well as the market as a whole.

"We are then working from the other side to promote the market for recycling, to try to drive both the demand for recycled content not only in our products but other's products as well," he said.

It's time to retire the classic cup for its new hipster cousin. Smile and enjoy those liquids, you tree hugger you.



Image by Elise Pescheret

SPROUTING SENSATIONS

By Kelsey Rankin

At Tiny Greens Organic Farm in Urbana, living green isn't just a dream—it's a full-fledged reality. Owner Bill Bagby has taken great care to ensure that the year-round sprouts farm is eco-friendly, sustainable, and energy-efficient. The farm uses the power of Mother Nature for everything from heating and cooling, to nutrient supply and water purification.

"We put in our own water system including septic treatment, and we're off the grid as far as the city goes," said Bagby.

Besides a natural water system, Tiny Greens creates its own compost. Because the farm operates

year-round, it produces a lot of organic material. The farm incorporates inoculated woodchips and sometimes manure donated from other farms. Unused or left-over sprouts get thrown in the compost.

Speaking of sprouts, they're what the farm specializes in producing. No need to cook, you eat 'em live. They're full of natural energy and nutritional benefits.

"The amazing thing about sprouts is that as soon as you sprout a seed, the nutritional value increases drastically. On average a sprout is 50 to 200 times higher in vitamins than any seed, which makes them great to eat,"

said Bagby.

Tiny Greens currently grows over 16 varieties of sprouts and baby micro-greens including mung beans, alfalfa sprouts, red clover sprouts, sunflower sprouts and salt-water-grown wheat grass. Most regular vegetables pull up at least eight elements from the soil. Wheat grass is one of the only varieties that can get 92 different elements, giving the body a great nutritional balance if eaten on a regular basis.

You can visit the farm yourself, or buy your own Tiny Greens at Common Ground Food Co-op in Urbana.

Sprout on!

THE GREEN OBSERVER CREW

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THE DO-GOODER SAYS...

- Volunteer at the I.D.E.A. store, an eco-friendly trash to treasure imaginarium on Springfield, email info@the-idea-store.org
- Play some BINGO with older folks at the Illini Heritage Center, call 217-352-5707
- Cook a meal for teen moms & their kids, call 217-693-4573

Image by Em-J Staples



PROFESSOR PROFILE



Professor John Masiunas loves vegetables so much he teaches a course on how to grow them. He also teaches International Horticulture Products and an online course, Local Food Newtworks. A horticulture man by trade, he has been in the CU agriculture world since 1986. In May he celebrates 25 years of teaching excellence. Green Observer had a good ole' chatski with Masiunas on Illinicontry, farming and green thumbs.

Q. What's your favorite vegetable and how do you like to eat it? Whatever is fresh at the time. In the summer, it's tomatoes and hot peppers. I like tomatoes on a grilled cheese sandwich with

some basil. I like hot peppers in chili or something that will balance the heat out. Something like a nice salsa.

Q. If you weren't a professor, what would you be doing in life? I always wanted to be a small farmer, with a place to raise a family on. There are some good local farmers that I've gotten to know over the years. Everything from Blue Moon to conventional farms and the grahms at Curtis Orchard. There's a fun scene even if you just concentrate on what's being sold. Whole range of farm style represented there.

Q. What's the best thing this campus has to offer? The people. There are wonderful students and wonderful faculty. For any place you spend, it's the people that make it. I love seeing the diversity of the students I run into. I've got some good grad students working in my lab and they have lots of energy. It's really fun because you think about things you haven't thought about before.

Q. If you could live somewhere else, where would

you live and what would you grow? I would probably live on the East Coast. I'd like to be in a small town in New Hampshire. There is a lot of diversity of things you can grow. I would like to hook up with some chef from a restaurant and harvest the vegetables for the restaurant. The chef could then take what is available and create a menu from that.

Q. What's your philosophy on educating college kids? A lot of professors take themselves and what they're trying to teach too seriously. You have to be able to laugh at yourself. With vegetable gardening I feel comfortable teaching that class because I've taught it for so long and that helps.

Q. How would you encourage city kids to eat local? The best way to appreciate it is to think about food as a story. You are eating because of people who are bringing that food to you. Instead of thinking of it as 1,000 acres of corn and soybeans, think of it as a small farm with someone growing it.

Make A Difference on Campus!

Let the Student Sustainability Committee help bring your ideas to life



The SSC will allocate a total of **\$10,000** in grant money this semester to environmentally focused student projects. Submit your ideas today!

Rolling Deadline:
April 1st

Visit our website for more information:
sustainability.illinois.edu/ssc
and click on the Student RFP Tab

student sustainability committee
university of illinois at urbana-champaign

SEEKING PEACE IN THE WINDS OF CHANGE

By Cameron Jimmo

"The answer, my friend, is blowin' in the wind."

Chants, such as this proverbial Bob Dylan lyric, echoed outside of the University of Illinois' Sawnlund Administration Building on Feb. 11 as students gathered to rally in support of what has proven to be one of the more environmentally controversial issues on campus: the wind turbine project.

Headed by the Student Sustainability Committee (SSC), the wind turbine project has struggled amidst conflict and progress as it has developed over the last seven years.

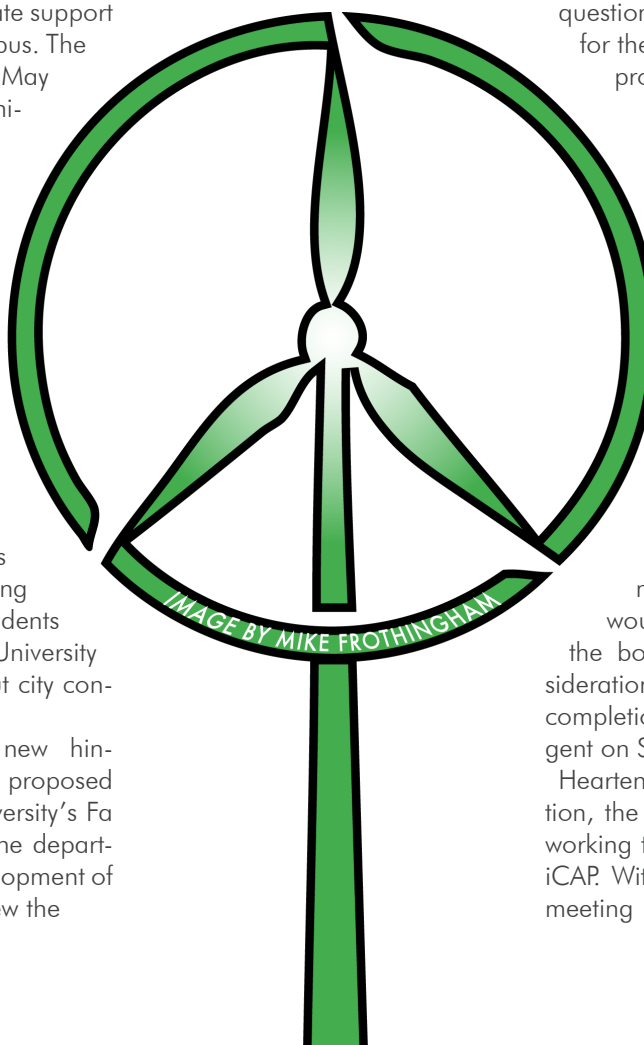
While it seems the goal of constructing a wind turbine is closer than ever come March 2011, it's not without those at the University holding a collective breath as the obstacles the project faced remain fresh in memory.

It began with the delay of the wind turbine project by the University's administration and its following untimely cancellation by former Chancellor Herman in 2008. Undeterred, in the follow-

ing two years the SSC continued to raise money, seek state support and campaign on campus. The project was revived in May 2010 through the University's introduction of the Climate Action Plan (iCAP).

Yet the project's problems were far from over. With its planned location in southwest, unincorporated Urbana, the city's residents began to voice their concerns in Nov. 2010. Worried of the effects it would have on living conditions, the residents were unsettled by the University moving forward without city consultation.

With 2011, came new hindrances. An ultimatum proposed on Jan. 30 by the University's Facilities and Services—the department heading the development of the wind turbines—threw the



University's cooperation into question. Asked to fund \$700,000 for the difference made by the project's current estimated cost of \$5.2 million, the SSC replied with opposition; they called on University President Michael Hogan to answer for what they viewed as a highly debatable, unnecessarily inflated project cost.

President Hogan responded with commitment. On Feb. 8, Hogan announced that the project would be brought before the board in March for consideration and that the project's completion would not be contingent on SSC funding.

Heartened by this affirmation, the SSC sees the University working towards the goals of the iCAP. With the Board of Trustees meeting rapidly approaching,

the committee continues to work toward the wind turbine project's fruition, hoping that the University's current alignment holds and renewable energy will be a reality come spring.

The problems with the turbine have been a good opportunity for students to step out side of their comfort zones by voicing their opinions and keeping pressure on the project. They made appearances at Urbana city council meetings, protested on the quad and won't consider quitting until an agreement is reached.

Suhail Barot, Chair of the SSC, represents the overall student determination to see the project through, despite the disheartening community response.

"The project has become the symbol of sustainability efforts at the University," said Barot. "If it fails, students will not be able to hold the campus to any other commitment on renewable energy."

May the winds be with you!