

IMAGINED & PRODUCED BY STUDENTS FOR ENVIRONMENTAL CONCERNS



GREEN OBSERVER

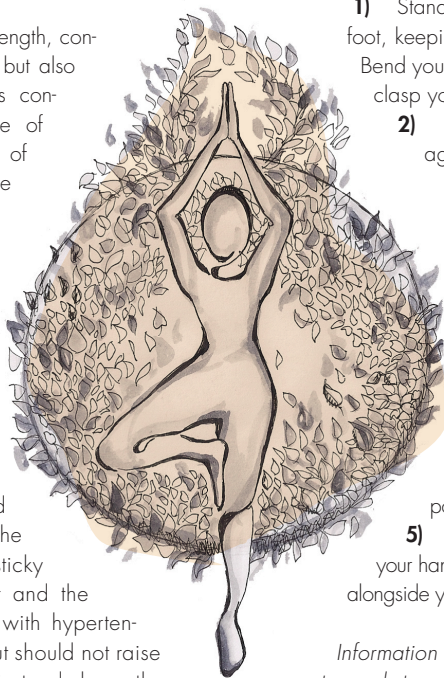
WWW.CUGREEN.ORG

UPROOT YOUR SOUL

STANDING TREE POSE

Practicing vrikshasana builds strength, constitution, posture and flexibility, but also focuses your mind and builds concentration. The easy elegance of this pose taps into the structure of a tree: Your pelvis and legs are the roots, digging deep into the earth for nourishment and fortitude. Your torso, head, neck and arms are the branches reaching up toward the light of the sun.

Beginner's tips: If you feel unsteady, you can stand with your back braced against a wall. If your raised foot tends to slide down the standing leg, put a folded sticky mat between the raised foot and the standing inner thigh. People with hypertension can practice this pose, but should not raise their arms over their heads; instead, keep the palms pressed together at heart level.



- 1) Stand tall, with feet together. Shift weight onto your left foot, keeping the inside of the standing foot firm to the floor. Bend your right knee, reach down with your right hand and clasp your right ankle.
- 2) Draw your right foot up and place your sole against the inner left thigh (if not possible, start with your foot at the ankle or calf.) Press your right heel into your inner left groin, toes pointing toward the floor. The center of your pelvis should be directly over the left foot.
- 3) Rest your hands on your pelvis. Your pelvis should be in a neutral position.
- 4) Firmly press the sole of your right foot against your inner left thigh. Press your hands together in front of your heart, and, as you feel steady, raise your hands up over your head, without lifting your shoulders. Gaze at a fixed point four feet away on the floor.
- 5) Hold for 30 seconds to 1 minute. To release, lower your hands to your sides and lower your right foot to the floor alongside your left. Repeat with the opposite leg.

Information provided by Jennifer Allen, certified yoga instructor and stress-relief extraordinaire. Try taking her class through campus recreation. Namaste!

Image by Elise Pescheret



HOW DOES CU

By Dan Korenevsky

REDUCE

"When I use turpentine for painting, I use the natural stuff - it's all recycled"
William Blake
{Freshman, Art Foundation}

REUSE

"There has been a lot of beer going through our room, and we've been recycling all of those cans"
Oleg Mishalov

RECYCLE

"I use all of my old essay and labs as scratch paper when I get them back"
Nicky Yohanna

CHECK OUT SUSTAINABILITY WEEK: OCT. 25 - 29

M	T	W	Th	F
10-11 AM: Sustainable ARC Tour	10-11 AM: Sustainable Student Farm Tour	11-3 PM: Sustainability Fair on the Quad	12-1 PM: 'New within the Old' Tour	7-9 PM: Finale Celebration

For further information visit :

Sustainability.illinois.edu/2010SustainabilityWeek

Recycle small electronics, batteries, shoes and cell phones all week at these locations:

- McKinley - 1109 S. Lincoln Avenue, Urbana
- ARC - 201 E. Peabody, Champaign
- Illini Union - 1401 W. Green Street, Urbana
- PAR - 906 W. College Court, Urbana

A NOTE FROM THE EDITOR EM-J STAPLES



Friends, it's time to begin the revolution. The green flash is striking the Champaign-Urbana area. I'd like to personally invite each one of you to join me in the greatest thing this orange and blue town has ever seen. Enter, The Green Observer. We're the best thing since whole wheat sliced bread. Imagine the eco-friendly, cornfield-surrounded culture served to you on a silver platter. You're going to eat this issue up and compost the remains. We know, we know, this print issue is adding to the waste dilemma. That's why our home base is online. Check out the CU eco-happenings at www.cugreen.org. We're moving mountains and climbing them at the same time. So start getting in touch with your environmental roots, and grow your own tree of knowledge. The bio-diesel engine is running; hop on the bandwagon and discover the bliss. Peace, love, joy.

NEWS YOU CAN USE

STUDENTS EVALUATE ANOTHER SUCCESSFUL HARVEST SEASON

The Sustainable Student farm at UIUC is in its second year of production. The project started as a joint venture between the Department of Crop Sciences, the Student Sustainability Committee, and Dining Services. Currently there is a market booth on anniversary plaza outside of the Union on Thursdays (through October) from 11:30a.m.-1:30 p.m. In two years, it has brought over 15,000 pounds of produce to University dining halls.

The farm is considering a pilot community supported agriculture (CSA) project with 15-20 shares next season. The CSA

allows members of CU community to invest in the farm early on in the season and get a weekly share of seasonable vegetables.

The farm is about three acres of land within the University's fruit research farm on Lincoln Ave. and Windsor Rd. Although it isn't a certified organic operation, it has adopted organic practices like, diverse crop rotations and plantings, cover cropping, and liberal use of compost.

The main goal is to serve as a living laboratory for students interested in small scale diversified produce production. More info about the farm can be found at this web site: thefarm.illinois.edu.

Information Provided by Zach Grant

CHAMPAIGN LAUNCHES NEW PROGRAM FOR RESIDENTS



Citizens of Champaign never fear, a new recycling plan is here. Beginning Dec. 1, the City of Champaign will serve residents living in apartments and shared housing, (think fraternity and sorority houses). "The City Council has made it a priority to offer recycling services to all of our residents," said Angela Adams, recycling coordinator. City staff will begin distributing recycling carts in November. The first pick-up is Dec. 1.

Here's what you can recycle: plastics labeled #1 through #7, aseptic juice boxes, gable topped cartons (e.g., milk cartons), and plastic grocery bags. Keep recycling common items, such as aluminum cans and cardboard boxes.

For more information visit www.feedthething.org, or call Angela Adams, (217) 403-4780. Information provided by Elizabeth Hannan

SUSTAINABILITY WEEK AT UIUC!

Let's face it: Being 'green' can be difficult. But it's even more difficult to disregard the significance of the environment and its survival.

If you have been looking to make a difference on campus, seek no further — Sustainability Week is upon us. From Oct. 25-29, the University of Illinois will be raising awareness for sustainability via a variety of lectures and other activities.

Jeff Biggers, will be presenting on Monday, Oct. 25 at 6:30 p.m. Biggers is nationally recognized in his struggle against extraction and use of coal in the U.S. Shattering societal perceptions,

Biggers demonstrates how even clean coal destabilizes the global climate.

Additionally, John Passacantando will be speaking on Thursday, Oct. 28 at 7 p.m. Passacantando balances out the political spectrum by providing the perspective of a conservative-turned-environmentalist. He stresses the importance of environmental advocacy regardless of political affiliation.

Get involved and take advantage of this wonderful opportunity — it will make you feel good, and it's sure to put a smile on Mama Earth's face, too.

Information on Sustainability Week can be found at sustainability.illinois.edu.

Information provided by Katie Lindsay

DREAD HEAD

By Sam Wonsover



When we die, the majority of us will end up leaving behind the waste we've created in our lifetimes: plastic bags, coffee cups, old shoes, coffins and cars. I wonder about the things we leave behind, and how they affect the world. In regards to garbage, I'm guilty of it; we all are. I guess the question is,

"How much do I want to leave behind after I die?" I was thinking about this in my statistics class the other day. I thought to myself, "I bet I've produced enough stuff to fill this entire room with garbage." Now this room is the 300-person lecture hall in Gregory Hall. As I sat there staring at the gigantic room and imagining all my waste filling it up, I got scared, imagining the other 300 students who have probably produced a similar amount of trash in their own lifetimes. I began to wonder where all this garbage went.

It's true Americans use lots of shit. Lots of stupid shit like disposable spoons, for example. These spoons have traveled God knows how many miles to get to a restaurant. I'll use it for maybe the next 30 minutes, then I'll send it away to be placed in a landfill for some archeologist to dig up 5,000 years from now, and it will be put into a museum. Weird... I wonder though, does the general public think about this sort of thing when they pick up a plastic spoon? Or do people just accept this luxury as a sort of right that humans have? I'm pretty

sure that not everyone in this world has a plastic spoon to call their own. And look at how we use them and throw them out like it's no big deal, nothing. Think about how fortunate we are to be able to walk into any café just to get a plastic spoon. We can literally walk around the Union collecting enough spoons that we would never have to do the dishes for the next year. Whoa, that's a great idea... No more dirty dishes... The point is not for me to just ramble about how materialistic we are, or rant

about how we **MUST** change now in order to save the trees or the beluga whales. It's different than that (although I do care about trees and beluga whales.) The point is that I want people to think about their actions. No matter how small these actions may seem, they're important. Once you throw your coffee cup into a garbage can, you usually never think about it again. I challenge you to think twice about those small actions and the mark they'll leave on the environment.

THOUGHTS FROM A SIERRA CLUBBIE

By Parker Laubach



In the fight for the preservation of our environment, it seems we waste a lot of time talking about the issues while failing to act to solve the issues. However, once you filter out the chatter, it becomes clear that many people are taking action. Across this country, non-profit organizations are working for the land's best interest.

While Sierra Club is working to stop its 140th coal fired power plant from being built since 2001, the Student Sierra Coalition is retiring similar power plants on college campuses across the nation by putting pressure on their administrators. In spite of all of the work that is being done on a national level, there are still local problems that slip through the cracks.

Here in the CU area we have a few problems you may not know about:

- Proposed coal mines in Champaign and Vermillion counties.
- A new coal fired power plant and carbon sequestration test facility in the central Illinois area.
- A toxic contaminated site in Champaign's Fifth and Hill

neighborhood.

- Toxic coal ash sites in Danville, Decatur, Peoria and Springfield.
- A partially coal fired power plant on the U of I campus.
- Proposed sprawl in Urbana could destroy fertile farmland to create roads.

In CU we have our fair share of environmental organizations helping out as well. From Prairie Rivers Network working on coal ash issues, to the local chapter of Sierra Club at the Urbana farmer's market, to students volunteering at the student farm, there are opportunities all across C-U to become involved in any sort of environmental service.

I challenge everyone curious about an issue to research and act on it. Without people like Rachel Carson, who wrote *Silent Spring* (the book that spawned the modern environmental movement) or people like John Muir, who founded Sierra Club in 1892, there would not be the environmental movement there is today.

Go out and volunteer at the student farm, go to a meeting for a local environmental organization, watch a documentary, read a book or go for a hike. It's time to become more educated and engaged with the natural environment around us and to let our voices speak out for Mother Earth.

COMPOST CORNER

By Mardhiya Yasin

Here is a quick guideline on how to get started on your own vermicompost (that's composting with worms!) indoor bin. Finished compost is a nutrient rich soil-like substance that makes fertilizer.

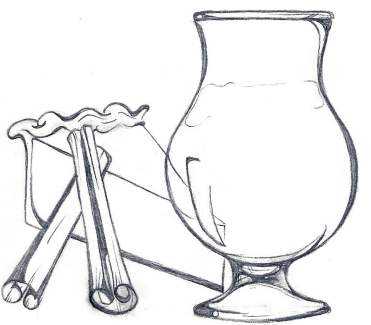
What you need to get started:

1. Tub-like opaque plastic (or wooden) bin that's at least 10 inches deep with lid.
2. Power drill with a 1/8" drill bit.
3. Bedding material – Newspaper (black and white ink only) and any type of cardboard, in long strips or shredded pieces.
4. Food waste
 - a. Tea bags and coffee grounds.
 - b. Fruits, veggies, egg shells.
 - c. NO meat, oils, dairy or anything cooked.
5. Worms – Search for composting worms online.

See 10 Easy Steps to Vermicomposting on cugreen.org/

CHEERS TO LIQUID GRAINS

By Laurie Shinbaum



Images by eliott djuric

Get into the harvest spirit. Put on a sweater, slip into moccasins and sit down with a good pumpkin brew. I trucked over to Friar Tuck's liquor store in Savoy and found a good variety of fall greatness in a bottle.

Southern Tier Pumking
What will tickle my taste buds? It has a creamy, sweet smell and taste about it. It's got the smell of pumpkin pie in every whiff
What should you fashion the beer in? Tulip Glass
Things to chomp on with each sip- This is a dessert beer. Have some pecan pie or butternut squash soup along with it
Carbon footprint- Comes from New York
How much does it cost? \$6.99 per 20 oz bottle
Dizzy Effect- 9 percent

Schlafly Pumpkin
What will tickle my taste buds? The buds will dance with nutmeg and cinnamon spices
What should you fashion the beer in? Tulip Glass
Things to chomp on with each sip- The desserts continue with this beer. Wash it down with some pumpkin pie
Carbon footprint- Comes from Missouri
How much does it cost? \$10.99 per 6-pack
Dizzy Effect- 8 percent

LOCAL HARD CIDER

By Katie Durkin

When it comes to serving locally, the Blind Pig is no stranger. Aside from their selection of locally brewed beers, another drink option comes from fresh-picked apples off trees in Champaign: Curtis Orchard Hard Cider.

"We get their fresh, sweet cider and add yeast, and that's it," said brewmaster Bill Morgan. "We don't do anything fancy, we don't add any additives. We don't treat it in any way."

The yeast ferments the natural fruit sugars of the cider into alcohol, he said.

The end result is 5.6 percent alcohol, which is comparable to most beers.

Though it may a more popular choice in the fall season, the hard cider is served year round. When the end of apple season is near, Curtis Orchard provides the Blind Pig with a large supply of cider, which is then frozen to keep it fresh so it can be used until next season's harvest.

"Some of our customers aren't real

big beer drinkers, but they do enjoy the cider," he said.

Those looking for a sweet, sugary drink should think twice before ordering this cider.

"We make our cider in the English dry-cider style, which means it's not very sweet," Morgan said. "That's rather different than the commercial cider that you find on the market."

He said many commercial ciders, like Wood Chuck, make their drinks high in sugar because they are targeting a specific market, but the Blind Pig takes a more traditional approach in making their cider.

The greatest demand right now at restaurants and bars is more local and fewer processed products, he said.

For Pat Farhat, senior in IAS, the Curtis Orchard Hard Cider is a must have.

"I'm usually a beer guy, but when I'm here, I have to get the cider," he said. "It's



Image by eliott djuric

somewhat of a bitter taste, but in a good way. I still feel manly when drinking it."

CARVE YOUR PUMPKIN

...AND EAT IT TOO

by Rachel Rubin

Instead of just admiring jack-o-lanterns, it's time to eat them.

So was it the gooey orange slime that we all remember from our pumpkin carving days that make the pie? Or must we peel the pumpkin like a potato to get that savory soup? It's time to stop only eating these fall treats, and learn how to really cook with a pumpkin. It can be done in a few easy steps.

1. Buy a pie pumpkin, one buck at the Urbana Farmer's Market.
2. Wash, cut the pumpkin in half, scoop out the insides.
3. Fit the pieces in a pan, add a few of inches of water, and put in the oven.
5. Cook for 20-30 minutes at 350 degrees, or until the pumpkin is soft.
6. Make the puree. Remove the rind, and puree using a blender.
7. Use the puree to make pie, soup, or bread.

"I usually make pumpkin soup from fresh pumpkin, or baked pumpkin with cinnamon and cloves," said Tali Rothstein, staff member at the Cohen Center for Jewish Life. Cohen likes making real puree instead of using the stuff from aluminum cans.

"Working with fresh pumpkin is very easy once you cut through the rind! It is much healthier and nutritious to work with fresh vegetables rather than canned," Rothstein said.

Brain Miller, a grad student in psychology, likes cooking with pumpkin,

too. He recommends a savory soup. "Pumpkin soup is highly recommended and super easy. Put some sour cream and some of those great roasted seeds on top," he said.



On a crisp autumn day, heat up the stove and try this recipe to keep you warm.

Tali's Pumpkin Soup
1 lb fresh pumpkin
2 sweet potatoes
1 onion
2 tablespoons olive oil
2 teaspoons salt
6 cups water
Dash of pepper
1 teaspoon thyme

Heat oil in a pot. Chop onion and fry till golden-brown. Peel and cube vegetables, add veggies and water to pot. Bring to boil, then lower the heat and simmer for 20 minutes. Blend soup with hand held blender or in a food processor.

CREATE-YOUR-OWN

By Sam Wvonsover

PASTA-STYLE GARDEN PLOT

The Lasagna Garden method is the best bet to start your own weed-free and nutrient-dense garden plot. Follow these steps using your eight fingers and two green thumbs.

1. Evaluate the space you're working with. Consider two things:

A. Pick a spot that is close to a water source

B. Pick a space with sufficient sunlight. An area that gets six to eight hours of full sun a day will be perfect for growing a wide variety of plants

2. Choose a size you can manage. It can be big or small, but understand that the larger plot will need more work and attention. Remember, garden work=play

3. Start the transformation. Lay out cardboard or a layer of newspaper, (like this one) that is 5-10 sheets thick. The first layer will keep weeds out, and help kill the grass growing in the plot. After this first layer, water the newspaper or cardboard to hold it down. Then the water will welcome worms.

(You can improvise the next steps)

4. Create multiple layers on top of the card-

board/newspaper layer, alternating "green" organic matter, and "brown" organic matter. "Green" organic matter: Think grass trimmings or veggie scraps.

"Brown" organic material: Think shredded leaves and dead plant matter.

The materials you use will determine certain characteristics of your garden bed, and make it unique to your yard.

5. Imagine the lasagna structure on top of the cardboard/newspaper layer. The brown layers are two times as dense as the green layers.

6. Continue to layer organic materials until the bed is one to two feet high.

As the seasons change, the organic materials will break down and the two-foot high bed will be reduced to six or eight inches high. Once spring comes, you will be happy to have a garden bed already prepared perfectly for your plants.

"Knowing what plants you want to grow will help you choose materials to use in your Lasagna Garden," said Kirsten Spitzner, Parkland College Greenhouse Assistant. "Some plants may want more sandy soil, while other plants may want more organic matter," she said.

NEWSPAPER CREATION STATION

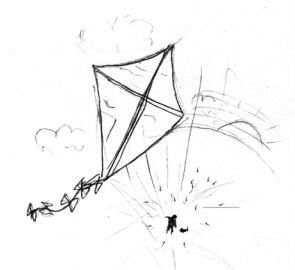
Now that you're green informed, it's time to get savvy with this newspaper. Here are some tips to reuse in a fun purposeful way:



FUEL FOR A BONFIRE



CONSTRUCT A PIRATE HAT



GO FLY A KITE



START A COMPOST

Images by Rachel Samaniego

THE RED HERRING VEGETARIAN FOOD

On Campus -- 1209 W. Oregon
Open 11-3 M-F, 8-1 FSS

info@aimeno8studios.com

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studios

www.aimeno8studios.com



OUR CREW

Editor-in-Chief: Em-j Staples
Layout Designer: Emily Cross
Art Director: Jacqueline Draper
Copy Chief: Jessica Nichols
Promo Director: Kerry Brown
Photographers: Kiley Miller & Dan Korenevsky

