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the  
**GREEN  
OBSERVER**

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BEST OF THE SEASON RECIPE

**read green • live green**

# the green observer

YOUR ENVIRONMENTAL PUBLICATION ON CAMPUS

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The Green Observer  
is a program of the  
University YMCA

## sustainability week: october 22-26



Mon. 22:

- 12:15pm: Sustainability Week Kick-off Luncheon / iCAP Forum Open House**  
A review and progress report of the University's Climate Action Plan and iCAP Portal  
University YMCA, Latzer Hall, 1001 S. Wright Street, Champaign



Tues. 23:

- 3:30pm: Sustainable Student Farm**  
Open House, Cookout & The Art of Greener Papermaking  
Sustainable Student Farm, located near the intersection of Lincoln and Windsor road



Wed. 24:

- 8:30am-4:30pm: Electric Vehicles Forum**  
I-Hotel and Conference Center, 1900 S. First Street, Champaign

- 10am: Waste Transfer Station Tour**  
10 E. St. Mary's Road, Champaign

- 4-6pm: Long Range Transportation Plan**

- 6:30-9:30pm: CyclingSavvy**  
Traffic Cycling Course with Gary Cziko  
Activities and Recreation Center (ARC), Auditorium, 201 E. Peabody Drive, Champaign



Thurs. 25:

- 10-11:30am: Utilities Master Plan**  
**2-3pm: Student sustainability discussion with Chancellor Wise**  
\*Registration Required ([www.sustainability.illinois.edu](http://www.sustainability.illinois.edu))  
Illini Union, 3rd floor, room 314A

- 5:30pm: Students for Environmental Concerns (SECS) Food Day Potluck**  
University YMCA, Latzer Hall, 1001 S. Wright Street, Champaign



Fri. 26:

- 11am-2pm: Orange & Blue Go Green Sustainability Expo**  
Student Dining & Residential Programs Building (SDRP), Lobby, 301 E. Gregory Drive, Champaign

- 2:30-3:30pm: Changing Tastes: The role of chefs in shaping our health and health of the planet**  
Arlin Wasserman  
Student Dining & Residential Programs Building (SDRP), multipurpose room, 301 E. Gregory Drive, Champaign

- 4pm: Dining Services 9th Annual Chef's Challenge**  
Student Dining & Residential Programs Building (SDRP), multipurpose room, 301 E. Gregory Drive, Champaign

- 7-9pm: Movie: Bag It: Is your life too plastic**  
Dr. BK Sharma, Senior Chemist at the Illinois Sustainable Technology Center (ISTC) who is converting plastic bags into oil to potentially be used as fuel or lubricants will be giving a 15-minute presentation before the film.  
Illinois Sustainable Technoloav Center. 1 E. Hazelwood Drive

- 11am-1pm: Campus Bicycle Shop**  
Open House  
608 E. Pennsylvania Avenue, Champaign

- 3-4pm: Go Green Challenge (Scavenger Hunt) Reception**  
Winners of the Go Green Challenge will be announced and prizes awarded! Refreshments served.  
UI Wellness Center, Concourse Level of ARC, 201 E. Peabody Drive, Champaign



# get involved!

Have an interest in alternative fuel sources? This RSO has its own biodiesel reactor that converts waste oil from campus dining halls into fuel and soap!

If you are passionate about social and environmental justice and want to explore the way urban planning can impact a community, join this RSO!

This club works with native plants and maintains several prairie sites around campus. Check them out to see what a difference a few hours of work outdoors can make!

The environmental fees included in our tuition are managed by this committee. They review, recommend, and fund projects that promote environmental stewardship!

As a project-based organization, members have an opportunity to travel abroad to establish access to cleaner resources in Cameroon, Guatemala, and Nigeria!

This organization has trips throughout the year! Students raise funds together on campus and then travel across the country to volunteer for a variety of projects!

The focus of this group is to organize and carry out a large international project (last year was Panama) to introduce an environmental project to a community in need!

If you have interest in advocating for green design practices, this organization is affiliated with the United States Green Building Council and LEED certification!

**Illinois Biodiesel Initiative**  
[biodiesel.uiuc.edu](http://biodiesel.uiuc.edu)

**Planners Network**  
[urban.illinois.edu/students/organizations/PNC](http://urban.illinois.edu/students/organizations/PNC)

**Red Bison**  
[redbison.herokuapp.com](http://redbison.herokuapp.com)

**Student Sustainability Committee**  
[ssc.union.illinois.edu](http://ssc.union.illinois.edu)

**Engineers Without Borders**  
[ewb-uiuc.org](http://ewb-uiuc.org)

**Alternative Spring Break**  
[www.illinoisasb.org](http://www.illinoisasb.org)

**Environmental Brigades**  
[empowered.org/Environmental-Brigades-at-University-of-Illinois-at-Urbana-Champaign-1](http://empowered.org/Environmental-Brigades-at-University-of-Illinois-at-Urbana-Champaign-1)

**Emerging Green Builders**  
[usgbuiuc.blogspot.com](http://usgbuiuc.blogspot.com)

# students for environmental concerns

Students for Environmental Concerns has been having a great semester with plenty of opportunities to get involved! Our five committees offer a "one stop shop" for environmental issues –

Education, Weatherization, Beyond Coal, Sustainable Landscaping and Earth Week Planning.

Education has been working on a Ban the Bottle campaign to reduce bottled water use on campus. It is currently planning a kick-off event in November where we will be giving away a reusable water bottle to any student who commits to banning the bottle from their lives. Stay tuned for more details!

Weatherization is working on a student outreach event where we will teach students how to weatherize their apartments to save money on energy. We will be providing supplies so you can do it yourself! The group is also reaching out to help low-income local communities improve their energy efficiency.

Sustainable Landscaping has been working on a few sites recently, including improving the landscaping at the University YMCA and Burrill Hall. Plans are in the works to start a greenhouse.

Beyond Coal is going strong with its divestment campaign and making sure the University makes good on its commitment to stop burning coal at Abbott by 2017. It has also joined forces with Power Vote to help students stand up to big polluters with their vote.

Earth Week planning has been thinking of some great

events! We're excited to bring in education, service and activism aspects of protecting our planet to this year's Earth Week.

## UPCOMING EVENTS:

- October 20th: Canoeing Trip in Turkey Run! We'll leave in the morning and do some canoeing on Saturday, camp out Saturday night and hike Sunday morning. We'll be back by Sunday afternoon.
- October 24th: Food Day! (see below)
- November 28th: SECS is hosting a big group of students going to see Bill McKibben and Josh Fox at the 350.org "Do the Math" event in Chicago.

Check us out at <http://secs-uiuc.blogspot.com> for more information and to join our newsletter!



## COMING UP: FOOD DAY 2012

by Paul Dolmon

We all worry about the large things: deadlines, papers and job applications. Have you considered the impact of the little things, such as the food that you eat? SECS would love to teach you how you can eat in a healthy and sustainable fashion! On the 24th, come join us outside of the University YMCA on Wright Street for

a great discussion on being socially responsible citizens, with speakers and a documentary on eating your way into a more sustainable way of life. Organizations such as Invisible Conflicts and Amnesty International are cosponsoring this event, as they're aware that everyone should be responsible for the food we eat. So if you wish to learn, or you just

want to snack on the free food, you're more than welcome to come by. We hope to see you there!

Date: October 24th

Time: 5:30 p.m.

Place: the University YMCA

**FREE LOCALLY SOURCED FOOD!**

# reflections on the student farm

by Chris Swenson

**O**n a cool September morning, I tread a humble farm just outside of campus. The farm contains typical crops and covered gardens of fruits and vegetables. There are collections of farm tools and machinery in sheds, and a single farmer standing in the midst of his work. The farm appears ordinary, but it performs a role that busy college students don't often stop to consider. The University of Illinois Sustainable Student Farm (SSF) provides the service of local food to the dining services, so that the students can eat healthfully on a day-to-day basis.

The Managing Director, Zack Grant, who oversees most functions of the farm including hiring workers, coordinating research with classes at the university, and of course farming, maintains the farm. The SSF was founded in 2009 with 2 acres of land to its name and a goal to grow sustainable produce to be sold to the University dining service.

This produce is sold to the University dining halls at an "organic" price, which is set based on the free market. The money from this has helped the farm to expand. Now in its fourth growing season, the farm has expanded to 6 acres, and its capabilities have continued to grow with its size. It now contains 10,000 square feet of high tunnels, which are larger greenhouses used to maintain warmth and humidity for growing.

Aside from physically growing, the SSF network has also expanded through the University community. The Chancellor even visited the farm in October, highlighting the strengths that it brings to the University. Along with hiring 2 to 3 seasonal workers, the farm is now considered a joint venue and operates with other groups such as the Student Sustainability Committee and the Departments of Crop Sciences and Horticulture. Additionally, classes and students within varying majors (such



sustainable  
student farm  
UNIVERSITY OF ILLINOIS

as architecture, graphic design, writing and engineering) have done research or worked with the farm. This can be a great opportunity for those students or professors interested in sustainable farming to get involved.

From the beginning, the SSF has been modeled after similar projects at different universities. The one in particular that Grant seems to look to when planning his farm's operations is the Michigan State University Student Organic Farm (SOF). He is striving to replicate their CSA, or Community Supported Agriculture program. In a CSA, the community pays a subscription service to the farm, and those investors receive produce throughout the growing seasons. The SSF has also followed in Michigan State's footsteps in integrating a training program, which was started after receiving a large grant from the USDA (United States Department of Agriculture). This training program involves a mix of both classroom teaching as well as research done at the farm sites, and aims to continue the development of the farm itself.

For the environmentally savvy, it is important for a sustainable farm to prioritize, well, sustainability. Grant has stated that the farm is not technically certified as "organic" yet, but they practice many organic farming techniques and hope to be certified soon. These organic farming techniques include heavy crop rotation, which means the crops are rotated every few years

so that different crop families are planted in different locations. They also practice limiting off-farm inputs, limiting bio-rational pesticides, experimenting with renewable energy sources such as their solar powered tractor, and utilizing some compost and cover crops.

It will be exciting to watch the SSF continue to grow and prosper over the coming seasons. Grant him-

self stated "the way we're currently doing things isn't the complete answer," indicating that the farm still has further goals to chase. Although it hasn't always been easy for Grant and company, the farm has been a business looking to help people by doing things the right way. Look for the SSF's produce in University dining halls and on a bike stand in front of the union.



**left:** the high tunnels at the SSF allow the farm to produce greens during harsh weather.



**right:** Zack Grant gives Chancellor Wise a tour of the Sustainable Student Farm.  
photo by Jeff Poss

# wind energy in the balance

by Andrew Nowak

**C**hicago-based Exelon, an energy company with many environmental and sustainability awards, is lobbying to kill an extension on the wind tax cut.

Wind-energy faces an uncertain future as federal production tax credits (PTCs) are set to expire at the end of the year. The current tax credit is 2.2 cents per kWh.

The Chicago Tribune reported Exelon Chief Executive Christopher Cane as saying, "The (production tax credit) has been in place since 1992...I think that's enough time to jump-start an industry, 20 years. So we've made it known, even as a wind company, that it should be stopped."

These tax credits have been essential to the progress made by the wind industry by making them economically competitive with fossil fuels.

David Loomis, economics professor at ISU heading their Center for Renewable Energy, said the wind-power industry is "on the cusp of seeing real price declines, which is why the subsidy is needed. In three to five years wind energy will be cost competitive with other forms of electrical generation without the subsidy," the Tribune reported.

Wind technology is tied to jobs, especially in the Midwest. Senators Mark Kirk and Dick Durbin are both in support of extending the wind tax credit.

The looming possibility of expiration is already affecting jobs. Wall Street Journal reported that Siemens, a major player in wind-turbine manufacturing, announced over 600 layoffs (around 37% of all U.S. wind-manufacturing jobs) and a majority of these would be at factories in Iowa and Kansas.

Molded Fiber Glass, a manufacturer of wind blades, has announced 92 layoffs of its 370 South Dakota workers, according to Washington Post. They also reported Katana Summit would close its Nebraska and Washington plants, which total almost 300 workers.

It may seem premature for layoffs, but the wind market

is so tied to the tax credits that customers will cancel projects if the credit's future is uncertain.

According to the Paxton Record, Loomis said extending the tax credit is "critical to the future of the Illinois wind industry, especially in the short term, meaning seeing projects get built in the 2013-2014 time frame."

Illinois has the current capacity to receive 3,364 megawatts of electricity from wind farms. This amount could nearly be doubled by 21 stalled projects, which haven't started due to the uncertainty of the extension.

This issue could be at the mercy of the election, with President Obama supporting the extension and Mitt Romney against it.

"Governor Romney ... agrees with the industry's own assessment that a boom-and-bust cycle driven by short-term incentives is not conducive to business investment and increased employment," Romney spokeswoman Andrea Saul said. "Instead, he believes the right path forward is to create a stable and level playing field for all energy sources that encourages and rewards innovation, on which the wind industry can compete and win wherever its technology is economically viable."

Current layoffs embody that "boom-and-bust" cycle. Although some praise a level playing field idea, Romney's energy plan also includes advantages for fossil fuels that aren't directly monetary, such as opening more land to drilling.

Not all Republicans are behind Romney on the wind issue. In line with the issue of the "boom-and-bust" nature of the industry, Governor Mary Fallin (R-Oklahoma) wrote to Congress in February saying "the credit needs to be extended immediately to create certainty today."

Governor Terry Branstad (R-Iowa) was more blunt in an interview with Radio Iowa when he said that Romney's aides were a "bunch of East Coast people that need to get out here in the real world to find out what's really going on."

Among the Republicans disagreeing with Romney is Governor Sam Brownback (R-Kansas), but his overall beliefs align with the idea of an "all-of-the-above" energy policy, and he wants to end the wind tax credit in 2017.

"I think you have a very nascent wind-energy business that is a good one, certainly good for my state," Brownback says. "If you just end it, you create this PTC cliff, which you are seeing now. It's very erratic for manufacturers and developers. Phasing it down over four years is a much more predictable environment. I just think it would be a much sounder long-term policy."

Senator Chuck Grassley (R-Iowa), who created the 1992 tax credit, hopes his new bill to extend the credits until 2013 will be voted on by the Senate soon. The election could be a factor in the delay in vote.

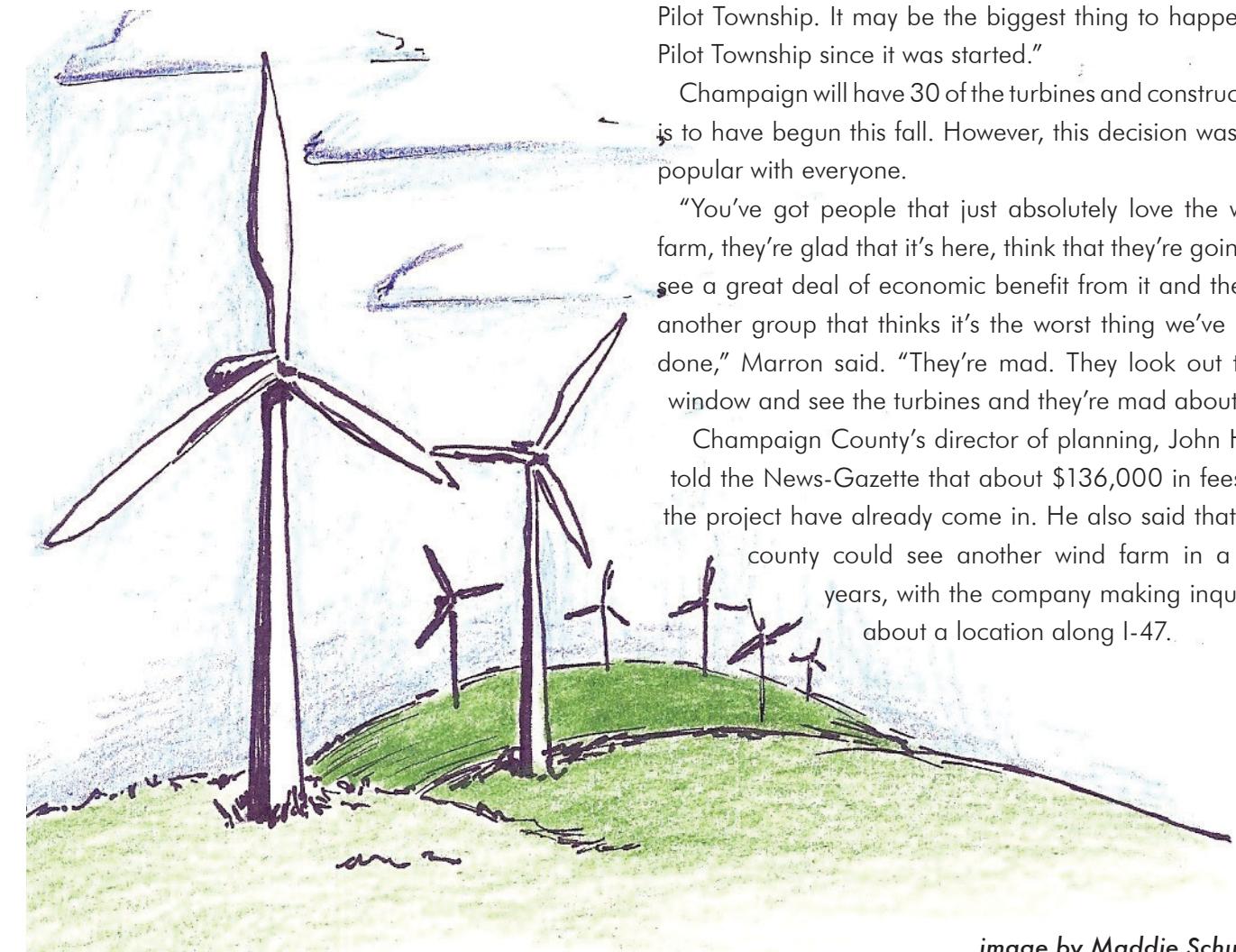


image by Maddie Schuette

## CHAMPAIGN COUNTY'S FIRST WIND FARM

Sustainability history is being made this fall for Champaign County.

Invenergy's new wind farm, located in both Champaign and Vermilion counties, is a first for both areas. The Chicago-based energy company is installing a 214-megawatt wind farm, which will be comprised of 134 turbines.

Pilot Township supervisor Mike Marron told the News-Gazette that the project is "definitely a big change for Pilot Township. It may be the biggest thing to happen in Pilot Township since it was started."

Champaign will have 30 of the turbines and construction is to have begun this fall. However, this decision was not popular with everyone.

"You've got people that just absolutely love the wind farm, they're glad that it's here, think that they're going to see a great deal of economic benefit from it and there's another group that thinks it's the worst thing we've ever done," Marron said. "They're mad. They look out their window and see the turbines and they're mad about it."

Champaign County's director of planning, John Hall, told the News-Gazette that about \$136,000 in fees on the project have already come in. He also said that this county could see another wind farm in a few years, with the company making inquiries about a location along I-47.

# local currency offers promise

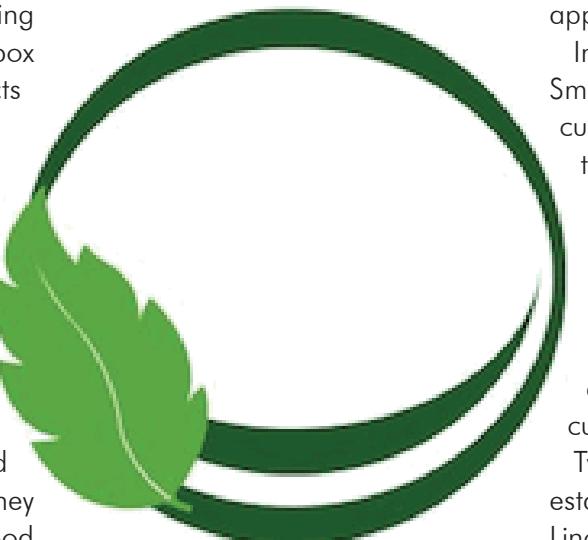
## PUT YOUR MONEY WHERE YOUR MOUTH IS!

A new local currency is hitting the streets, offering promise to revitalize the Urbana-Champaign community. UC Smiles, the new currency, will begin circulation on November 1st of this year. Locally owned and operated stores will be accepting the currency and most of the member stores are offering discounts to those who come carrying Smiles.

Why use local currency? Shopping at non-local chains and big box stores has many negative effects on a community that may not be obvious right away. When these chains move in, the local stores that provide similar goods are often put out of business. Local downtowns become ghost towns, taking with them the local identity as they die.

In local stores, you can meet the owner, get personal service, and voice your opinions about how they can provide what you need. Good storeowners listen to their customers and try to accommodate because they know it is good for them as well. In addition, community connections are made and concern for others in the community is increased.

Besides the loss of jobs from the community, corporate chains also require money for those at the top of their organization. Approximately 25% more of your dollars spent at non-local stores goes out of the community, much of it to the headquarters of the big business,



Products traveling long distances require a great deal more fuel and packaging materials. A carrot typically travels over 1,800 miles before ending up on your plate! Product is often damaged due to travel and is unusable or of lower quality. Foods produced to travel distances are designed for travel, and often taste and quality are compromised.

Local currencies provide a solution for saving our communities by offering an opportunity for local stores to

whereas the money gained by local owners is spent in the community, adding more to the economy. Additionally, local businesses purchase more locally made products and locally grown foods to resell--again stimulating the local economy. Looking at this from an environmental point of view--big box stores buy more goods from outside the community.

In addition to the currency, UC Smiles is dedicated to bringing new customers to the downtown areas through a downtown tour program. During the tour, both long-time locals and those new to the community can be introduced to the local businesses, meet the owners of some of these stores, and learn some of the history and culture of our community.

Two "Exchange Stores" have been established: International Galleries in Lincoln Square and Strawberry Fields on Main Street in Urbana. These stores will convert your dollars into UC Smiles starting November 1st. If you would like to get your Smiles ahead of time, you can purchase them by sending a message to [UCSmilesforyou@gmail.com](mailto:UCSmilesforyou@gmail.com). You can also get more information and see the businesses enrolled as members by going to [UCSmiles.org](http://UCSmiles.org). A party for distribution of Smiles will be held at the IMC on October 27th from 4-6pm. Come meet the others involved and join the fun!

## STORES CURRENTLY ACCEPTING SMILES:

- Strawberry Fields
- Priceless Books
- Above and Beyond Detailing
- Project Te
- Transitions for Women
- Wooden Hanger
- Beads N Botanicals
- Glass FX
- Klose Knit
- B Spirits
- Campbells Apiary
- Strawberry Fields
- Heartland Gallery
- International Galleries
- Wind, Water, and Light
- Dennis Roberts Graphic Design
- Dixon Graphics
- H<sub>2</sub>O Salon and Spa
- Armstrong Cash and Carry Lumber
- Energy Healing Systems
- Jessica Nolan, Licensed Massage Therapist
- Urbana Acupuncture
- Kickapoo Landing
- Four Season Garage Sale
- The Gold Hut Trading Post
- Second Hand Rose
- I ❤️ Doodles
- Piatto Café and Food Nanny
- Siam Terrace
- Xinh Xinh Café
- Cool Cab



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To learn more about Champaign's new multi-family, non-sort recycling program, please call **217-403-4700** or visit [www.feedthething.org](http://www.feedthething.org).



**FEED THE THING**

# University YMCA goes green

by Matt Rundquist

**G**reen is not something that's new to the University YMCA.

YMCA students and staff were among the first to take on environmental issues in the 1960's and 70's. The first Earth Day and Allerton Park's continued existence are testaments to that era of YMCA environmentalism.

The Y is now home to 5 environmental student groups; Students for Environmental Concerns, Engineers Without Borders, the Campus Vegetarian Society, Red Bison, and of course, the Green Observer.

5 years ago, in the midst of renovation and construction, the YMCA Board of Governors and Building Committee began to champion the idea that our building is a part of our program. Any decision made should reflect the organization's mission, which includes "protecting the integrity of our natural environment" as a major pillar. With that framework, the building committee chose to



## Top 3 Reasons to U•CYCLE

**1) It's Easy.** Recycling is *easy and convenient* in the U-Cycle program! Apartment dwellers can recycle acceptable materials in the green recycling carts located on-site, and homeowners can request a U-Cart to begin recycling. To request a recycling cart or for a list of acceptable items, visit [www.urbanaillinois.us/u-cycle](http://www.urbanaillinois.us/u-cycle).

**2) Recycling Saves Resources.** Why throw away that glass bottle, soda can, term paper or water bottle when you can recycle it? By choosing to recycle you save natural resources, the need to mine raw materials, and reduce reliance on petroleum to produce new products. In 2011, the recycling efforts of U-Cycle participants saved the equivalent of the following resources: More than 14,000 trees; 14 million gallons of water; 5,700 gallons of oil; and reduced greenhouse gas emissions by 120,000 lbs. (the equivalent of removing 1,400 cars from the road)!

**3) Recycling Makes a Difference.** U-Cycle has been Urbana's recycling program since 1986. Since then, residents have recycled **39,000 tons** of materials. Way to go, Urbana!



Urbana's Recycling Program

add nearly three quarters of a million dollars in energy renovations to the plan.

They effectively launched a new era of environmentalism at the YMCA.

The year since the renovation has been just as exciting. The Building Committee chose to hire a Sustainability Coordinator to organize these efforts, which is now my position here at the YMCA. With the help of Learning In the Community course (LINC, ENG-315), the staff has been busy writing grants and making plans.

Just last week, the Board voted to begin a Sustainability Committee, to act as advocates for the environment and develop green programming at the Y.

You can expect to see some exciting things coming from the Y. From a proposed bike-share program, to solar panels and a green roof, to enhancing local nutrition and healthy food, it really is an exciting time!

The Y is seeking applicants for next semester's sustainability coordinator. The application process will begin in the coming months, so please contact me at [MattRundquist@gmail.com](mailto:MattRundquist@gmail.com) if you are interested!

## BILL MCKIBBEN AND JOSH FOX COME TO CHICAGO

**B**ill McKibben, founder of 350.org, and Josh Fox, creator of the documentary "Gasland," are coming to Chicago on November 28th as part of their "Do the Math" tour, which will highlight the arithmetical and social relationship between climate change and our nation's ravaged economy.

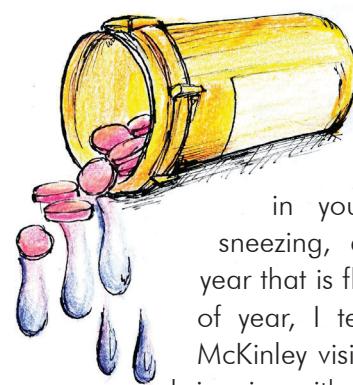
Featured in their lecture will be Naomi Klein, Keystone XL activist; Nobel Peace Prize Lauterate Desmond Tutu, and possible guests like NASA scientists James Hansen.

Students for Environmental Concerns will be canceling their normal meeting and driving up to Chicago in the afternoon and coming back that evening. If you'd like to come, please e-mail Emily Cross at [cross12@illinois.edu](mailto:cross12@illinois.edu). Hope to see you there!

# green your meds disposal

by Abigail McEwen

image by Maddie Schuette



It's that time of year again. I'm not referring to the time when the leaves change color and pumpkin starts appearing in your latte, but rather the sneezing, aching, phlegmy time of year that is flu season. During this time of year, I tend to leave my monthly McKinley visit with a brown paper bag brimming with various medications. Then, come springtime, I stare down the remnants of these visits: a nice pile of medication that is expired, unwanted, or has just been sitting at the bottom of my backpack all year. I sigh, wondering why I needed those three bottles of tussin, before shrugging and tossing it into the trash.

Many students, myself included, underestimate how environmentally irresponsible their medical routine is. Despite my ardency for local food, recycling, and taking public transportation, I never before realized that I needed to green my medicine cabinet. The painkillers, antibiotics, and other medications that we throw away end up in our water systems. The United States Geological Survey has identified over thirty states where you can find painkillers, estrogen, antidepressants, blood-pressure medicines, and other medical chemicals in drinking water. Unfortunately, Illinois is part of that list. And even in low concentrations, they have devastating effects on aquatic wildlife, human health, and overall water quality.

Luckily, there are actions we can take to reduce the environmental impacts of our colds. The most important is to reduce the amount of medicine you throw away. Keep track of the medications you already have and don't acquire duplicates, even if McKinley gives them to you for free. When you refuse that extra bottle of cough syrup, you are reducing pollution and excess waste, not to mention keeping yourself from ending up on the next episode of Hoarders.

To dispose of that old medicine you already have stockpiled, search your area for a local collection program or ask your local pharmacy if they have mail-back envelopes. The Illinois EPA has state-certified

hazardous waste collections on their website, and the City of Champaign often sponsors hazardous waste collection events as well. If no other alternative exists, throwing your medicine in the trash is okay as long as you take certain steps. Before you toss, take off any labels that could provide personal information about you and put everything in a sealable container, such as a bag or empty can. Never flush your medication down the toilet, as it will often directly enter a water system.

Next time you get the flu, take your meds and get well soon. But remember to be responsible with the contents of that brown bag stuffed to the brim. For more information on proper pharmaceutical disposal, visit <http://web.extension.illinois.edu/unusedmeds>



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# GIY: green-it-yourself

## THRIFT STORE TREASURE HUNTS

by Amanda Sikirica

### HOW TO THRIFT SHOP:

Thrifting is easy if you follow some simple tips. Here are a few ideas to make your treasure hunt more rewarding:

1. Don't forget to donate! Go through your closet beforehand. Having a sense of your wardrobe will make browsing easier, and donating is an important part of the thrifting process.
2. Map out your thrift stores beforehand. Try to avoid stores that require a long drive!
3. Browse your favorite brands' websites so you can get an idea of what pieces you would like to emulate.
4. Inspect each piece carefully for stains, tears, or threads coming undone.
5. Thrift stores are a great place for finding accessories like belts and jewelry. Don't pass these sections by!

6. Set yourself aside plenty of time so you can properly go through the stores you want without feeling pressured. Even though most thrift stores aren't organized, there are a lot of great finds if you have patience!

7. Looking for authentic vintage wear? A union tag (like "Made in the USA" or "Ladies Garment Workers Union") is proof that what you have found is vintage because this shows it was made before the explosion of overseas clothing production in the 1980's.



image by Maddie Schuette

Thrift stores come in many shapes and sizes, but they all can help you save money, consume less by buying used products, support local business, and add character to your wardrobe. By buying clothes from thrift shops rather than from retail stores, you can reduce energy and resource consumption needed to produce a whole new pair of jeans. Here is a guide to the different types of thrift stores out there, and what you can get there:

### LARGE ORGANIZATION-RUN STORES:

These include the likes of Goodwill and Salvation Army. These stores have a plethora of men and women's clothes. The goods are generally poorly organized, but great things can be found. Jeans, t-shirts, and coats are common finds here because of the huge selection. Organization-run also have books, furniture, and various other household items. Buying furniture cheaply at one of these large stores is a great idea for college dorms or apartments.

### SMALL, INDEPENDENTLY-OWNED THRIFT SHOPS:

Prices vary, but all small shops have character. These stores are filled with vintage styles. Sometimes these stores have old books, cassettes, vinyl, cds, jewelry, and some great posters. All used, all being recycled when you buy it.

### RESALE SHOPS:

These are not really thrift stores, but are often confused with them. Clothes sold at these stores are usually marked up in price. The environmental value is the same, but the price is definitely higher.

# seasonal fixings

## LEMON BROCCOLI AMANDINE WITH GINGER-SAUTÉED SWEET POTATOES

by Carlie Leoni

image by Carlie Leoni

You only need one big skillet (that's probably all you have anyway!) for this quick, zingy mix of summer's last and fall's first flavors. For the vegans reading, substitute coconut or soy butter for traditional butter.

### INGREDIENTS:

- 1 small red garnet sweet potato
- 1 1/2 bunches (10-15 florets) fresh broccoli
- 1/4 cup sliced raw almonds
- 1/2 cup water
- 3 tbsp butter
- 2 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/4 tsp fresh shaved ginger

### DIRECTIONS:

1. With a fork, poke holes in potato approx. every 2 inches. Microwave 6 minutes on 60% power (less for high-wattage). Set aside.
2. Cut dry, bottom end off broccoli stalk. Remove leaves. Pulling from cut-end up, remove thick outer skin from stalk. Cut into 3 in long, 1/2 in wide stalks, keeping florets attached.
3. In skillet, heat 1 tbsp butter over medium heat\*. Cut sweet potato into 1 inch slices, leaving skin on.
4. When butter is warm, add about half of the fresh grated ginger (packaged or grated from root). After 1 minute, add potato slices. Sauté for 8-10 minutes. Add remaining ginger and remove to plate aside.



# **COMING UP IN DECEMBER:**

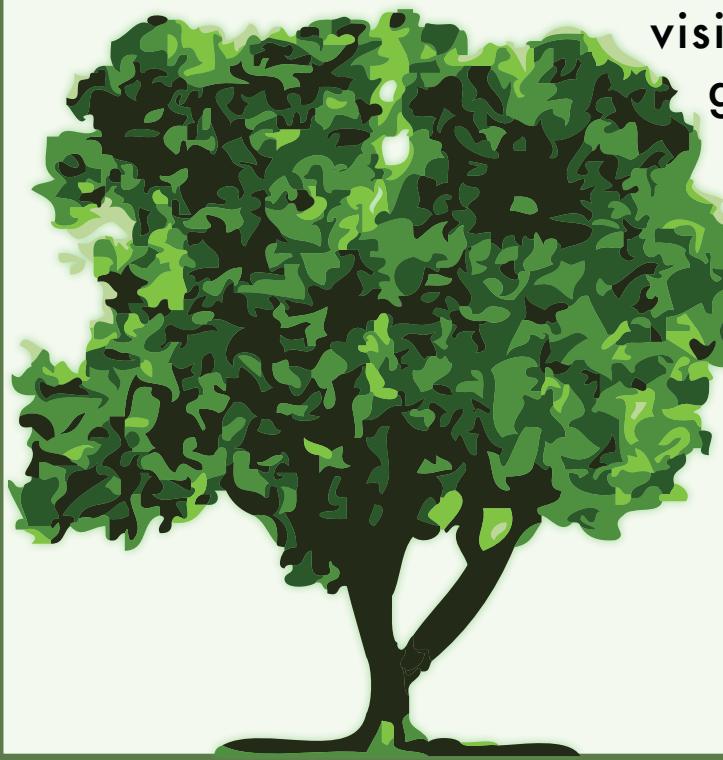
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