

College Avenue

volume four: issue one fall 2008



How Green Are We?

did you know...

a look into what csu is
doing to live up to being
"The Green University"

old is new

trash pirates give lessons
in recycling & reusing

critical mass

protestors take to the bike
lane in fort collins

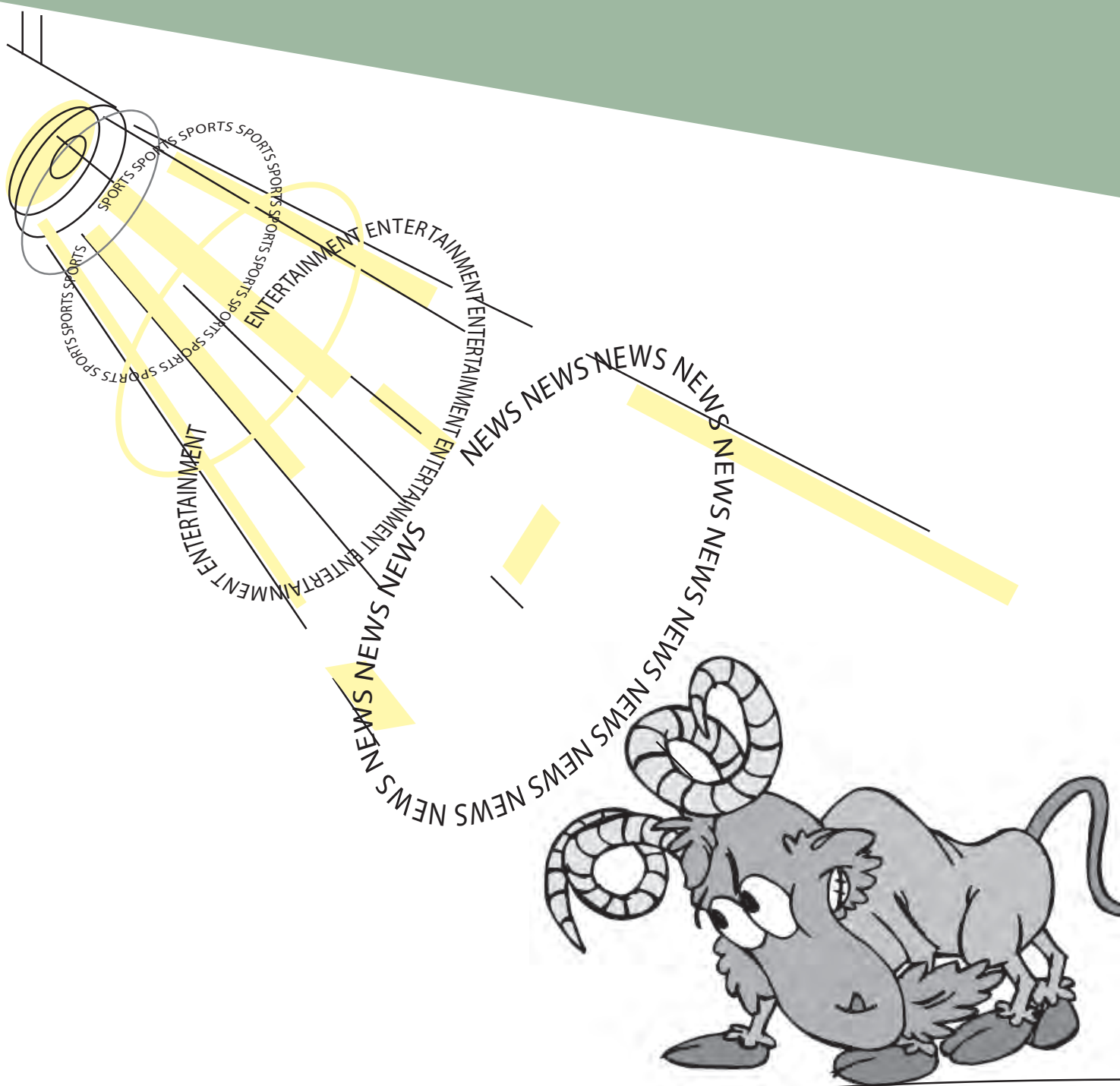
algae fuels

an alternative fuel craze
starting at csu

being green

many are making the
green choice

Spotlighting CSU news since 1891



THE ROCKY MOUNTAIN
COLLEGIAN



the back half of resource, located at 1501 north college

► photo by katie stevens



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local people and local food
come together



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DRESS
ACTIVE SPORT
SPORT SPECIALTY
HAUTE COUTURE
PRESCRIPTION
NON-PRESCRIPTION**

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YOUR NEXT PAIR
OF GLASSES
OR SUNGLASSES**

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letter from the editor



Welcome back! This should be an exciting new year for you our readers. We have a new editorial staff and we plan to rock your socks off! We are going to try to spice our magazine up a notch.

This issue we decided to do an environmental package because it seems to be the latest craze. It is not meant to beat the idea of being green over everyone's heads. Our purpose for this issue is to educate our readers about the activities going on in their community. With the recent addition of the "Green University" campaign on campus and the green man posters floating around, we felt it was important to break down and explain what the administration is doing with the campaign.

As new editor of College Avenue, I have big shoes to fill, but I am up to the challenge. My first mission of the semester is purchasing racks for our publication. With a limited budget, finding cheap racks has proven somewhat of a challenge. Katie and I are ready to bust out the hammer and nails if we have to.

Getting the racks is overdue because we need a permanent place to put our magazines for you, our readers, so keep your eyes open for those to pop up around campus soon.

I would like to thank my amazing staff for all their hard work and dedication over their summer vacations. This magazine would not be possible without them! Big thanks to my right hand woman, Katie for being in the newsroom long hours and late nights. It's been tough giving up one too many camping trips in order to finish work and make deadlines. But in the end, we're all truly proud of all our hard work and our fabulous publication.

All this green talk has even worn off on me. I requested a big mixed container recycling bin for our newsroom and it is being put to good use. Hopefully this issue inspires you, too. Every individual contribution counts, whether it be a baby step or becoming one with the earth.

Keep spreading the word about College Avenue. Thanks to all our readers, this is for you!

Peace and love,

Makayla Braden

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Party Tip #1:



**Pick up a FREE PARTY PACK
at
Off-Campus Student
Services!**

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Neighbor Notice Sheets

Tape

Trash Bags

Sober Host Water

Party Recipe Book

Chip Clip

For any off-campus student!*

Learn how to have a fun, safe party without the police. Lots of goodies and useful facts!

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*One per household

Throwing house Parties brochure

List of City Ordinances

Party Checklist

Safe Ways Home Card

Emergency # Card, Health center Info

Flashlight



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Custom made pieces

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Smoking Accessories * Hemp Products
Custom Pieces & Accessories



**Buy 1 Pipe,
Get 2nd for
Half Price**



**Free Pipe
With purchase
over \$20**

**Water Pipe
BLOWOUT!**

Select water pipes
buy 1 get 1 for \$4²⁰

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College Avenue

letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50 to 150 words with your feedback on the magazine. this is your magazine, and we would like to know what you think of the content, design and anything else. all letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to csumag@lamar.colostate.edu.

corrections

in "life with ed," volume 3 issue 4 of *College Avenue*, there were several typing errors. *College Avenue* apologizes for these errors. in "beyond the buzz" in volume 3 issue 4 of *College Avenue*, there was one reference in which dr. mary claire o'brien's name was misspelled o'brian. *College Avenue* apologizes for this error. in "fun in the fort" in volume 3 issue 4 of *College Avenue*, Hodi's Halfnote's first reference was misspelled Hodie's. *College Avenue* apologizes for this error.

mission statement

College Avenue is a magazine produced and operated by CSU students. our mission is to serve the csu and fort collins community with innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain our integrity through professionalism and this standard of excellence.

on the cover

photo illustration by katie stevens and makayla braden, design by makayla braden

**doors used in the photo on the cover were donated by ReSource, prior to being painted*

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opportunity for employment

College Avenue is accepting applications for reporters, photographers, designers and copy editors. pick up an application at the front desk of Student Media in the basement of the LSC.

College Avenue is a magazine produced and operated by CSU students intended as a public forum. *College Avenue* is published by The Rocky Mountain Student Media Corporation. *College Avenue* is a complimentary publication for the CSU and Fort Collins community. The first copy is free and additional copies are \$1 each, payable to the Rocky Mountain Student Media business office. Advertising inquiries, corrections and letters to the editor should be submitted to the executive editor at csumag@lamar.colostate.edu. The contents of this publication are copyrighted and may not be reproduced without prior permission of the The Rocky Mountain Student Media Corporation.

collegeavenuemag.com
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State
University

Helping students clarify the issues

Look for upcoming exciting events, and get involved in our various departments by visiting ASCSU at the Lory Student Center or online at www.ascsu.colostate.edu.

Make Old New

trash pirates encourage reuse

Saved from going to the landfill, a black banner hangs behind the register displaying the sign of pirates — white skull and cross bones. Slapped above the entry to the dusty yard bears another sign that reads, “Beware Trash Pirates.” As if on cue, a confident and furtive tabby cat saunters past the rows of racks filled with recycled construction and demolition materials. Customers peruse the lumber as Calypso, the cat, flicks her tail and waits for acknowledgement. After all, this salvage yard is her turf since she wandered on it to stay with the self-proclaimed Trash Pirates as their mascot. Calypso fits in with the pirates because everything here is recycled and reused material.

The nest of the Trash Pirates is the nonprofit organization, ReSource, which sells recycled materials to the community that would normally be wasted at a landfill. ReSource is housed at 1501 N. College Ave. in a yard that was going to be condemned. If ReSource hadn’t moved in, in its place would now be a strip mall, but instead the Trash Pirates use the yard to do their part in the green movement by reclaiming construction and housing materials.

“One man’s trash is another man’s treasure,” said Kendol Gustafson, ReSource’s store manager. “That’s why we call ourselves the Trash Pirates. Everything in this place is either recycled or reused materials. That banner, our computer, our store signs, all the things we sell, our driveway, the fish tank - everything.”

The structure of ReSource was salvaged from the previous owners, even the lights were reused. There isn’t really an inside or outside to ReSource because it seems to flow together, which is fitting since they don’t use any heating or air conditioning to be green. The only real way they splurge is by offering

a restroom for their customers, which they didn’t have for the first six months.

“Eventually, we’d like to get a composting toilet, solar panels, do more xeriscaping,” says Gustafson. “But right now, it’s just baby steps. Those are goals for us for the long haul.”

However, the long haul looks difficult for these green Trash Pirates because they’re just trying to stay afloat. Despite the explosion of the green movement, organizations like ReSource struggle because they’re not structured to make money, but instead to help the community. ReSource relies on the community through donations, volunteers and customers because they’re an NPO. Gustafson says they receive large numbers of materials per day, but they can’t afford to hire more employees to help with all of the incoming materials. Besides Gustafson, there are four employees: one full-time, one part-time and two people who work half days one day a week. Gustafson says they work with anyone in the community because they’re not trying to combat the environment on their own.

“How long can you exist without making money?” Gustafson asked. “This year we’ll be losing \$70,000. It’s like we’re at the bottom of the ditch trying to roll a ball up a hill. But the good thing is that we’re here to give back to the community. We do a lot with the schools around here from elementary school to the college level because we want to educate them.”

ReSource is run by the Center for ReSource Conservation (CRC) in Boulder. ReSource makes up one-third of the CRC’s conservation efforts. According to their website, 30 percent of waste in landfills is from building materials. By redirecting construction waste, landfills stay small and recycling the usable products becomes possible. The other two divisions of the CRC

“one man’s trash is another man’s treasure, that’s why we call ourselves the trash pirates. everything in this place is either recycled or reused materials. that banner, our computer, our store signs, all the things we sell, our driveway, the fish tank - everything.”

-kendol gustafson, resource store manager

is water, which is headed by the Western Water Conservancy, and energy, which is headed by Energy Center of the Rockies.

ReSource sees a variety of customers ranging from do-it-yourselfers, renters, first-time homebuyers, environmentalists, college students, builders, artists, designers or people looking to save 25 to 30 percent on their purchases. A gas stove would normally sell at \$1,900 at a home improvement retailer but sells \$1,000 less at ReSource. Even a whirlpool bathtub is \$500 cheaper with ReSource, and although some items are slightly used, others are brand new.

While ReSource is helping recycle building materials, this is not a new concept. For some, this is a cyclical tradition of receiving hand-me-downs or even going to garage sales and thrift stores. In these terms, the spirit of recycling and reusing has always been alive, even if there weren't stores catering to recycling for a cause. For elementary school teacher, Lisa Stapp, she says she's been to a bunch of garage sales over the years.

"I love them because they're super cheap," Stapp said. "I also like thrift stores because I'm trying to build up my book collection for my classes. Books can get pretty expensive and why not buy second hand?" Stapp said this type of recycling aids the effort to be green. Not only does she buy second hand, but also donates clothes and purses she no longer uses. In her classroom, Stapp reuses paper, books, worksheets and supplies, but at home it isn't a part of her daily life.

"Being green takes a lot of time and effort," Stapp said. "Sustainability is feasible, but you have to be willing to do it and not just take two seconds to throw a milk jug in the right bin. For some people, living green can be a fad because they see Cameron Diaz driving a Prius. If you want to be green, do it for your own reasons."

Sustainability seems to be a buzz word for the green movement. The City of Fort Collins Web site defines it as: "the long-term social, economic and environmental health of a community." Gustafson is on board with sustainability goals because he says ReSource isn't just about diverting landfill waste, but about educating the community about sustainability.

"Fort Collins is really progressive in our effort to be green," Gustafson said. "People here are passionate about the environment. If everyone was like this we'd be better, but we're far from perfect because all we can do is do better to maintain sustainability."

According to the Skumatz Economic Research Associates (SERA), Fort Collins is leading the way with commercial landfill diversions and recycling efforts. In 2006, SERA introduced a five-year plan for landfill diversion, which the City of Fort Collins has implemented to reduce waste by reusing, recycling and composting by 50 percent. Nonprofit organizations like ReSource and for-profits have benefited from waste reduction efforts. In 2007, ReSource reportedly diverted one million pounds from a landfill, but Gustafson says that isn't that much because he wants to do more.

Another sustainability effort the City of Fort Collins does is the seven-year-old event, the Great Sofa Round-Up. According to Melissa Emerson, the community liaison for the City of



incredible varieties of building materials, including toilets and sinks, can be found in the back portion of resource's lot. (left) trash turned decor hangs on a wall at resource. ▶photos by katie stevens

Fort Collins Neighborhood Services and CSU's Off-Campus Student Services, Fort Collins and CSU team up because of the large numbers of couches left in alleys and streets to either be bonfire material or to rot. Emerson said this event is great for the community because it's for people of all ages who want to get rid of their couch or find a new one.

"We've had 600 couches the last two years and two-thirds of the couches were recycled again," Emerson said. "The other third were too disgusting to be reused, so they were sent to the landfill," said Emerson.

Trash Pirates or not, recycling and reusing is the thing to do for many Fort Collins residents. If they're gaining or giving away couches, countertops, clothing or cash, residents and the environment are benefiting from the effort to be green.

"If anyone really wants to live green, just open your eyes and look around because there's a ton to change," Gustafson said. "Start with something simple because it's easy to get overwhelmed with the state of the world. Just do your part to improve yourself and every day try to improve on that." ■ Ca

hot button

where to donate or purchase items to be turned from old to new:

thrift stores:

eco-thrift * eco-thrift.com * 970.484.4224

arc thrift store * archrift.com * 970.267.8870

savers * savers.com * 970.282.9446

goodwill * goodwilldenver.org * 970.482.5856

home supply/home builders/general Thrift store:

habitat for humanity * habitatstore.org * 970.223.9909

clothing:

plato's closet * platosclosetfortcollins.com * 970.495.8890

building materials:

resource * resourceyard.org * 970.498.9663

crazy costumes:

wear it again sam * oldtowncostumes.com * 970.484.0170

books:

big dog textbooks * bigdogtextbooks.com 970.490.2443

book lovers LLC * 970.207.9453

resource fact sheet

opened:

fort collins since May 17, 2006
boulder since 1996



their mission:

"To provide a convenient opportunity to divert materials from the landfill as well as educate the public on how to make reuse a part of their daily lives."

what they sell:

drafting tables, light fixtures, cabinets, stoves, flooring, doors, fencing materials, timber, toilets, siding, landscaping blocks, bricks, appliances, countertops and even the kitchen sink.

what they accept:

wood: Unpainted dimensional lumber (6' and longer), sheets (1/2 or longer), timbers, unpainted trim, engineered wood

windows: Double pane and not older than ten years, wood framed metal-clad and vinyl, wavy and stained glass.

doors: Steel clad, solid wood, solid core (no hollow core), full light, glass multi-paned, storm and screen doors.

cabinets: Must have all drawers and doors attached.

flooring: Wood, sub-floors, decking

antique items: Claw foot tubs, pedestal sinks, antique hardware, wood-burning cook stoves and mantles.

masonry and stone: Tile (unbroken and without mortar or grout), granite, marble and slate.

fencing: Chain link, cedar and redwood sections, pickets, plastic, barbed wire, T-posts.

landscaping: Stone, brick, cinder blocks, railroad ties, landscape timbers,

insulation: Rigid and fiberglass bats in clear bags

-information courtesy of ReSource's pamphlet

Doors, Cabinets AND More
— THROUGH HERE —

Algae Fuels

more realistic than ethanol?



With fuel prices skyrocketing, the race is on to find the next source of reliable fuel that meets not only the energy needs of the country, but also environmental, economic and renewability concerns. Scientists have already found that corn can be used to create ethanol and soybeans or canola oil to create a biodiesel, but these raise another problem, food versus fuel. Now, researchers think they've unlocked a better answer in a green goo that can be found everywhere from lakes and streams to household fish tanks: Algae, and Colorado State University is on the forefront of developing a technology to mass produce it.

At the Engines and Energy Conversion Lab north of Old Town in Fort Collins, CSU has co-founded Solix Biofuels Inc. to research and develop methods of producing large amounts of algae for use as a biofuel. Dr. Bryan Willson, a mechanical engineering professor at CSU and founder and director of the lab, explained that the idea of using algae as a source of energy has been around for a while, but until recently, there has been no really good way of producing the algae at an efficient enough scale.

"The Department of Energy has been researching algae-to-fuel technologies since the late '70s," Willson said. "But it's just never been cost effective, and that's what we're trying to change here."

Algae is made up of three key parts: carbohydrates, proteins and lipids (oils). Scientists at different companies nationwide have found that in certain species of algae, those oils can be harvested from the algae and refined into biodiesels. The California-based company Sapphire Energy even claims on their Web site that they have recently developed the technology to refine algae oil into 91-octane gasoline that is actually cleaner than traditional crude oil.

While CSU and Solix have been researching the fuel and energy capabilities of algae, the larger focus has been on developing methods of how best to mass produce a resource like algae.

"We're focused on commercialization here," said Solix CEO Doug Henston. "Our goal is to get and keep capital costs and production costs down."

Willson explained that algae is a relatively simple organism in that all it needs to be produced is water, sunlight, and carbon dioxide (CO₂); however, the algae produced for commercial uses must be protected from pollens, animal pollutants and other

contaminants that may affect the quality of the product.

Researchers at CSU have developed technologies that meet all of these needs, and at the same time, don't break the bank. The solution is a photobioreactor (PBR), a long, clear plastic tube that is much like a thick, sealed plastic bag floating in a pool of water. The tubes are filled with water and specific species of algae, and because they are clear, they take in sunlight. The last ingredient needed, CO₂, is bubbled into the bags causing an agitation of the water, which helps the algae to reproduce.

The photobioreactors that Solix is using to conduct their research at the Engines Lab are small scale reactors. About one-fifth the size of full reactors, the ones at the test site are about 30 feet long and the tubes are each about 1-foot wide. Full size reactors would be about 300 feet long and 50 feet wide.

By keeping the designs of the reactors simple in nature and researching the best methods of production, Solix and CSU have had great success in developing cost-efficient means of production of this resource. Willson explained that their developments have significantly closed the cost gap between their product and the traditional energy source of the day.

"Within a year to 18 months we hope to be cost-competitive with oil," Willson said.

The idea of using CO₂ emissions from large production facilities is one of the most exciting and appealing points about algae oil. According to the Solix Web site, many algae production facilities could be located on land surrounding breweries, power plants and other sources of high amounts of CO₂ emissions, which

could in turn feed the algae that would then provide for fuel and energy needs of the country. Much of this land is otherwise useless for other needs, such as agriculture.

The benefits don't stop there either. Agriculture, the environment and CSU also all have a lot to gain if mass production of algae oil becomes a reality.

As far as agriculture goes, a major problem facing the use of corn for ethanol and soybeans for biofuels is that it takes away from the food staples of the country for both humans and domestic animals. Rich Schoonover, the chief operating officer at Solix, pointed out that because algae is not a staple crop, food versus fuel is not an issue they have to contend with.

"With algae, we don't compete with food or arable land

**"right now corn
is producing about
100 gallons of oil
per acre per year."**

**"realistically algae
can produce between
four & five thousand
gallons of oil
per acre per year."**

-rich schoonover, chief operating officer at solix

(on previous page) small-scale photobioreactors at csu's engines and energy conservation lab

▶ photos courtesy of solix biofuels inc.

issues,” Schoonover said. “We can do this in a desert and we take a lot less water to do it than traditional crop fuels.”

On top of that, Schoonover explained that algae actually produces oil at a rate much greater than traditional biofuel sources, all on land considered useless by many.

“Right now, corn is producing about 100 gallons of oil per acre per year,” he said. “Realistically, algae can produce between four and five thousand gallons of oil per acre per year.”

One final benefit to algae in the agricultural world is that the products of the algae, once the oil has been removed, are proteins and carbohydrates which can be used as a very nutritious animal feed.

The environment is also a concern when it comes to fuel production and algae is helping to benefit the planet as well. Because algae reproduces asexually, they grow at an exponential rate, meaning that with enough production facilities, it could become the most renewable fuel source the world has ever seen. Combine that with the use of CO₂ emissions, that would otherwise be polluting the earth, to grow the algae and the result is one very environmentally friendly product.

CSU itself will be one of the largest beneficiaries in the grand scheme of things and according to Henston, as an institution they already are seeing some benefits.

“This partnership gives CSU and Solix a lot of exposure as a leader in researching this technology,” Henston said. “That exposure has helped to gain the interest of investors.”

As much as CSU benefits from all of the research and development though, Willson said that it is the students who have the most to gain. He explained that Solix usually has between 15 and 20 students working for the company, and educational and professional opportunities are available for more than just engineering and science students.

“We have students from all across the university working on this project, and we’re using people from all different departments,” he said. “We’re getting help from engineering and biology students for the research, but we also have business and economic students helping us with the business side of the company. It’s really great.”

Nick Echter, a senior mechanical engineering major who is working with Solix, said that the benefits swing both ways.

He explained that, as students aid in the growth and development in the company, the company does the same for them, helping to grow their knowledge in real time settings.

“We’re a really big part of making this whole thing work,” Echter said. “And it’s a really cool opportunity to work with a real world company and apply what we’ve learned in school.”

As the algae continues to grow in the lab’s reactors, thanks to Solix and CSU, so do the hopes for a better future in sustainable energy.

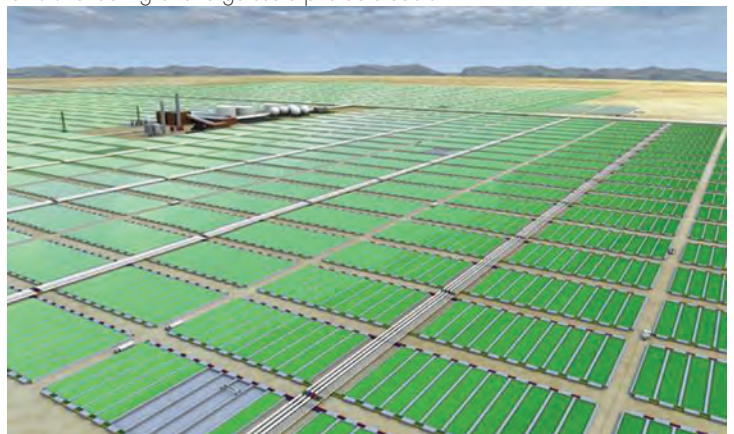
“We have huge hopes here,” Echter said. “If we can make this all work and create a clean energy source like this, it’s going to be a huge benefit to society.” ■ **Ca**

get the facts about algae

- algae can use the CO₂ emissions from power plants and breweries
- after the oil has been harvested from algae, the leftover products are proteins and carbohydrates, which can be used for a highly nutritious animal feed
- algae can produce the same amount of bio-diesel oil as soy beans, but use 99 percent less water
- algae doesn’t need potable water or arable land to be produced, thanks to the photobioreactors, it can all be produced in a closed system

~for more information about solix biofuels inc. and facts about algae, visit www.solixbiofuels.com

artist’s rendering of a large scale photobioreactor



Green is Gold

csu coming out on top

Cam the Ram: Beware. Since making his shirtless debut on banners around campus last spring, the green bodied green man has caught on as a new mascot for CSU, and he's bumping the bighorn from center stage – while Cam will be taking his usual trot in the homecoming parade this fall, university officials say the green man will be grandmaster.

The up-and-coming figure is the invention of Mark Minor, vice president of public affairs, and the university's team of marketers who saw the early version of their character in football fans covered in green body paint.

"We were helping athletics with some ads, and we had some guys that had painted themselves green for a football game, screaming their heads off in the stands," Minor said. "We started talking about that and somehow that morphed into 'Wouldn't it be cool if we could use something using that kind of an image?'"

"When you think about how you advertise in a way that students aren't going to just make fun of, it's so hard to do. We were just kind of casting around for something whimsical and fun. We landed on (the green man) as the vehicle and it too has been very successful; people have been very receptive, people are always asking 'Who is the green man?'"

Good luck looking for an answer; Minor won't divulge the identity of the green man (except to say that he is a CSU student).

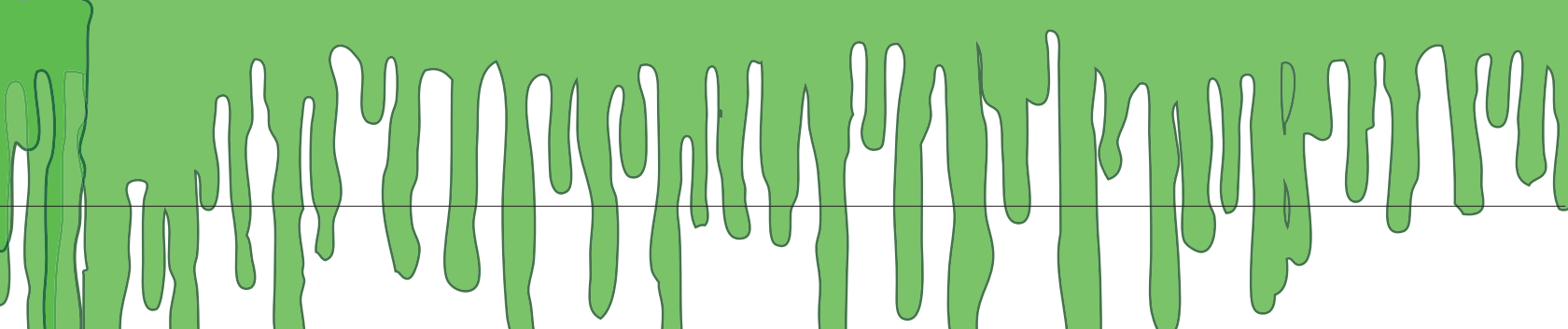
While his real name may never be known, it's no mystery that he is the figurehead of CSU's recent "Green University"

movement. Since the summer of 2007, the administration has pushed to create a university where the campus is self-sustaining and the students are prepared to enter a workforce where alternative energy is in high demand, and CSU has announced the development of a School of Global Environmental Sustainability, expected to open by 2010. The school will be dedicated to housing environmental classes on campus. According to the Associated Press, \$350,000 will be spent to kick-off the program with a goal to raise \$100 million during the next 10 years.

The extensive marketing campaign rolling alongside the movement has had Minor driving the wheel. He says it was typical for the university to run "green-themed" advertisements at least once a year. But the university's environmentally friendly facelift didn't gain momentum until the summer of 2007 when the university ran a television advertisement promoting the



photo illustration by katie stevens



university's wind power farm during a CSU football game.

"The response to that was simply phenomenal," said Minor of the advertisement. "Normally you see these little spots and everybody goes to the refrigerator. But this commercial was really kind of different and we caught this amazing response to it. We thought, 'Well, you know we should expand the use of this.'"

At that point, Minor and his marketing team took the green theme to print and other advertising formats, including a massive banner at Denver International Airport (DIA). Since the commercial last summer, CSU has spent \$194,984 on the advertising campaign locally and nationally.

The campaign, which aims to convince the public that CSU is implementing science and policy that is a model for easy green living, has had an entire full page of Time Magazine and a large amount of wall space at DIA dedicated to it. The campaign was even exposed on one of those huge ad screens in Times Square in New York City.

Minor and his crew eventually arrived at a more complete title to attach to advertisements: CSU would be billed as the "Green University."

However, it's surprising that the university billing itself as the "Green University" failed to make the Green Rating Honor Roll from the Princeton Review. For the 2007-2008 academic year, CSU was rated at 89, which is 10 points shy of a perfect score. The University of Colorado- Boulder was slightly behind with 88 and the University of Northern Colorado scored a 74. Only 11 out of 534 colleges and universities made the Green Rating Honor Roll. The green rating evaluates "environmentally-related policies, practices and academic offerings."

"It's a little fanciful, but I think it makes the point for people in a real concrete way that hits home really quickly," said Minor of the title. "That's what we want to do, just make it simple and just try to associate our university with green, because it is in so many ways."

Minor adds: "A brand is a thing people associate within their minds when they hear your name. It's all about defining what your niche is. When we started to realize the success of the green thing, it became obvious to us that this was a nice niche for us to fit into, because look at our school colors, and because it really seems to be a kind of thing we've excelled at." Eric Sutherland, a watchdog for greenwashing disagrees. "Have we really been so far afield that we can sell things on the basis of them being green?" Sutherland asked.

A glimpse at CSU's "Green University" Web site on CSU's Web site states university-wide involvement in everything from the vending machines to the classrooms. But as far as what it means to "be green," President Larry Penley offered the administration's definition in a late July statement on the "Green University" Web site: Growth.

Specifically, he lists a desire to grow the university's

research capabilities, a green workforce and a commitment to a sustainable campus, among other things. His definition applies to growth in research, knowledge, horticulture, green power, LEED certification projects, investing in sustainable practices and partnerships and minimizing waste through reducing, reusing and recycling.

To develop the strategy necessary to achieve this growth, Penley has brought on two figures heavily involved with environmental efforts.

Bill Farland was the former director of the U.S. Environmental Protection Agency's National Center for Environmental Assessment before being made the vice president of research at CSU in 2006.

Also brought on by Penley last semester was Ron Sega, who had been involved with a sizeable energy conservation efforts when he served as under secretary for the United States Air Force. He is now CSU's vice president for Applied Research.

Penley has charged both with the task of creating a set of short, intermediate and long-term goals necessary for CSU to become a self-sustained university.

"Those goals will each have metrics associated with them, and we'll be able to measure progress," Farland said.

Sega and Farland have not determined what the university's goals are and what the university needs to do to accomplish sustainability. Farland said it would take time to make sure the data was accurate before commitments were made, but that Penley expected a progress report by September.

For Sega and Farland to get to that step has required hours of discussions with facilities management and engineering faculty about the possibilities of sustainability and listen to suggestions as to how CSU could achieve it. The two have also been working with CSU's facilities department to acquire hard data. Among those working the number crunch is Carol Dollard, facilities management utility engineer, and a team of university engineers who've been tasked to assess the university's "carbon footprint," the amount of carbon the university consumes on an average day. It's a necessary step in setting goals.

But it's tough to predict what it'll take to achieve carbon neutrality, Farland said.

"That's a tough goal when you're a university that wants to grow significantly, and bring in more students," Farland said. "Bringing in more students means more buildings means more research activities to support that and so on. We're going to have to set those goals that not only take into account where we are right now... but look at a growth curve and continue to bring things down."

A university's quest for carbon neutrality sets the bar high, but Sutherland said that one's own footprint can barely be diminished. "My carbon footprint is only slightly diminished from the human drive...I'm contributing to the system," he said.

hot button

Possibly the most challenging task Farland and Sega will face when confronting the sustainability issue will be finding a way to stay competitive in the fields of academia while trying to cut back on consumption. Farland and Sega both acknowledge that continuing to keep the university at a competitive level in terms of campus accessibility and technology will require more energy.

Both believe academics should be the first and foremost priority of the university, even if it comes at the cost of higher resource consumption.

"In regard to energy and environment, we're on a kind of journey," Sega said. "Innovation and discovery should not stop. Students have more capability and knowledge than I had when I graduated..."

As a result, the "Green University" has seen a continual increase in electric and fuel consumption over the past years as the university continues to expand.

"It's increasing because if it was decreasing, they'd be bragging about it," Sutherland said.

When comparing the energy consumption of the main campus in fiscal year 2007 compared to fiscal year 1998, the university has seen a 248,850 kilowatt per hour increase in its annual kilowatt per hour consumption. When comparing the same fiscal years for the consumption of heating fuel on main campus, the university has seen an increase of 86,488 decatherms, per year. A decatherm is "a measurement of heat equivalent to one million BTU," according to energyvortex.com. A BTU is a British Thermal Unit.

However, the university has lowered its annual water consumption on main campus over the past nine years. Dollard

said the university installed devices called autoclaves - a device that uses steam to sterilize equipment - into university laboratories.

The original autoclave design actually consumed more water, requiring a constant stream of cold running water to neutralize the pipe-melting steam condensate being flushed out by the autoclave. The university installed upgraded kits into the autoclaves that monitored the temperature of the drain; when the flushed out condensation water hit too high of a temperature, the autoclave would release cold water to prevent the pipes from melting.

Dollard said the special kits cut down consumption considerably: from fiscal 1998 to fiscal year 2007, water consumption dropped by 96,106 gallons per year.

eco-friendly fleets

CU: 443 vehicles

42 run on alternative fuels
38 biodiesel
9 electric
5 hybrid

CSU: 740 vehicles

33 run on alternative fuels
21 biodiesel
10 electric
2 hybrid

UNC: 100 vehicles

7 run on alternative fuels
6- flexi fuel vehicles
1- hybrid



several "green" ads have been placed in and around the lsc, including this one of the green man near the csu bookstore. directly in front of the advertisement is a trash bin, along with two others not seen in close proximity. the closest recycling bin (for paper and plastic) was not close to any trash bins for convenient recycling.

Brian Chase, director of facilities, echoed Sega's comments, noting that while the university was doing what it could to lower the growth of energy consumption and utilize alternative energy, the growth and academic success of the university required electricity.

"We're always going to be using more electricity, we're never going to reach the point where it's going to go down like water is," Chase said. "We can't tell someone that they can't use the building at night because it'll cost them energy. You've got a million dollar grant program you've got to get it done."

Others have noticed electronic devices in use with no one using them, such as the LSC plasma screens outside of Cam's. "That differential would have been eaten up in months if you would

shut those monitors off,” Sutherland said.

As far as finding a balance between academics and sustainability, Farland said he believes there’s much to be gained from investing in the culture of the university and encouraging green-thinking among the university’s newcomers.

“One of the things we want to do is give people who are coming onto campus for the first time an understanding of the culture here,” Farland said. “Through their experience at CSU, they can be part of a culture that focuses on (energy and environment), they can get a broad perspective on the issues.”

The “Green University” isn’t picture perfect.

Though the use of alternative fuels is promoted as one of CSU’s “Green Operations”, other Colorado universities actually operate a higher percentage of alternative fuel vehicles.

Presently, CSU operates a total of 740 vehicles, 33 of which run on alternative fuels. Most of these vehicles are fueled with biodiesel, a type of diesel fuel produced by exchanging certain alcohols in vegetable oil.

Nate Haas, a UNC spokesman, said of the approximate 100 vehicles operated in UNC’s fleet, seven run on alternative fuels: six flexi fuel vehicles and one hybrid car. The 2006-2007 fiscal year report of CU’s Parking and Transportation Services reported that out of the 443 vehicles operating in its fleet, 42 run on alternative fuels: 38 biodiesel vehicles, nine electric vehicles, and five hybrid vehicles.

When comparing percentages, 9.5 percent of CU’s fleet uses alternative fuels and 7 percent of UNC’s fleet uses alternative fuels. Meanwhile, only 4.5 percent of CSU’s fleet uses alternative fuels.

Chase said the university was doing what it could to invest in bringing in more vehicles that operate on alternative fuels.

“I think you’ll see in the coming years we’ll be doing more hybrid and electric vehicles, becoming more cost-effective,” Chase said.

Out of CSU’s 33 environment-friendly vehicles, 21 are fueled by biodiesel. Most of these vehicles are maintenance trucks and buses used to transport campus groups, and all of them fuel up at pumps located on campus. Gene Stroh, manager of CSU’s transportation department, adds that all ground equipment used by facilities management operates on biodiesel.

Stroh said he preferred using the biodiesel, noting that using the eco-friendly fuel was a “win-win” situation for the crews operating the vehicles.

“As far as the biodiesel compared to the regular diesel, the bio runs cleaner, it burns a little cleaner, we have less silt coming out of the pipes and contaminating the environment,” Stroh said.

Despite taking more energy to produce, Rich

Schoonover, chief operating officer at Solix, said that the corn produces about 100 gallons of oil per acre annually while algae produces four to five thousand gallons of oil per year.

Some have mixed feelings about biofuels. “It all looks great until you factor in the land it takes to produce it. The biofuels industry is soaking it all up,” Sutherland said.

Outside of biodiesel, the rest of CSU’s eco-friendly fleet is 10 electric vehicles and two hybrids, used on campus for parking services, the central receiving mail facility and athletics. Chase said his department was determined to introduce more electric-powered vehicles into CSU’s fleet in the years to come.

“We buy a lot smaller energy efficient vehicles, and it reduced our maintenance cost,” Chase said, before adding: “If you think about it, it also reduces air emissions because we’re not running these old clunkers as much. Not only does it save the university money, but it’s a much greener vehicle.”

Along with the vehicles, Chase said the maintenance department acquired a Segway, a new battery-operated means of transportation, in the spring, and upon becoming popular with crewmembers, another one had been ordered in the summer.

But both fuels, electric and biodiesel, are far from any miracle drug, because the cold of Colorado can present considerable challenges during certain seasons.

“For the electric vehicles, during the cold winter months, the batteries get sucked down real quickly, so we tend not to use those in December and January very much,” Chase said. “And the biodiesel, it will coagulate at a low temperature. We just found that it’s safer to switch back to regular diesel during those months.”

CSU uses biodiesel produced by Denver-based production company Blue Sun Biodiesel. Marketing manager Steve Bond said the fuel congealed when specific vegetable seeds and fat in the material froze over. He said his company had full confidence in its fuel, having offered a special type of the most common

by the numbers:

\$194,984 advertising for campaign

248,850 kilowatt-per-hour **increase** energy consumption from 1998-2007

86,488 decatherms per year **increase** consumption of heating fuel

86,488 decatherms is equal to **86,488,090,172** wooden matches energyvortex.com

96,106 gallons per year **decrease** water consumption from 1998-2007

96,106 gallons is equal to **49** small vans sensibleunits.com

hot button

comparing alternative fuel percentages:

CU: 9.5 percent of CU's fleet uses alternative fuels

UNC: 7 percent of UNC's fleet uses alternative fuels

CSU: 4.5 percent of CSU's fleet uses alternative fuels

consistently inspect the biodiesel pumps and mix the fuel with an additive known as DTX, congealing could be curbed.

"We keep a quality control system where we're checking the fuel in the storage tanks at our distributors, and pretty much everything that goes out goes out with quality control," Bond said. "Plus, the blend of the fuel and the DTX additive, will all prevent (congealing) from happening, so we're pretty confident with the blends that we've got."

But other problems exist, the cost of biodiesel being a particular issue for CSU. The average pricing of fuel typically costs almost 20 cents more per gallon than petroleum diesel, which limits the number of biodiesel trucks CSU can afford on campus.

Chase said that the price was dropping. The maintenance department first began using biodiesel in October 2006, and it cost the university \$6,000 more than what they would've paid had they used petroleum, a worthy purchase in Chase's eyes.

"I think there was a statement that we wanted to make, that we were switching to a more green fuel," Chase said.

Besides the effort to stock more vehicles with alternative fuel, the "Green Campaign" webpage of CSU's website says the university is creating a pedestrian friendly campus. CSU's Web site first parking garage will be built on West Prospect Road, across the street from the Hilton Fort Collins hotel.

"The plans are to have a parking garage on the edge of campus so everyone can park and then just walk in," Chase said. "So it keeps vehicles off main campus as much as possible."

Future efforts for a greener university will no doubt keep CSU in the green spotlight and CSU's green poster child will no doubt be sprouting up more and more. While the CSU community will only be forced to accept the green man as a new spokesperson, the green changes made on campus will hopefully only bring about positive cause and effect. Even for critics turning a university green is ultimately good. "[It] is huge. That's going in the right direction," Sutherland said. ■ **Ca**

biodiesel fuel, B-20, that doesn't congeal in the cold.

"Aspen's been using our fuel for the last four years," Bond said. "They're using biodiesel and there's no catch. They're having the power characteristics that they want, the same or better than diesel, and they're not having any trouble with the winter."

Bond added that by having technicians

growing green operations: recycling, construction and REC's too

by heather goodrich

Colorado State University claims to be the "Green University," and to the university they measure how green they are by growth. So is CSU living up to green standards by growing?

From Jan. 27 to April 5, 2008 CSU participated in the 10-week nationwide recycling competition, RecycleMania, with institutions across the country. This was CSU's fourth and best year after coming in as the second place Grand Champions, only succeeded by a much smaller school, which experts say had a stark advantage with a smaller population. First place was filled by Kalamazoo College, which has 1,293 students, faculty and staff with a cumulative recycling rate of 58.93 percent. By contrast CSU's cumulative waste minimization rate was 51.35 percent with a full-time campus population of 29,440 people. Despite not winning first place, Sheela Backen, the Integrated Solid Waste (ISW) program manager of CSU, says she feels wonderful that the university came in second.

"Next year to make first place, we have to produce less trash," Backen said. "Kalamazoo doesn't produce as much trash as we do per student, and they don't have as many offices."

Backen received CSU's award from the Colorado Association For Recycling (CAFR) for the Outstanding Government Recycling/Waste Diversion Program on May 20. According to the Today at Colorado State Web site, the recycling rate at CSU has jumped from 26 to 56 percent under Backen's care since 1997. The Ram Recycle program has recycled two million pounds of waste, which Backen said is a large amount because there are only seven people working for the ISW program. She added that the program is happy to have a few efficient machines to help them avoid exhaustion and injuries. Backen added that a new truck will be added to the ISW force, which will run on biodiesel and hold more material.

Marjorie Griek, the Executive Director of CAFR, praised CSU and Backen for their recycling efforts, adding that she was impressed that the university came in second in RecycleMania to Kalamazoo College, which has 28,147 less people than CSU.

"That's a big, big competition," Griek should said. "But you're



kristy diliberto, a sophomore equine science major, and friend michael picard prepare to haul off a love seat, ottoman, and couch from the great sofa round up on saturday, aug. 2.

not really comparing apples to apples in those circumstances. So (CSU) can make believe that (it) won.”

RecycleMania is sponsored by Coca-Cola, the U.S. EPA Waste-Wise Program and the College and University Recycling Council (CURC), the technical council for the National Recycling Coalition. Mary Jensen, the steering committee chair for the CURC says she was very impressed with the CSU recycling program when she visited last fall. Jensen was aware of CSU’s claim to be the Green University, but she wonders if anyone can make the claim that they are the Green Recycling University.

“I know there are some other excellent college/university recycling facilities that are managed like municipal recycling facilities at other schools, but certainly the program at CSU ranks in the top echelon,” Jensen said.

Despite coming in second to Kalamazoo College, Jensen said this competition is an excellent measure of what goes on throughout the school year, and that both schools have long established recycling programs.

“A larger school would have difficulties in getting integrated into every area where that is easier at a smaller school,” Jensen said. “At some point though, difference of scale in terms of program management becomes minimal. CSU has a larger advantage since they have more, higher quality material and are more likely to attract interested vendors.”

At 10 weeks, RecycleMania may seem short, but it isn’t. Griek said that to do well in a competition like this, the institution must have the infrastructure in place, which CSU has. So as far as being the “Green University,” Griek said that it’s acceptable for CSU to market itself as that because the university does a great job. However, she added that there are other universities like CU doing similar things, such as working on cafeteria and residence hall composting. Griek adds that CU has had an extensive system for the last 27 years headed by Jack DeBell, the director of recycling at CU.

In a 2005 press release, DeBell said that CU has had the reputation for having one of the top recycling programs in the nation. However, this year CU placed 32nd in the Grand Champion category for RecycleMania, and did not place in the top five in the other 15 categories. Also, during the major move-in days before the start of term, CU’s greening Web site reports that last year there was 26,000 pounds of cardboard recycled, while CSU recycled 33,260 pounds during the same time.

Although Backen was presented with the award by the CAFR, she said they worked hard to recycle everything they can, but that it’s a campus effort to get everyone to work together. Susie Gordon, a senior environmental planner for the City of Fort Collins, said she’s very respectful about what gets done on campus.

“CSU is remarkably successful in their (waste) diversion rate,” Gordon said. The university’s Web site boasts in having a 55 percent waste diversion rate through using recycling bins, the Leave-It-Behind Program and Surplus Property programs. “CSU is also creative with a lot of their programs.”

Gordon also mentioned that CSU offers wind energy to students living in residence halls, which not a lot of other universities can offer. She says it takes a great deal of leadership to bring green power to campus. According to Tonie Miyamoto, director of communications for the Housing and Dining Services at CSU, green power doesn’t just include wind and electric power, but solar, biomass and one day, hydropower. If a student chooses to purchase green power through CSU, they’re paying for what Miyamoto explains as a stock in Renewable Energy Credits (RECs), green power.

“It’s like buying a stock in Pepsi, but you don’t physically own it because you’re investing in it,” Miyamoto said. “There are two things you’re paying for: first the energy, and second supporting the investment. We get our wind power through the wind farm in Arlington, Wyo., but the underground wires are maxed out.”

Although those wires are maxed out, Miyamoto says there’s still more wind energy to purchase, whether it comes from a Texas or Wyoming wind farm. Purchased green power is federally regulated and tracked through the City of Fort Collins. On the city’s Web site to sign up for the Green Energy Program, they say that 100 percent of the wind is generated from wind farms in Wyoming and Oklahoma, while the rest is a mixture of 74 percent coal, 19 percent hydro electricity, 3 percent mystery renewable, 1 percent natural gas and 4 percent of another mystery source “other.”

Along with offering students the option to purchase green power, CSU has been a partner of the city’s Climate Wise program since 2000. According to the Climate Wise Web site, their goal is to reduce green house gas emissions through using alternative means of transportation, saving energy, conserving water and reducing waste. Climate Wise endorses the university as a committed, responsible steward for the environment.

“CSU is well-rounded with research, living and learning in the community and through events. CSU really made the commitment to be the ‘Green University,’ Miyamoto said. “It’s phenomenal all the things CSU does on the whole.”



in addition to the blatant “green” ads, the green man was also spotted next to an art installation near the transit center.

► photos by katie stevens

hot button

Miyamoto explains that not only is CSU committed to recycling and green power, but also to green building. She said that the Academic Village has energy efficient common areas with a self-regulating heating and air systems that cuts back power. It also has a pulper, which allows material to be left into pulp to be picked up for compost. There have been some concerns about whether the water fountain there is green or not. But Emily Wilmsen, CSU's senior media and community relations coordinator, said that the fountain water doesn't waste water because it's recirculated.

"The water does recirculate, and it acts as a humidifier in this dry climate to add more moisture into the air," Miyamoto said.

This isn't the only type of green building activities going on at CSU. Leadership in Energy and Environmental Design (LEED) Green Building Rating System is the national standard of green building regulated by the U.S. Green Building Council (USGBC), which is comprised of volunteer committees to set the democratic standards in green building. Green building includes design, construction and operation of high performance buildings. Along with the other green activities at CSU, another way the university claims to be green is through green building. Miyamoto says that the future D-wing of the Academic Village will be LEED Gold Certified. While that is a future project, the two buildings on campus that are LEED certified are the LEED Gold certified Transit Center and the LEED-Commercial Interior Silver certified Guggenheim Hall.

"LEED promotes a whole-building approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality," the U.S. Green Building Council's (USGBC) Web site stated.

The USGBC provides a rating system for different types of projects. For CSU, the rating systems would apply to newly constructed and existing buildings. There are different standards for each with different point systems: certified, silver, gold and platinum.

However, not everyone believes that LEED is the way to go. Sutherland said even LEED standards are not up to par with the demands of environmental sustainability. According to Green Building



recycling crews haul away cardboard outside ingersoll hall on aug. 5.

Solutions' Web site, the benefits of LEED aren't certain and the costs are too high. They report that LEED adds from four to 11 percent onto construction costs, and people would benefit more from saving their money to spend on more important environmental systems and practices.

Until recently, the university wasn't going to continue with using LEED certification, but Wilmsen said that has now changed.

"We think we have far exceeded what Colorado and most universities in the country are doing," Wilmsen said. "Several universities have built one or more LEED certified buildings. We believe only CSU has set a standard to have all its buildings LEED certified."

Director of Facilities Management Brian Chase said the future for new buildings at CSU will be built by LEED Gold standards, which would comply with Governor Bill Ritter's energy bills that would make any new or existing building construction to be LEED certified if funded 25 percent by the state. According to the Governor's Energy office, 17 percent of the newly built state buildings are LEED certified, which includes the CSU's two LEED buildings. Also included were the Governor's Energy Office, which includes the two CSU LEED certified buildings with the two newly constructed and one existing building at CU.

"LEED formalizes and legitimizes being green," Miyamoto said. "The cost does range, but it's huge. Basically, you're paying for a plaque on the wall with LEED certification. It's tracked and documented, but then there's the action and we're looking for the balance between the two." ■ **Ca**

** editor's note: katie stevens and makayla braden contributed to this story*

questioning “green university” practices with eric sutherland

by aaron hedge

When I asked Eric Sutherland what he thought about the energy efficiency in buildings at CSU, one of those you’re-gonna-love-this smiles people give when they have something compelling or interesting to show you spread across his face. “Come on a walk with me,” he said from across the table in the hallway lounge in the basement of the Lory Student Center.

The 6-foot-5-inch Fort Collins resident spends the majority of his time riding his mountain bike around Fort Collins, going to public meetings to hold companies and public officials accountable for green PR campaigns that he says are phony. He calls it “greenwashing” and he sends e-mails to politicians, CEOs and City Council members to bring the practice to their attention. He has researched green initiatives in the area for 15 years since he moved here.

If you walk through campus, you’re sure to see posters displaying a man painted green next to text that says things like “It is easy being green.” In response he said, “Easy being green? It’s not easy to be green. In fact, this is the biggest challenge humanity will ever face.”

And CSU is making strides toward being green, according to Brian Chase, the director of Facilities Management at the university.

Chase said the university plans to reduce campus energy consumption by one percent by installing automatic shutoff systems in some of the research computers. He also said CSU’s building policy keeps new construction in line with strict green specifications.

“What we do try to control is buildings that are energy efficient,” Chase said.

But the day I interviewed Sutherland, he stood up from the table and took me to the CSU Transit Center in the LSC to show me how the green mind set at CSU is not all it’s cracked up to be. The Transit Center was empty. The information desk was barred up; Cam’s Corner was dark and closed; the chairs and tables in the lounge were unoccupied; and the illuminated posters went unread.

First, Sutherland showed me the two television screens in the lounge across from Cam’s Corner. The one on the right was off. But the other displayed snowboarders shredding in Champaign powder. No one was watching the plasma flat screens, which are notorious for using nearly quadruple the amount of energy that their LCD counterparts do. Between the televisions, a line of four thermal 25-watt bulbs illuminated four posters that outlined in a bulleted list the history of the Transit Center’s “green renovation,” which brought that end of the LSC up to Leadership in Energy and Environmental Design standards in 2006.

“This is real-world thermal energy to shed light on a poster that says how green we are,” he said, putting his hand next to the heat coming from the bulb. Sutherland said it takes 10 percent of the energy used by the bulb for the building’s central air conditioning system to expel the heat emanating from the bulb. This keeps it at its comfortable 65 degrees.

He then took me around the corner of the information desk to look out the 60-foot-long by 12-foot-high glass wall that encloses the room.

“Look out the window,” he said.

I did. The angle of the wall in relation to the bus stops prevents passengers from seeing much of the lot. He turned around to the information desk, where another plasma screen was running. “Look at the screen that is running while no one is using the Transit Center,” He pointed out that the only element missing from the screen was an announcement of arrival times. Bus riders can’t tell when their bus arrives.

He said the room is energy inefficient because ticket holders have to exit the building to know when their bus arrives. And in the winter, they don’t want to stay outside.

“The biggest reason for that is kids do this ...” he opened the door and stood in the frame looking at the bus lot. “[Then they say,] ‘F***, my bus isn’t here.’” He walked back in.

Next, he pointed out another line of four lights pointing to the floor and several other light fixtures that illuminated the room. They were all on, despite the evening sun shining through the glass wall.

“Why do these lights need to be on?” Sutherland said.

Chase, however, told me that lights are left on at all times because custodians and students do use the buildings in the evenings and at night need the energy systems to be operational to conduct their business. He did say, though, that most of the appliances on campus are run by the department that uses them, and some of the departments aren’t as on top of battening down electrical hatches as they could be.

“There are some things that could be turned off more,” he said, adding that more progress is always being made toward conserving energy.

Back in the Transit Center, Sutherland walked across the Transit Center to the right of the plasma television screens, where a bulb that was imbedded in the wall shone up, lighting nothing but the enclosure it occupied. Sutherland placed his hand over the light and said, “Feel how hot this is.” I put my hand on it. It was almost too hot to leave my hand in the enclosure. “It might have lit something at one point, but what purpose is it serving now?” Sutherland said.

He ended the interview by looking up at a green man poster resting on the wall. On the poster, the green man sat broadside, chin in hand, looking pensive. Below read that CSU is commitment to becoming completely wind powered. The university will build a wind farm on the 11,000-acre Maxwell Ranch north of Fort Collins. The ad said the wind farm would be capable of keeping the campus up and running without using fossil fuels.

But Sutherland says that is impossible. He is a big critic of the Renewable Energy Credit (REC) market, which he calls opaque. The wind farm would be reliant on that market. RECs are bought by community members, including students. And, theoretically, the market sends the customer green energy. But Sutherland says it’s not that simple. The energy units covered by the price of an REC are sent from wind and solar farms to the U.S. Energy Grid and mixed with fossil fuel energy. So the power produced by clean methods is not differentiated from power produced using coal or natural gas. In the end, the customer doesn’t know where their energy really came from. At best, the REC market only displaces dirty electricity. And Sutherland says the units are too hard to follow to know if they really are relieving environmental woes.

He said, looking at the poster in the LSC, that the only way to fix the problem is to reduce energy usage and return to a simpler way of life.

“If I saw a poster that said CSU is reducing its energy consumption by 10 percent, I would s*** my pants,” he said. “I would say, ‘Finally someone is going in the right direction.’ ... It’s not about opium dreams about a wind farm at Maxwell Ranch. It’s about turning off a light switch.” ■ Ca



Tiny Green Efforts

photos by katie stevens



1



2



1. rob martin, of rob's bike courier, makes a trip to a paper recycling bin. rob offers recycling pick up via bicycle for many old town businesses
2. anita roberts comes to the fort collins recycling drop-off about once every two weeks and also recycles at the curb of her home



3



4



5



6



7

3. adding a hose attachment will greatly reduce water waste over time.
4. hanging clothes out to dry is just another way to regularly cut back energy consumption.
5. cans and bottles add up after parties, consider taking them to a recycling center or reusing them creatively.
- 6 & 7. csu recycling crews start at five a.m. for shifts and have hauled away as much as one ton of cardboard in august alone.

Baby Steps

a little green goes a long way



air dry the natural way - save energy and your money.

► photo illustration by katie stevens

Today, being slightly obsessed with saving the environment has become more socially acceptable. While some embrace living green, others resist because they think it's too difficult and time consuming. But that is not so. Without ditching showers, packaged food and department store clothing to become one with the earth, there are a few day-to-day activities you can do to conserve energy and promote a healthy environment - while still maintaining a regular lifestyle.

Green Around the Edges: 10 Steps to Conservation

1. Bank online. Pay bills and view statements online. According to a Javelin Strategy and Research report, if every American did online banking, 16.5 million trees and 39 pounds of greenhouse gases could be saved.

2. Buy local products. This not only encourages local production, but also stimulates the local community. Look for local farmer's markets for fresh produce. While you're at it, BYOB! Bring your own bag to stores. Either bring your own recycled plastic bags or tote bags.

3. Three letters: C-F-B. Compact fluorescent bulbs can replace regular light bulbs in the house. They give off less heat and use up to 75 percent less electricity than regular bulbs. According to nature.org, energy efficient light bulbs help reduce the amount of fossil fuels that are used through utilities. What also helps is to turn off the lights when you leave the room or use a power strip with a circuit breaker. When the power strip is turned off and everything shuts down, it does not waste energy from being plugged into the wall. So don't forget to turn off the power strip if you leave or are done using it for the day.

4. Know where to recycle what. Recycle e-waste: print cartridges, batteries, laptops and other electronics, but know where to properly dispose of it or where to donate it. Give it back. Products such as shoes, eyeglasses and cell phones can be used to produce other items. It takes less energy to reuse products than to create them. Visit freecycle.org or earth911.org to find out what and where items can be recycled.

5. Get rid of unwanted catalogs and junk mail. According to catalogchoice.org, 19 billion catalogs are mailed to American households annually. Cancel unwanted catalogs at catalogchoice.org. Over 1 billion pieces of junk mail are sent out to households all over the U.S. each year, according to donotmail.org. Stop unwanted junk mail and credit card offers at donotmail.org.

6. Ditch the screen saver. Using a screen saver on a computer takes up a great deal of energy. It's better to put the computer on automatic sleep mode or unplug it when not being used. By doing this, you can reduce energy consumption by 70 percent, according to sierraclub.com. You can always get a poster of that swimsuit model.

7. Bottle it up. Get a reusable, refillable water bottle and/or a water purifier for the sink. According to earth911.org, eight out of 10 plastic water bottles turn into landfill waste. If you use plastic bags, wash and reuse them to get a few more to make the most out of a perfectly good product. When you go to a restaurant, use a tight-seal reusable food container to cut down on disposable plastic.

8. Machine wash cold. More powerful than it seems, washing clothes in cold water can reduce the amount of energy the washer uses by 75 percent, saving 500 pounds of carbon annually, according to Clean Water Action Councils Web site. Hang clothes outside to dry. During the warm months, hanging clothes outside saves energy while still delivering a genuine, fresh scent. When doing dishes with the dishwasher, only wash full loads and stop to let air dry. If washing by hand, try not to run water the whole time.

9. Conserve water. Take shorter showers. Turn off the water while brushing your teeth. Fix leaks. Not only does this conserve water, but also it could reduce the utility bill as an added bonus. Get a low-flow shower head. While regular shower heads can produce five to seven gallons per minute (gpm), a low-flow shower head can reduce that to 1.75 gpm and can save approximately 2,737 gallons per year based on an average 10 minute daily shower, according to energyfederation.org.

10. REDUCE, REUSE, RECYCLE. It's simple and familiar, and known to almost everyone, but the point is - this concept works.

Garden of Eatin'

giving back to the community

The earth doesn't produce grocery stores, but it does produce the fresh produce we love to consume. Whether it is green beans, tomatoes or carrots, these are all earth-made, and no longer do community members have to rely on the freezer section to get their produce when the Garden of Eatin' gets up and running later this fall.

The Garden of Eatin' will be a city fundraising project, which provides fresh produce back to the local community said Michelle Provaznik, the director for the Gardens on Spring Creek. The Garden of Eatin' will officially break ground on Sept. 6 during the local Harvest Festival that the Gardens of Spring Creek host.

"If we're growing it, then we are putting it back into the community," said Provaznik about the project, which is funded by the city through taxes and donations.

Provaznik highlighted, though, the deeper purposes of the Garden of Eatin', which is about giving back to the community and teaching someone something new, not just about plants and produce, but about the earth.

"We are going to be able to show kids that our food comes from plants and the earth and not from King Soopers," Provaznik said.

The Garden of Eatin' makes up a three-quarter-acre of the Gardens on Spring Creek on Centre Avenue where all different sorts of fruits and veggies will start growing in the next year. The Gardens on Spring Creek were created for the use of diverse programming with educational, environmental and community-enriching components, according to fcgov.com.

Although the Gardens on Spring Creek attract a lot of motorist and bicyclists, the deeper statement is about sustainability and helping cut down on some of the waste we produce by shopping a grocery store for the fresh things that can be grown right in our back yards. According the Garden on Spring Creek Web site within fcgov.com, the 18-acre site has been in the works since 1986, but only found a home in 2004.

Provaznik said that they will be partnering in the community, like the Gardens on Spring Creek have done in the past, by working with at-risk-youth groups and the school district to have kids help plant and maintain the garden. Local community members can also rent and harvest individual plots de-

signed just for produce, unlike the current community plots where anything can be grown.

"We are going to have all sorts of classes, teaching the community how to grow in an organic and maintainable way," Provaznik added. "It's about showing people what they can grow and do."

The main organization that will benefit from the project of the Garden of Eatin' is the Food Bank of Larimer County, which was started in 1984 to help feed low-income families. Currently, the local Food Bank provides for around 9,000 residents, and according to Chuck Gill, the assistant director for the Food Bank of Larimer County, the fresh produce that they currently receive comes from up to 1,500 miles away.

"The Garden of Eatin' is going to help increase the variety and give us a better turn around on the fresh produce," he said. "The Food Bank has been working with the community gardens, and we are ready to take all that food we can get."

Gill explained that in Larimer County, poverty has been increasing throughout the last years according the annual census. What that means for him and the Food Bank is that they continually have to serve more and more people because the need continues to grow.

The Food Bank collects donations and fresh produce from anyone that is willing to offer it at any time of the year, and the more that they collect, the more food they are then able to provide.

The Garden of Eatin' isn't just about how to grow a garden, but the city will also incorporate an outdoor kitchen that can be used for anything from simple teaching classes to gourmet food courses and special events, and the produce will come right from the garden.

Two of the unique plots within the Garden of Eatin' are a continental plot and an international garden. The U.S. continental garden will be shaped like the U.S. and produce fruits and veggies that are native to certain areas, such as blueberries from the northeast and okra from the south. Provaznik said that there may be some trial and error in the getting certain produce to grow here, but she said that due to our long growing season, the community will be able to expand what is possible to grow.

The other special garden is going to be the international



LANDSCAPE PLAN FOR

GARDEN OF EATIN'

THE GARDENS ON SPRING CREEK
2145 SOUTH CENTRE AVENUE
FORT COLLINS, CO 80526

► landscape plan courtesy of the gardens on spring creek

plot. Provaznik highlighted such things like lemongrass that can be used in Asian cuisine, while certain herbs and peppers from Mexico will also make an appearance, but special veggies and fruits from all over the world will be transplanted right here.

“We will be using the produce for the classes as well as donating it,” Provaznik said. “But we can also let the kids pick a pea and eat it.” ■ **Ca**

** editors note: this project is still an idea in the works, keep an eye out at fcgov.com/horticulture for updates.*

information on the food bank of larimer county:

Food Bank of Larimer County
1301 Blue Spruce
Fort Collins, CO 80524
(970) 493-4477

www.foodbanklarimer.org

what is it?

A not-for-profit business entity that provides fresh produce and non-perishable items from two locations to low-income families within Larimer County. Around 9,000 people receive aid from the Food Bank.

how would you get involved?

Start by growing your own produce or donating food to the Food Bank. In October you can get involved on campus with CSU's largest food drive, Cans Around the Oval, which is sponsored by SLiCE.

information on the garden of eatin':

ground breaking:

Sept. 6 during the Harvest Festival

located:

2145 S. Centre Avenue
Fort Collins, CO 80526
(970) 416-2486

www.fcgov.com/horticulture

produce goes to:

The Food Bank of Larimer County receives most of the produce, but community members can buy and harvest their own plots. The produce will also go toward special events and culinary classes for the city.

what will it produce:

Largest variety of fresh fruits and vegetables imaginable, such as okra, bluebellies, lemongrass and mexican peppers.

Music & More

fall events calendar

Getting back into the swing of things with the school year doesn't have to be all about remembering how to set the alarm clock (and where the snooze button is). While students are filing into classrooms for more stimulating lectures in organic chemistry, some Fort Collins auditoriums, venues and theaters prepare entertainment to break the monotony of your daily schedule. Get away from the hub-bub of campus to regain your sanity by attending a concert, play, film or even a magic show. Check out these events in the Fort and other Colorado venues, no matter your outlet—music, art, film, theatre or a combination—there are numerous events offered to indulge your inner artist. ■ **ca**

music

Aggie Theatre www.aggietheatre.com

3OH!3: Aug. 28 * 8 p.m. (\$13)

Terror w/ the Warriors, Death Before Dishonor, CDC, Trapped Under Ice: Sept. 9 * 8 p.m. (\$10)

Prism w/ the Station: Sept. 13 * 8 p.m. (Prices TBA)

Dubconscious: Sept. 18 * 8 p.m. (\$8)

Hell's Belles: Sept. 19 * 8 p.m. (\$17)

Dirty Devil Race to Hell Tour: Sept. 24 * 8 p.m. (\$12)

Head For The Hills: Sept. 26 * 8 p.m. (\$8)

Galactic: Sept. 27 * 8 p.m. (\$25)

John Brown's Body w/ Giant Panda Guerrilla Dub Squad: Oct. 10 * 8 p.m. (\$17)

Lotus: Oct. 11 * 8 p.m. (\$15)

Revival Tour Featuring: Chuck Ragan, Ben Nichols, Tim Barry & Jon Snodgrass: Oct. 22 * 8 p.m. (\$15)

Paula Nelson Band: Oct. 23 * 8 p.m. (\$10)

Mishawaka www.mishawakaconcerts.com

Punch Brothers feat. Chris Thile: Aug. 29 * 8 p.m. (\$22)

Mike Gordon: Aug. 30 * 7:30 p.m. (\$25)

Phix: Aug. 31 * 2 p.m. (Prices TBA)

Ben Wah & the Blue Balls: Sept. 1 * Time TBA (\$5)

Emmitt Nershi Band: Sept. 5 * 7 p.m. (\$17)

Peter Rowan & Tony Rice Quartet: Sept. 6 * 7 p.m. (\$25)

Ekoostik Hookah: Sept. 12 * 7 p.m. (Prices TBA)

The Derek Trucks Band: Sept. 13 * 7 p.m. (\$27)

Pato Banton: Sept. 19 * 7 p.m. (\$12)

Buckethead: Sept. 20 * 7 p.m. (\$27)

Red Rocks www.redrocksonline.com

Cinemocracy Rocks with Billy Bragg: Aug. 25 * 9 p.m.
(\$10 in advance, \$12 at door)

Willie Nelson & Family (w/ Jerry Jeff Walker):
Aug. 26 * 7:30 p.m. (\$55)

98.5 FM KYGO's Summer Chill Out: Aug. 29
* 7 p.m. (\$42.50)

The Allman Brothers/Bob Weir & Ratdog: Aug. 30
* 7 p.m. (\$43-\$62)

Nine Inch Nails: Sept. 2 * 8 p.m. (\$39.50-\$55)

3 Doors Down/Hinder/Finger Eleven: Sept. 3
* 6:30 p.m. (\$39.50-\$75)

Sound Tribe Sector 9 (w/ Talib Kweli and Flyin Lotus): Sept. 5 * 7 p.m. (\$36-\$40)

Ghostland Observatory and Bassnectar: Sept. 6
* 7 p.m. (\$36-\$40)

G. Love & Special Sauce/John Butler Trio:
Sept. 12 * 7 p.m. (\$36.50-\$39.50)

Monolith Festival: Sept. 13-14 * 1 p.m. (\$59.50-\$225)

Earth, Wind & Fire/Michael McDonald:
Sept. 23 * 7:30 p.m. (\$39.50-\$84.50)

Run the 'Rocks 5K: Oct. 12 * 8:30 a.m. (Free)

Sundance www.sundancesteakhouse.com

All times and prices TBA

Chute Nine Band: Aug. TBA, Oct. 21, 24, 25

K.C. Yates and the Morningstar Band: Sept. 2, 5, 6; Oct. 7, 10, 11; Nov. 18, 21, 22

Woody Procell & the Snowy River Band: Sept. 9, 12, 13; Oct. 28, 31; Nov. 1; Dec. 9, 12, 13

Bob Purcell & the Outriders Band: Sept. 16, 19, 20
Earl Wear Band: Sept. 23, 26, 27; Dec. 2, 5, 6
Triple Nickel Band: Sept. 30; Oct. 3, 4; Nov. 11, 14, 15
Walker Williams Band: Oct. 14, 17, 18; Dec. 16, 19, 20
Kelly J. Band: Nov. 4, 7, 8; Dec. 23, 26, 27
Chugwater Band: Nov. 25, 28, 29

Ogden Theatre www.ogdentheater.net

John Hiatt/Joan Osborne: Sept. 6 * 8 p.m. (\$40)
Ice Cube: Sept. 7 * 9 p.m. (\$39.50-\$39.50)
The Bodeans: Sept. 13 * 8 p.m. (\$32.50)
Spiritualized: Sept. 23 * 9 p.m. (\$25)
Lagwagon/MXPX: Sept. 25 * 7:30 p.m. (\$20)
Nick Cave & the Bad Seeds: Sept. 26 * 9 p.m. (\$40)
JJ Grey & Mofro: Sept. 27 * 9 p.m. (\$20)
Bootsy Collins Tribute to James Brown: Oct. 3
 * 9 p.m. (\$35)
Super Diamond: Oct. 4 * 9 p.m. (Prices TBA)

Fillmore Auditorium www.livenation.com

Rock to Win featuring Melissa Ethridge: Aug. 26
 * 7:30 p.m. (\$98-\$100)
No Fear Music Tour featuring Bullet for My Valentine: Sept. 22 * 7:30 p.m. (\$25)
Xavier Rudd: Sept. 26 * 8 p.m. (\$25)

Hodi's Half Note www.hodishalfnote.com

White Water Ramble: Aug. 28 * 8 p.m. (Prices vary)
Otherside of Clearview w/ ROE: Aug. 29
 * 8 p.m. (Prices vary)
Spam Allstars: Sept. 5 * 8 p.m. (Prices vary)

performing arts

The Lincoln Center

Magic in the rockies: Sept. 6 * 7:30 p.m. (Prices vary)
NBC's Last Comic Standing Live Tour: Oct. 2
 * 7:30 p.m. (\$35-\$38)
Philadanco: Oct. 5 * 7:30 p.m. (\$26-\$28)
Movin' Out: Nov. 12-15 * 7:30 p.m. (\$42-\$44)
Oliver!: Dec. 3-6 * 7:30 p.m. (\$42-\$44)

~for more information on these events visit www.ci.fort-collins.co.us/lctix

Carousel Dinner Theatre

www.adinnertheatre.com

The Producers: Aug. 1 – Oct. 25 * Time TBA (Prices vary)
White Christmas: Nov. 1- Jan. 3 * Time TBA (Prices vary)

The Center for Fine Art Photography

Our Environment; the Good, Bad and the Ugly:

Nov. 7-26 * (Times and prices TBA)

~for more information on these events visit www.greenmuseum.org

old town streets & plazas

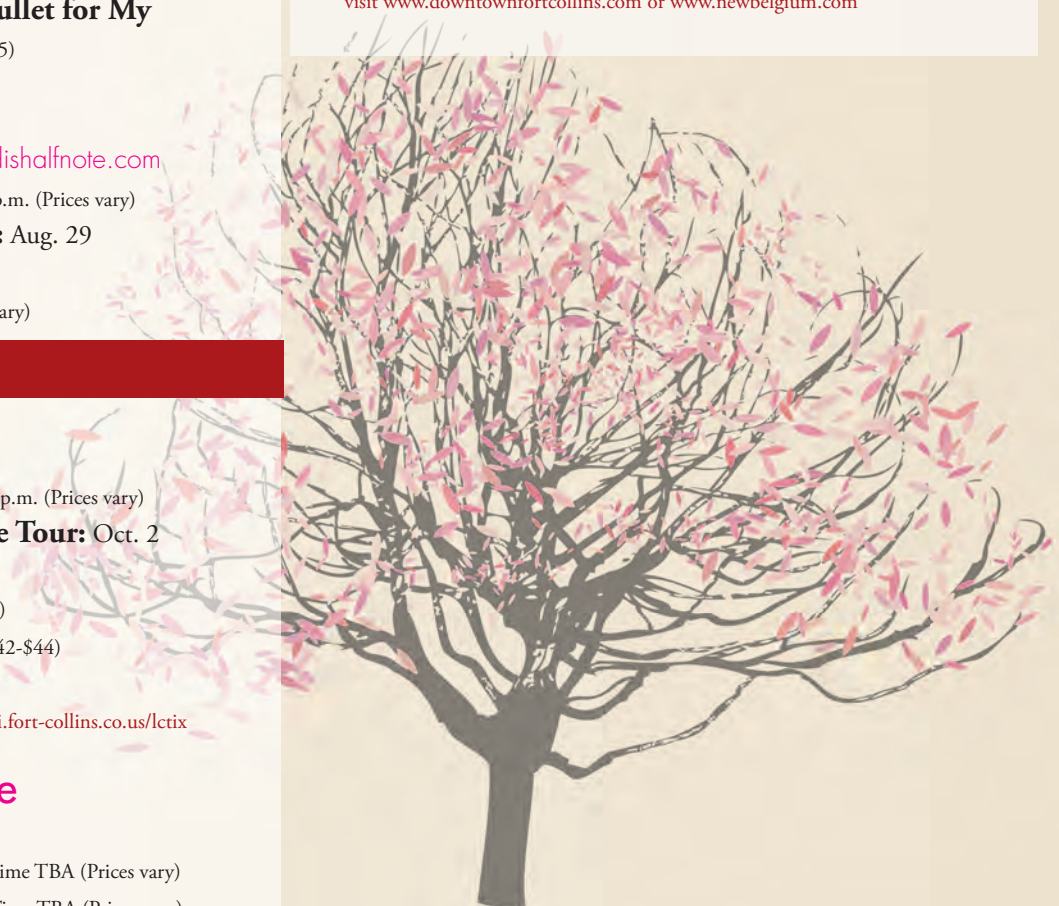
Tour de Fat: Sept. 6 * 11 a.m. - 10 p.m. (Free)
Old Town Sunday Concert Series: Aug. 31; Sept. 7, 14, 21, 28 * Times TBA (Free)
New Belgium's Bike-In Series: Aug. 28, Sept. 4, 11, 18
 * Films TBA (Free)
Ben & Jerry's FAC Concert Series: Aug. 29 * 7 p.m. (Free)
Magic in the Rockies: Sept. 3-6 * 5 p.m. (Free)
First Friday Gallery Walk: Sept. 5 * 6 p.m. (Free)
TriMedia Film Festival: Sept. 5-7 * (Times and prices vary.)
Oktoberfest Fort Collins: Sept. 27

* 11 a.m. - 6 p.m. (Free admission)

8th Annual Terror Tours Downtown: Oct. 25

* 8 p.m. - 10 p.m.

~for more information on locations, times and prices or more events visit www.downtownfortcollins.com or www.newbelgium.com





CRITICAL MASS!

fort collins cycling on the warpath

When most drivers brave the streets of Fort Collins during rush hour, they expect to find the road filled with other rushed motorists who just want to get home after a long day at the office. What they don't expect to find are streets clogged by an unruly mob of cyclists.



Cyclists are becoming a growing group of Fort Collins residents who have embraced a tradition called Critical Mass, which began in San Francisco. The idea of a critical mass is to gather as many participants (and bikes) as possible, and then purposely forsake sidewalks and bike lanes. Critical Mass participants believe this roadway-clogging practice forces motorists to accept the legitimacy that bikers have to their legal right to have a piece of the road.

"People say, 'Did you see all those bikes today? Insane!'" said An-

drew Waltman, a Critical Mass rider.

Fort Collins saw its own version of Critical Mass begin a few months back when a group of about 25 riders gathered after two avid Fort Collins cyclists, Tim Browne and Steve Burnes, were inspired to start this practice. Since then, monthly demonstrations are held the last Friday of every month, and have grown to a fluctuating mass of over 50 riders with some very eccentric vehicles. Recent masses have showcased a two-story bike, several tandem bikes, skateboards and a unicycle.

The group that rides Critical Mass cannot really be described as an organization because there's no real leadership or official positions. The group's loosely stated goals are to raise awareness of the usefulness and economic benefits of bicycles in Fort Collins, promote sustainable transportation, and have fun. The core group returns every month,



but insists that they want to make it very straightforward – a ride for everyone who wants to come.

“The big part is just gaining recognition as another form of transportation,” said Joe Henderer, another rider.

However, local bikers are not the only ones taking an interest in Critical Mass. The ride on May 30 garnered attention from the Fort Collins Police Department.

The large, milling group of riders gathered at the CSU Oval, along with a police van and several officers who were stationed at the outside of the Oval, preparing for the mass’ departure. Upon the group’s recognition of police presence, one rider was jokingly appointed as the “police liaison.”

CSUPD was also in attendance because of numerous complaints from locals who

were unhappy with the bike demonstration blocking traffic. Matt Johnson, a Fort Collins police officer, said that the reason for the police escort was not due to the size of the mass, but because of their prior behavior.

“That particular group has made some negative choices,” Johnson said. “If these folks genuinely had an interest in positively impacting biking there would be much more positive ways of doing that.”

According to Johnson, the group has done more harm than good for biking in Fort Collins.

The meeting between the “police liaison” and the police was polite, but tense. The riders seemed only to care about where they were allowed to ride, and dismayed that the police didn’t want them riding down College Avenue. The police simply reiterated that their job was to make sure that everyone – especially the riders - remained safe.

The opinions from the outset were mixed about the presence of the police.

“[Critical Mass] got big enough to where it was recognized, and that’s cool.” Henderer said.

Not all dispositions were as sunny. While the riders insisted they were more than willing to work with the police in order to grow and

legitimize their event, many felt that CSUPD was not treating them fairly. Mass riders stressed that they intend to follow the law.

“In a nutshell, the police were there for intimidation,” Browne said. In spite of tensions, everyone remained calm.

“We weren’t there to intimidate anyone, we were there to make sure that folks followed the rules,” Johnson said in response.

The group waited until the social tree that brought its riders had borne its last fruit, and then the mass began to ride clumsily out onto Laurel Street.

Together they road, and the insect-like buzzing of their coasting bicycles was quickly drowned out by the engine roar of police motorcycles. The officers formed a line in the middle of the street, ushering the mass riders into the bike lane.

“Stay two abreast in the bike lane or there will be repercussions,” one officer said.

The riders formed up accordingly at the request of the police. Some riders joked with the motorcycle police next to them, and others simply seemed shocked.

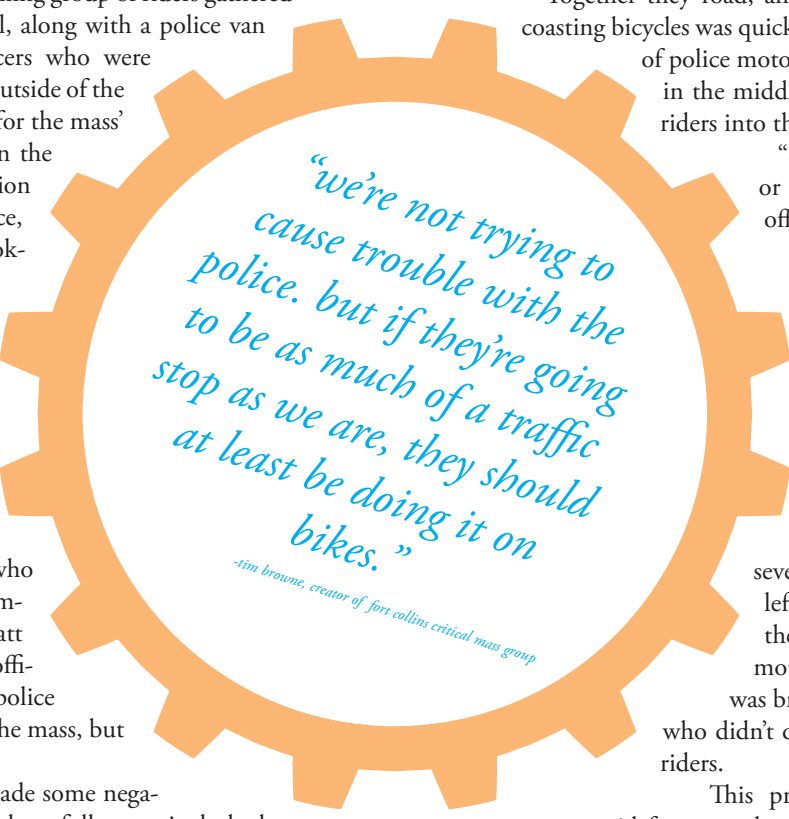
The group formed a line along the street that stretched in the bright afternoon sunlight. At the head of the mob were the riders, a few police cars and several police motorcycles. To the left of the riders, in the middle of the road, were a string of police on motorcycles. The back of the group was brought up by several police cyclists who didn’t quite blend in with the rest of the riders.

This procession rode slowly down the street amid frequent cheers of “Bikes!” from the mass participants mixed with excited shouts to cyclists. Some people even asked to join in on the ride. A few did, and other riders periodically left when they were finished riding or had other plans.

The odd nature of the disorganized group of bikers and the organized nature of the police drew more than a few eyes. Motorists honked occasionally, some in support and others seemingly aggravated by the block in one lane of traffic. Pedestrians stopped and pointed out the odd group to each other amid awed shouts from children.

The mass stopped occasionally to regroup after becoming separated by a poorly timed stoplight or other obstacle. Riders formed a tight group in a 7-11 parking lot to take pictures while holding bicycles over their heads and screaming, “Bikes!”

Eventually, the group divided in half and rode two different routes, seemingly too disorganized to stay together. It was later revealed that it was a tactic designed to get the police to leave both groups



“we’re not trying to cause trouble with the police. but if they’re going to be as much of a traffic stop as we are, they should at least be doing it on bikes.”

-tim browne, creator of fort collins critical mass group

recreation

alone. Massers intended to make both groups too small for the police to consider important.

The police were reportedly aware of the trick, but it worked regardless. Fort Collins police decided their escort of the Critical Mass was no longer necessary, and left.

"We're not trying to cause trouble with the police," Browne said. "But if they're going to be as much of a traffic stop as we are, they should at least be doing it on bikes."

The police equated their escort to laws that prevent biking on busy sidewalks — what may seem unnecessary at first glance may actually be in response to accidents that caused serious injuries.

"As police officers, our goals in life have never been to follow people on bicycles," Johnson said. "But if you do it the right way, you don't cause problems for the rest of the people in the city."

The riders regrouped with the aid of cell phones and the ride continued in more traditional fashion, with one-wide wedge of cyclists forming a block in traffic. The event wound down over the next half-hour with riders draining off of the mass, until it finally returned to the Oval a little more than an hour after departing.

"If all of your business is in Fort Collins, you shouldn't even have a car," Browne insisted.

Critical Mass continues to take place every last Friday of the month in Fort Collins. The group meets at 4:30 p.m. on the CSU Oval with whatever self-powered transportation they care to get around on.

"You're gonna have fun...if you ride your bike a lot," Waltman

smiled. ■ Ca



photo illustrations by katie stevens



critical mass a history...

Founded in 1992, the first ever Critical Mass bike ride took place in the streets of San Francisco on Sept. 25 of the same year. The first ride was dubbed "Commute Clot," and consisted of an unconfirmed number of riders (most reports agree it was at most several dozen). The next ride was somewhere closer to 100 riders, and the number of participants increased exponentially. Today, Masses take place in over 430 cities around the world and on every continent except Antarctica.

Critical Mass as an institution can be very difficult to define. It is not an official organization, and it has no leaders, officials, or CEOs. It has no central infrastructure, and could best be described as an event centered around an idea. Masses spring up whenever a group of riders has the impetus to set a date and ride.

~for more information about critical mass visit www.critical-mass.org

To Be Green or Not to Be Green

a choice for many



The limelight has frozen on the green movement, and it's not letting up. For some, green is just a color, but for others, green is life, nature and regeneration. The latter pertains to the wholly powerful green movement.

The City of Fort Collins and Colorado State University are leaders in the green movement because of their innovative goals. They've begun regulating clean air, waste, energy and water consumption, but it's mainly for businesses. Residents and students are somewhat affected, but it seems that being green is a choice for many. As the eco-conscious movement blooms, are people choosing to be green or not to be green?

Pharmacy technician Karen Waldron said that being green is good for the environment, but doesn't really know much about it. She recently moved to Colorado from Arizona, and says people here are more involved with the environment.

"It's too hot in Phoenix to be environmental," Waldron said. "I need to make some changes because I'm not really impacted by the green movement. I think about the environment when I put a pop can in the trash, but I don't really recycle because I don't take the time to."

Waldron, 26, said recycling in her apartment is inconvenient because she doesn't have a recycling system. The popularity of green rises, yet Waldron feels it may just be talk and not much real action because she sees people littering.

"I think the green movement is important and could be sustainable if more people were educated," she said. "I mean, if I knew more I'd be more conscious."

Waldron adds that the green movement has good ideas, but she's skeptical about hybrid cars because she doesn't understand how they work. Others like, Lara Erickson, a senior history major, aren't worried about the cars, but about alternative fuels like ethanol. Erickson explained even though ethanol burns clean, the process to make it takes more energy than it should.

The debate on ethanol has been going on since its inception. Some in favor believe since it's made from plants, primarily corn, that this fuel alternative is a good choice. However, according to Business Week online, ethanol burns up more energy than gas and forces drivers to fill up more frequently. They also reported

that ethanol cannot travel through pipelines like oil, resulting in more dependence on driving trucks to transport ethanol; thus, wasting more energy.

"What I like about the green movement is how we're saving the world...well, hopefully," Erikson said. "Being green is both good for the earth and for us."

For the last few years, Erikson has been more actively involved in living green because it was difficult for her to control how her food was prepared and how things were cleaned while living in the dorms. Since moving off-campus, Erikson has begun composting and gardening. On her balcony she has an entire garden consisting of strawberries, lettuce, tomatoes,

*"it's hard to be green because
it's a life change that many
americans can't face."*

-lara erickson, senior history major

sugar snap peas, peppers, grape vines, bananas, peaches and various flowers. To water the plants, Erikson keeps recycled milk jugs with her in the shower to catch the excess water to feed her garden, so she doesn't waste water. Erikson also makes her own laundry detergent from Borax and cleans her house with white vinegar.

"It's hard to be green because it's a life change that many Americans can't face," Erikson said. "You have to be in the mindset to change because we should get out being told what to do because of consumerism."

Erikson tries to break the cycle of consumerism by not shopping at chain stores of any kind. Instead, she goes to local grocers who sell organic and fair trade food. When she needs clothes or furniture, she swaps items with her friends, goes to thrift stores, garage sales and even dumpster dives for new stuff.

"I've gotten so much from dumpster diving. Bookshelves, plates, TV sets, containers for my plants and even a microwave," Erikson said. "If stuff isn't brand new, I just 'MacGyver' it together and make it work."

Erikson believes it isn't just consumerism blocking the way for people to be green; it's that people only see the world in front of them as perfect and it isn't. She doesn't like the trend of being green because people seem to throw on a T-shirt from Target that claims they're green, but that's all they do.

"Being green isn't just talk, it's a lifestyle change," Erikson said. "Whenever I see the posters of the creepy green guy for CSU's 'Go Green' campaign, I wonder if the posters are made out of recycled material or not. Plus, the posters don't tell me what CSU is actually doing. Maybe instead of buying carbon credits, CSU should get solar panels."

For now, solar panels are too expensive, but according to CSU's Green research Web site, mechanical engineering Professor W.S. Sampath has spent 16 years developing new solar panels that will be cheaper and more effective than existing solar panels. The solar panels are being produced at \$1 per watt by AVA Solar Inc. and will be out by the end of 2008. Industry Week online reports they will sell as low as \$2 per watt, which is a drastic reduction.

While the choice to live green or not is varied, most people believe it's a positive change, regardless of their participation. Junior physics major Erik Wildforster, likes that the green movement is getting people thinking about the long term effects and trying to reduce their impact on the earth. However, he doesn't know if things are really getting done.

"There's probably a little impact by reducing carbon emissions and power plants, but I don't know if we have the means to do more with that yet," Wildforster said. "Half of our energy comes from dirty coal, and we don't really have alternatives. This works for now until there's more time and money for research."

Wildforster, 21, says he's not really skeptical about anything of the green movement, but wonders if people's green efforts are



Iara Erikson, a senior history major, picks fresh herbs within her garden. Erikson houses a whole slew of fruits and vegetables in her garden in the back of her apartment. ▶ photos by Rachel Dembrun

too little too late. He grew up in the Denver area, and witnessed the brown pollution cloud that looms around Denver.

"We're polluting the planet to the point that we can't make forests anymore. More species have gone extinct from the 19th century since the extinction of the dinosaurs," Wildforster said. "I try to recycle my trash, take the bus when I can and I long board to class, but I'm just one person. We can all do more to be green, but I don't know if we can financially sustain it...but there's hope."

Wildforster isn't sure about the future for the green movement, but he's glad it's a trend bringing awareness, change and sustainability for the environment by living by the three R's. And according to singer, Jack Johnson, "We've got to learn how to reuse, reduce and recycle, because three, it's a magic number." ■ Ca

what does it mean to be green?

It's an easy concept to understand, but difficult to define because there are different levels for everyone. The main premise is to be aware of your impact on the earth and to reduce that impact.

Going green is done in many ways, which are usually dependent upon time and money. Living green can be applied to every facet of life or just a few things. Going green can be simple or difficult, but green living depends on the 3 R's: reusing, reducing and recycling.

If you want to go green, here are a few tips:

reuse and recycle to reduce your impact on the earth:

furniture

- Shop at thrift stores
- Re-paint or re-finish furniture to give it new life
- Break out the hammer and the nails and fix what you have
- Buy recyclable eco-friendly furniture

food

- Eat local and organic food-less pesticides
- Don't over buy, only buy what you'll eat
- Garden
- Compost
- Eat less meat because raising meat requires land, energy, water, grain and pesticides

clothing

- Buy what you need, not just what you want
- Swap clothes with a friend
- Buy from and donate to thrift stores
- Fix tears by sewing a button back on or patching a hole

transportation

- Drive less and don't gun it because that wastes gas
- Bike more
- Carpool or take the bus
- Get errands done in one trip rather than throughout the week

*information from: treehugger.com/gogreen
and wecanlivegreen.com/greenliving/goinggreen*



lara erickson tends and waters her tomato plants on the balcony of her apartment.

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Ancient Healing

alternative chinese medicine



Everyone gets sick – it's inevitable. From coughs and colds to headaches and upset stomachs, these pesky ailments can creep up on even the healthiest people. Most depend on traditional western medicine when illness or pain arises, but there are other options than pharmaceutical drugs. Imagine a treatment that goes beyond simply masking symptoms and actually prevents the problem from coming back. Instead of popping pills for pain or swigging a bottle of cough syrup during cold season, why not try an alternative that has been around for over 5,000 years?

Chinese herbal medicine, which can also be referred to as botanical medicine or phytomedicine, focuses on combining parts of different plants into a specific formula to be used as medicine. Remedies are comprised of three to 15 individual herbs, each

having a specific effect on the body. Working together, the herbs create a medicine that is greater than its parts and can be individually tailored in order to work most effectively. With so many possible combinations of herbs, remedies can be concocted for numerous illnesses from chronic pain, insomnia, fatigue and allergies to more serious conditions like arthritis, asthma, and post-chemotherapy care.

Each individual herb contains a different healing property. For example, ginseng can help increase endurance and energy, while mint is effective at curing frontal headaches and cooling the body. Those looking for a quick fix from congestion or a chest cold can use ginger.

"Boiling ginger root in water then drinking the broth clears everything up for me," Amanda Markworth, a senior social work major, said. "I can usually feel a difference in as soon as 20

*"i can usually feel a difference
in as soon as 20 minutes, and it
works for most of the day."*

-amanda markworth, senior social work major

minutes, and it works for most of the day" said Markworth, 21, who usually drinks one cup of boiled ginger root in the morning and one at night to fight off congestion and winter sickness. Markworth says she prefers using herbal remedies because she considers them less harmful than over-the-counter medications.

Herbal medicine aims to protect and create balance within the body, and also prevents ailments from reoccurring. It does this by addressing the reason the problem occurred rather than just the symptoms themselves. Herbal medicine goes beyond the physical aspects and seeks the cause, in what Terry Fox, licensed acupuncturist at Artesian Spring Oriental Medicine, calls the



raw chinese herbs at old town acupuncture that make up gui pi tang (pictured in pill form on page 40).

▶ photos by katie stevens



scott blunk models gui pi tang in pill form.

root-and-branch approach.

“The branch is the physical pain itself, like a headache, and the root is all the underlying symptoms that are causing the headaches, which can include lifestyle, diet and emotional state,” Fox said, who specializes in acupuncture, Chinese herbal medicine and massage therapy.

“Chinese herbal medicine helps solve a problem instead of masking it.”

A typical consultation for someone seeking herbal medicine includes disclosure of medical history and an explanation of symptoms, as well as a tongue and pulse diagnosis. Herbal specialists analyze a patient’s tongue’s thickness, color, and coating in order to determine the health of organ systems. The pulse test, which is taken on both wrists, can indicate blood flow patterns. Questions regarding sleep habits, temperature, digestion, pain, and sweat are also asked in order to fully understand the problem.

“It’s like taking pieces of a puzzle and putting them together to find a pattern of disease then advising the right herbs for the problem,” said Fox. “If successfully diagnosed, the condition can go away in as little as one to two days.”

Providing such an in-depth analysis of the ailment allows herbal medicine to be very specific in its actions. Two people who go in for migraine treatment may get completely different herbal formulas based on the perceived causes of their migraines, as well as which type of migraine they have. Knowing these individual aspects helps an herbalist create the right combination of herbs for each symptom and cause. It also helps solve the problem long-term rather than relieving symptoms temporarily. Unlike modern western medicine, which is typically used after someone is already sick, herbal medicines tend to act in a more preventative nature.

“If you take an over-the-counter medicine for a headache,

it’ll stop it in that moment, but it won’t stop you from having one next week,” said Scott Blunk, licensed acupuncturist and certified herbalist. A common use of preventative herbs is to begin taking a remedy in the fall to avoid cold and flu season in the winter. Blunk suggests buying a bottle of Gui Pi Tang about a month or two before finals to improve memory and concentration. One bottle lasts five weeks and costs about \$33.

Herbs have been used as an alternative to western medicine, but combining the two often has positive outcomes. For example, someone who is undergoing chemotherapy for cancer can minimize the negative treatment outcomes like nausea and hair loss with herbal medicine. Herbs are extremely effective at counteracting side-effects that may occur from western medicine and can help wean people off current medications, according to Kent Nixon, licensed acupuncturist at Old Town Acupuncture.

“In eastern medicine the focus is on taking less and less, while western medicine leans toward taking more and more,” he said. For example, someone on high cholesterol medication must take it every day. However, once their cholesterol gets to a stable level, they can use herbs to help them slowly transition themselves off the pharmaceutical drug. This is also true of long-term drugs used for emotional disorders like depression or anxiety.

“There may not be the same instant gratification that western medicine can provide, but herbal treatments tend to have more long-term relief in the end,” Nixon said. Also, herbs are generally more subtle and gentle on the body than western pharmaceuticals.

Although there are virtually no side effects from herbs, one must be careful when taking them, especially if they are already sick. Herbs like ginseng can feed a virus just as much as they feed the body, which can cause an illness to get worse rather than better. Some herbs can interact negatively with other medications or cause UV sensitivity, like St. John’s wort. Also, the body can adapt to herbs which could make them less effective the longer they are used. It is important to go to a professional who can assess specific needs. ■ **Ca**

*editors note: the information in this article is not meant to diagnose, treat or cure any medical disease or disorder. Consult a medical, western or eastern, professional before starting any new treatments.



bottled herbs at fort collins acupuncture.



kent nixon of old town acupuncture removes herbs from a bin at his clinic.

Windpower

here's the blow-down

When you're a college student, the last thing you want is an extra school fee to pay. However, there is one fee that sophomore engineering major, Chad Thomas, was more than willing to pay for. He didn't think twice when he paid to sign up for the green power program at CSU.

"I feel that it is everyone's responsibility to help the environment in any way that they can," he said.

According to the National Renewable Energy Laboratory, "the United States can currently generate more than 10,000 megawatts of electricity from the wind, which is enough to power 2.5 million average American homes." While the technology is becoming more affordable, it still costs more than conventional energy sources.

The Fort Collins' green power program, along with the green power program at CSU, is giving people the option of using renewable energy - but at a cost. Many students, residents and local businesses are deciding that investing in renewable energy is worth the price tag.

fort collins goes green

The City of Fort Collins currently offers residents and businesses the ability to purchase clean, renewable energy. The price is 1 cent per kilowatt-hour in addition to their monthly electric bill.

The green power program was started in 1998. The price started at 2 cents per kilowatt-hour, rose to 2.5 cents and then was finally lowered to its current rate. David Roy, a city council member, and the Fort Collins city organization said that 83 percent of renewable energy is provided by wind power, with the rest coming from landfill gas.

According to the Fort Collins city organization, the average household in Fort Collins uses 700 kilowatt-hours per month, making the average amount paid for renewable energy about \$7.42 a month including the 6 percent PILOT fee.

For some residents, they're not convinced that the technology used for wind power is efficient enough in its current state.

"I think it is too expensive for the amount of energy they generate at this stage in its technology," said Caleb Alvarado,

go green: how to sign up

to sign up for the green power program at CSU, visit:

wsprod.colostate.edu/cwis10/hds/green/greenpower.aspx

(the deadline to sign up for the 2008-2009 school year is sept. 15)

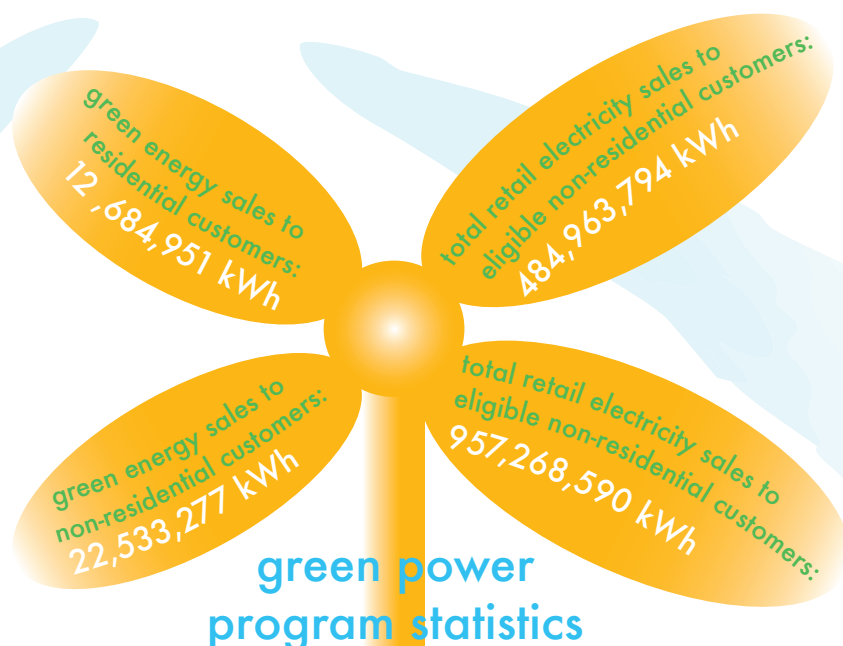
to sign up for fort collins green power program, visit:

fcgov.com/greenpower

**information provided by david roy and the fort collins city organization*

a sophomore engineering major. "Wind energy has the potential to be a fantastic renewable energy source; however, I think that the technology needs to be expanded a bit so that less wind generators can be used, but can produce energy equal to or greater than the (conventional sources) and cost a lot less."

However, others embrace the green power program. Currently, there are approximately 1,750 residential participants and 115 commercial participants. According to the Fort Collins city organization, a majority of participants pay to have 100 percent of their electricity to be covered by renewable energy, but there is also the option of paying for smaller blocks of energy.





carbon footprint-
a person or organization's
impact on global warming
in regards to the amount of
carbon-dioxide emissions

*(to find out what your carbon footprint is, try an
online calculator like this one: [green.yahoo.com/
calculator](http://green.yahoo.com/calculator/))*

new belgium brewing co.: "environmental stewards"

New Belgium Brewing Co. encourages its employees and its customers to be "environmental stewards." They emphasize sustainable living by promoting ideas such as conserving energy in their brewing process and using recycled materials. They took their environmental awareness to a whole new level in 1999 when they became the first brewery in the nation to purchase all of its electricity from wind power.

"In an effort to reduce our carbon footprint, New Belgium conducted an energy audit in 1998 that showed the single biggest emitter of CO₂ in our process was from the electricity we used supplied by coal-burning power plants," said Katie Wallace, the sustainability specialist for New Belgium.

Concerned with this fact, the company decided to purchase wind power, which at the time cost an extra 2.5 cents per kilowatt-hour. In order to fund this change, New Belgium employees agreed to pay for it with money from the employee bonus fund.

When they first started purchasing renewable energy, 100 percent of their power came from a wind farm in Wyoming.

"The City erected an additional turbine/monopole just to supply New Belgium with our electricity for the next 10 years," Wallace said.

Now, 17 percent of their renewable energy comes from that same wind farm, while the rest comes from Renewable Energy Credits (RECs).

New Belgium has also found a way to create renewable energy at their on-site Process Water Treatment Plant. All of the wastewater from the brewery is processed, which creates a byproduct of methane gas. The gas produced from this process is used to power a combined heat and power engine at the brewery. According to Wallace, the engine can cover up to 15 percent of the brewery's electrical needs.

The fact that waste can be used to create renewable energy is "a beautiful example of a closed-loop system in our brewing process," Wallace said.

csu brings renewable energy to the resident halls

An Associated Students of CSU (ASCSU) initiative followed by large student support brought wind power to CSU residence halls and campus apartments in 2004. Originally called the Wind Power Program, the name was changed to the Green Power Program to include other forms of renewable energy, namely solar, hydro, biomass power and energy credits.

Housing and Dining Services purchase renewable energy for students who choose to pay the extra fee. Tonie Miyamoto, the director for CSU's renewable energy programs said that students living in the residence halls pay \$17 for the academic year, and students living in university apartments pay \$52 for the academic year.

The fees cover the cost difference between conventional energy and renewable energy, which is bought through the city of Fort Collins. Housing and Dining Services does not charge extra for collecting the fees, Miyamoto said.

"It is a small price to pay to offset your carbon footprint when you consider how many resources we use on a daily basis," Thomas said.

According to Miyamoto, about 350 students signed up for the program last year, and it has continued to grow each year since it started in 2004.

Alvarado is not one of those students because of his doubts about the cost of the current renewable energy technology.

"If it were to benefit CSU, I think it would have to be cheaper than traditional sources of electricity," he said.

Thomas is less concerned with the overall cost, but more concerned about where his energy is coming from.

"Wind power is a source of energy that the U.S. should keep investing in to power homes, businesses and other buildings because we know that wind is here to stay, something we can't say about oil reserves," Thomas said. ■ Ca

definitions

biomass power- energy created from plants & plant derived material, used to generate electricity & create fuel & chemicals

hydro power- energy created by flowing water, used to generate electricity

solar power- energy generated by sunlight, used to generate

**information from national renewable energy laboratory*

The Media Crush

why it's hard to cover obama

Standing in the press box Jan. 5 at a Des Moines speech hall, I was surrounded by students and community members chanting “Yes we can!” my pen sat still over my notepad. The chant is one that supporters for Sen. Barack Obama’s presidential bid use to illustrate their faith in the change the senator runs on. Just 10 minutes before that moment, ink was flying out of the writing utensil onto my notepad, which was nearly full, while jotting quotes from bankrupt college students and family men who weren’t able to provide their families with proper health care. They were all there to find hope in Sen. Barack Obama as a revolutionary presidential candidate who, at the time, seemed infallible. When Obama’s speech started to heat up was when my notepad cooled down. As I listened, I started to get inspired goose bumps. I had to shake off the inspiration and force myself to act merely as stenographer of the event. Later, I would add analysis of Obama’s speech in an article, but for then, all I needed to do was get the information on paper. I had to keep myself in check, but it wouldn’t be easy.

Many have compared Obama to former presidents Jimmy Carter and Ronald Reagan, both of whom brought their party into leadership after years of stagnation and public disapproval of the party on the other end of the spectrum. They were Renaissance men. And as the first legitimate black presidential candidate ever, Obama now has a very real shot at bringing the country back toward its more balanced, moderate roots. Plus, he has the charisma and support.

At a campaign stop just before Super Tuesday in Denver on Jan. 30, Obama spoke to nearly 20,000 people at Magness Arena at the University of Denver. Many – about 6,000 – of the crowd was not able to make it into the arena because it only houses 9,000. The remainder listened from a gym in the same building. But those outside stood in the freezing January air

for nearly two hours just to show support for the candidate. No other candidate has seen this type of support, with the possible exception of fringe candidate Ron Paul, who never had a shot at the nomination. Magness Arena didn’t house same the frenzied magnitude of supporters for the Hillary Clinton



obama delivers his speech at magness arena at denver university in january.

photos by brandon iwamoto

voting information:

requirements to register to vote:

- United States citizen
- At least 18 years old on or before Election Day
- Resident of your precinct at least 30 days prior to the election (must be sole legal place of residence)

If you do not meet all requirements listed above, you cannot register to vote in Larimer county

must meet additional requirements to be eligible to vote in city elections:

- You must reside within the City limits of the city of Fort Collins (and be registered at your current address)
- Must register 29 days prior to election

If your Larimer County voter registration is current and you live within the city limits of Fort Collins, further registration is not necessary.

- Check your Larimer County voter registration at www.fcgov.com

where to vote:

- Anywhere. Your ballot will be mailed to your home. Vote, wherever and whenever is most convenient for you.
- When your'e finished, place your ballot in the return envelope, apply postage and drop in the mail.
- Make sure to mail it in time to reach the city clerk by 7 p.m. on Election day

Voters who prefer not to use the mail may drop their ballot at the City Clerk's Office, City Hall West, 300 La Porte Avenue.

On the issues:

To see John McCain's platform visit:
johnmccain.com or GOPconvention2008.com

To see Barak Obama's platform visit:
barackobama.com or demconvention.com



obama speaks at magness arena at denver university in january.

campaign when her husband came the same day to campaign for her. Only 4,000 people showed.

But does a strong stage presence and active support base mean that Obama will follow through if he is elected president? Does that mean he truly has the political courage and moral fortitude to bring the change that so many say the U.S. needs? And if he has the prerequisites, does he have the experience and knowledge to implement efficient policy that will unite the country? Based on little information and scant experience, it's iffy at best. While he has a respectable and inspiring stage presence, that's all the public really knows about him. He is also one of the youngest, most idealistic politicians on the national level. The justification of this is that he has not had sufficient time to be corrupted by the edgy world of politics. But as the end of the campaign nears, Obama's ratings remain unsure against his seasoned rival, Sen. John McCain, whose support base is comprised of unwavering neoconservative, Reagan-era Republicans who are also tired of the direction of the Bush brand of politics. With this solid base, the only way Obama's dynamic campaign will affect McCain is to give him possible margin voters who are unsure about Obama.

Whether Obama could truly be supported or not, it's still hard to watch him and not like what he has to say. That's the dangerous thing about him. With such a charismatic persona, the press has an obvious bias toward him and against McCain. And the more President George Bush becomes marginalized as a lame duck, the more the battle becomes against McCain and for Obama, the only person offering a structured military exit from Iraq and taking about uniting a long-divided Washington. And reporters have the same agenda. We want to change things. It's the nature of our business. But it's the responsibility of people like me to represent issues as they stand, and not as our journalistic pipe dreams want them to be. Like I said, it's not gonna be easy. ■ Ca

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Eco-Thrift

reuse in action

Who we are:

Eco-thrift is a locally owned thrift store with an environmental focus based on reusing and recycling items. Started by Tony Cooper in the summer of 2006, Eco-Thrift has a goal of getting as close to zero waste as possible by recycling what cannot be sold, instead of just sending it to the land fill.

What we do:

Eco-Thrift is dedicated to reducing waste and resource over-use in our society by returning donated quality items to use. A portion of profits go to supporting local organizations committed to the philosophy of sustainable living.

We accept donations of clothing, appliances, furniture, outdoor gear, sportswear, garden, household items, and various other items to be resold in our store. A majority of what is not able to be reused is then recycled or donated to community organizations that provide services for people who are in need. Some of what we donate goes to Nightwalker, which is an organization that serves Native American people in South Dakota. Other clothing is donated to a health clinic in Greeley that provides clothing to migrant workers who do pesticide spraying and must dispose of their clothing each day.

We also work with a fiber recycler in Denver who takes the remaining fabric and recycles it into paper. All metal that can't be reused or won't sell in the store is also recycled. Eco-thrift is also a preferred electronics recycling site for the Fort Collins community.

How we do it:

We work with GRX in Denver, a computer and electronics recycler with an excellent record for ethical recycling. This service requires us to charge a fee to offset transportation and handling charges.

We're also active members of Climate Wise, a voluntary initiative of the City of Fort Collins helping businesses to become more energy efficient and sustainable. And recently, we became a Climate Wise Bronze Partner.

Another way we're involved with the Fort Collins community is through what we've donated to the Fort Collins Housing Authority. Together, we helped provide enough furniture to furnish 11 apartments for formerly homeless clients.

Who keeps us going:

Volunteers are central to what Eco-Thrift does. Since Fort Collins is a community focused business, we rely on the help of



tony cooper, owner of local thrift store
eco-thrift

photo by katie stevens

the community to make our business model work successfully. There is a place for everyone here, whether it's testing electronics or sorting and organizing new donations. Volunteers can look forward to lasting relationships and gaining a unique perspective on the life of stuff. Eco-Thrift is a registered agency with community corrections and we welcome volunteers who need community service hours.

Extra Curricular:

Eco-Thrift participates in a variety of community events. Look for us at the upcoming Sustainable Living Fair in September here in Fort Collins. We also have a coupon in the Be Local Coupon book, be sure to pick yours up.

Where to find us:

You can do your part by shopping eco-friendly at Eco-Thrift, and help reduce your environmental footprint at the same time. We look forward to meeting you and encourage you to think inside the eco-thrift box. ■ Ca

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