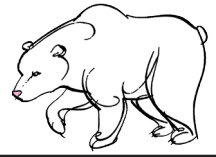




ECO COLUMBIA



“THE SCOOP ON ALL THINGS SUSTAINABLE”

JUNE 2010 VOL. 1, ISSUE 7 A COLUMBIA COLLEGE COLLABORATION



DEAR READERS,

Vegetarian, pescatarian, flexitarian, vegan, the list goes on and on. So, what are you? Do you know? It's ok if you don't because things change and so do people. Our food system and what we consume as individuals is one of the most important things we do on this planet. Every time we eat a potato chip or pass on that burger for a salad, one is having an impact. Do we really need to label ourselves though? Personally, I try and stay away from these labels. I'm just not ready to brand myself as one thing when I am unsure what the future brings. I am not saying that I can't control myself or that I don't think about what I eat, because I do. I was a full fledged meat eater a few years ago. Once I started educating myself on the behind-the-scenes food industry I became fed up (no pun intended), with myself and the system. I also know that in this market system when there is enough demand for a certain product it will be created. If you worry about what you eat or you want to become more conscious, think about taking small steps. First, I cut out red meat and pork from my diet. I did have some local free-range beef every now and then though. Another stream of thought would argue that the meat industry isn't going away anytime soon and going vegetarian is great but buying free-range or organic meat might be just as beneficial. You have to be a part of the system to change the system right? Yes, some of these choices are expensive and I understand this. That is why I advocate small steps when morphing your eating habits. Did you know that in 1949, Americans spent 22% of their income on food, whereas in 2009 they spent a meager 10%? We just flat out expect to spend little to nothing and we get what we pay for. The next thing I did was make sure my dairy was from a reputable or organic source. Produce was the next thing (when I can afford it). There are actually some good websites that tell you which fruits and vegetables harbor more pesticides and ones that you may not need to buy organic when on a budget. I've done this on what I can afford with a humble budget and it is all circumstantial (it's hard to say no to free food!). For some, labels give that direction and those strict rules that some crave. I myself am an "ethical eater". I strive to have a positive impact when I choose my food. I don't have to feel guilt or unnecessary pressure if I eat something I don't normally eat. For now, I like my spot on the label fence.

Peace,
Neale

DOGS AND GODS

A POETIC PIECE

Dogs & Gods
 Destroy your dams, they are damned
 Destroy your highways, there are other
 high ways
 Destroy your dog, he is dying
 Destroy your golden gods, your books
 are lying
 Burn your car
 Burn your cash
 Burn your house
 Burn your last stash
 This is it.
 Time for to change
 Time for to engage, not in baby-
 making,
 Not in war-making,
 do not spend your time bettering
 civilization
 Civilization is a mistake.
 It was the wrong turn to take

We are simple terrestrials, we are truly
 bestial
 We are animals
 We are animals
 We are animals
 Our grandfathers evolved from war
 and famine
 Our parents evolved from money and
 fashion
 We are a weight, we are a toll
 And yet we don't understand our own
 planets soul
 The rock is its skin, the caverns its
 scars, the lava its blood.
 She breathes and we breathe, water
 runs through her and it runs through
 us,
 It runs through the animals too
 We are animals
 We are animals

We are animals.
 Dogs and gods, cats and cars, fish and
 farms.
 What happened to the sun,
 What happened to our treaty with the
 cycles of the moon?
 What happened to the stars, hidden by
 polluted skies?
 Better yet,
 What will happen to us?
 Aren't we estranged enough?
 Aren't there so many of us that the
 government is grateful to we do not
 tread under its trees?
 Why must there be so much
 production, so much malfunction, so
 much trash in the seas?
 We do not know how to survive.
 and it all went wrong with gods and
 the dogs.

Poem by Samantha Christmann

GREEN ICE

NHL PROMOTES ECO-AWARENESS

With the Chicago Blackhawks educating fans about environmental outdoor rinks. For that magnificent full of young guns that keep the Madhouse on Madison screaming, it's no wonder that the National Hockey League (NHL) isn't forgetting where those young players were just skating a few years ago: frozen ponds in backyards surrounded by snow. They honed hockey skills such as skating, puck passing and stick handling on those frozen ponds when they weren't playing on actual indoor ice rinks. And now, due to the rising temperature of the planet, those same ponds are freezing later and melting earlier, cutting into young hockey players' playtime. In an effort to ensure that there are plenty of nature-made rinks left for future players to learn the game of hockey on, the NHL has made a vow to go green.

The league will be teaming up with Natural Resources Defense Council (NRDC) and launching a league-wide initiative that will promote more sustainable living and business practices. On Thursday, May 20th, the NHL unveiled NHL Green, which will be a year-round commitment that focuses on

educating fans about environmental outdoor rinks. For that magnificent



PHOTO CREDIT | THE OFFICIAL BLACKHAWKS SITE

issues and making the league's clubs more ecologically responsible.

“Our game originated on frozen ponds,” stated NHL Commissioner Gary Bettman. “Most of our players learned to skate on

tradition to continue through future generations we need winter weather and, as a league, we are uniquely positioned to promote that message.

CONTINUED ON PG. 02

Story by Alexa Heinrich

GREEN ICE CONTINUED

We are thrilled to be able to work with the Natural Resources Defense Council and to draw upon its vast experience and expertise in greening League events and League and Club operations.”

In one of its first acts, the NRDC will be helping the NHL make the 2010 Entry Draft, which will be held June 25-26 at the Staples Center in Los Angeles, a greener, more eco-friendly event. The Council will also be helping the league develop an online environmental resource guide that has already been distributed to each of the 30 NHL teams. In addition to these eco-efforts, the NHL also replaced 30,000 plastic shopping bags with reusable bags during the Stanley Cup playoffs were in commencement. These were nearly identical to the reusable bags that have become an almost permanent feature at most grocery stores around the nation, but the NHL ones were black and sported the 2010 Stanley Cup logo.

Even though these are

small first steps, hopefully the NHL will help the eco-endeavor along and assist in the survival of a sport born



PHOTO CREDIT | THE OFFICIAL BLACKHAWKS SITE

in winter weather. And remember, go Blackhawks, 2010 Stanley Cup Champions!

This newsletter designed and created by Alexa Heinrich. *Green Revolution* image designed by Simon Cervania. Thank you to anyone who contributed to the *Eco Columbia* newsletter!

A reminder: Don't forget to check the Recycling Program's blog for recent green job and internship opportunities for students! You can find the blog at <http://for-keeps.net/recycling/>

Do you have an event that you would like to have promoted in the *Eco Columbi* newsletter? Just email Neale Baldyga at nbaldyga@colum.edu to be included.

contact us

Want to join EPIC, submit something for the newsletter (all mediums accepted) or ask a question? We can be contacted at nbaldyga@colum.edu.

spread the word

Tell your friends about this newsletter and how to be more environmentally-conscious. Every little action helps.

other info

Try these other sites for more eco-info: www.grist.org, www.epa.gov/earth911.com, & www.colum.edu/recycling.



SELF-MADE TOOTHPASTE

MAKE YOUR OWN TOOTHPASTE W/ ONLY 4 INGREDIENTS

How many words are there in your toothpaste that you cannot pronounce? Skip the mystery and make your own. This is a simple, inexpensive, odor-eliminating, tooth-whitening, and very effective formula from *Organic Body Care Recipes* (Storey, 2007) By Stephanie Tourles.

INGREDIENTS

- 1 teaspoon baking soda
- 1/2 teaspoon sea salt, finely ground
- 1 drop peppermint, spearmint, sweet orange, clove, or cinnamon bark essential oil
- A few drops tap water

Combine ingredients in a small bowl and mix them thoroughly with a toothbrush, your finger, or a small spoon until a smooth, thick

paste forms. The paste shouldn't be too runny; it has to stay on your toothbrush.



OTHER GREEN PRODUCTS THAT YOU CAN MAKE YOURSELF!

- Cleaning Products
- Deodorant
- Facial Cleansers
- Shampoo
- Lotion
- Body Scrubs

FUTURE EPIC DATES

UPCOMING DATES, EVENTS & DEADLINES EPIC WANTS YOU TO KNOW

June 18 & 25, 4:00p-8:00p
Farmer's Market

Farmer's Market season is starting at Uncommon Ground again, in Chicago. Every Friday you can find local food, local vendors, local music, and an organic roof top garden! Uncommon Ground 1401 W. Devon Ave. Chicago, IL

June 21, First Day of Summer

The moment of the summer solstice in the Northern Hemisphere is determined by when Earth's North Pole axis is tilted most directly toward the sun. When this is occurring in the Northern Hemisphere, the Earth's South Pole axis is tilted most directly away from the sun, which marks the first day of winter in the Southern Hemisphere. Did you know that in Chicago we experience not one but two longest days? During these sunrise and sunset occur at the same time on the two days following the solstice.

June 20 & 27, 10:00a-1:30p
FREE

Each Sunday this summer, you can take a 20 minute guided walk and learn about the Garden's design, its native plants and how it all applies to the home garden. Led by Lurie Garden volunteers. Lurie Garden Millennium Park Chicago.

June 26-27, 12:00p-10:00p
\$5 Donation

Thousands of people who care for the environment will unite to enjoy high quality music & discover new ways to go "green." There'll be local retail, art & craft vendors, plus a green vendor village. The event will also be produced in the most eco-friendly way possible with bio-diesel fuel operated generators, biodegradable plastic cups, recycling and composting options, and much more. Chicago Ave. between Noble and Ashland Chicago, IL

THE CHICAGO CLEAN POWER ORDINANCE

GETTING TO KNOW PAMELA RICHART & THE CHICAGO CLEAN POWER ORDINANCE

Meet Pamela Richart

Pamela J. Richart is Co-Director of Eco-Justice Collaborative (EJC), a three-year old non profit, advocacy and faith- and conscience-based organization. EJC seeks first to raise awareness of the direct impacts of U.S. lifestyles and public policy on people and our planet, and then to identify actions that can be taken to build a more just and sustainable world. Pam is an environmental planner by training, and worked to protect open space and natural resources in the Chicago metropolitan area with an environmental planning consulting firm in the western suburbs. After 20 years as a planner she co-founded EJC with her husband Lan. This change in career path stemmed from a desire to address environmental concerns through a lens that included environmental, social and economic justice.

Today, Pam conducts research and helps create presentations, workshops and events that facilitate an understanding of current issues of energy use, resource consumption and ecological sustainability.

Mayor Daley calls Chicago the greenest city in the country. Is that true?

It is true that Mayor Daley has "packed" Chicago with trees (over 500,000), flowers, and mixed planters, "greening" the City's lakefront, boulevards, medians and street corners. Chicago's City Hall also boasts the country's first rooftop garden on a municipal building.

The Daley administration has built some of the most energy-efficient municipal buildings in the country, and provides developers with a more efficient permit process if they construct green buildings. In 2007, Chicago was ranked by the Business Facilities magazine as the #1 Green City in the nation, based on the number of LEED-certified buildings that existed within its city limits (27 in total). The Daley administration's most recent accomplishment includes the September 2008 "roll out" of Chicago's Climate Action Plan, which calls for an 80% reduction of Chicago's 1990 greenhouse gas emissions by 2050.

All of the above have put Chicago "on the map" as one of the country's greenest cities. But Chicago really cannot be called a green city so long as its key public transit facilities are in shambles. Ridership is high due to the current economic recession, but service remains low and lacking, particularly in minority neighborhoods. Well-funded and efficiently managed public transit facilities can reduce greenhouse gas emissions and particulate pollution that causes asthma and other respiratory diseases.

Chicago also remains host to two of the country's oldest, most polluting coal-fired power plants. Protecting public health and welfare is a fundamental responsibility of government. Over the past three years alone, these plants have spewed over 45,000 tons of pollution into the air we breathe, compromising the health of all Chicagoans. Those who live closest to these plants are most affected, resulting in missed school days and work absenteeism.

Chicago has one of the highest asthma rates in the country, and our hospitalization rate is nearly double the national average. According to a 2001 study conducted by researchers from the Harvard School of Public Health, air pollution from Fisk and Crawford causes more than 40 deaths, 550 emergency room visits and 2,800 asthma attacks EACH YEAR.

In my view, Chicago cannot be called a green city so long as these power plants continue to pollute residents and our environment.

What is the Chicago Clean Power Ordinance and how are you involved?

The Clean Power Ordinance was written specifically to clean up the emission of particulates and carbon dioxide from Fisk and Crawford. Because Chicago has home rule authority, it can and should adopt regulations for the protection of the public health, safety and welfare of its residents. This is a key step that Chicago can take to live into its reputation as a green city.

The Chicago Clean Power Ordinance was introduced to the City Council on April 14, 2010 and now has 11 sponsors, including lead sponsor Alderman Joe Moore. The group of six organizations that initially started this campaign has grown to nearly 40 partners, many of whom are actively engaged in the campaign. The coalition is represented by student groups, environmental, health, business and faith and justice-based organizations. It is non-partisan, and shows the breadth of concern for a clean energy future and the importance of collaboration.

The organization, Eco-Justice Collaborative, was responsible for initiating this most recent campaign for clean power in Chicago. Together, this initial group has been instrumental in creating the legal framework for an ordinance and launching a city-wide campaign that has three goals:

1. Reduce emissions from the Chicago coal-fired power plants (specifically particulate matter and CO₂).
2. Support increased renewable energy installations and energy efficiency in buildings citywide.
3. Advocate for green job development and training programs to install renewables, retrofit buildings to be more energy efficient, and manufacture components for clean energy technologies.

Today, we have launched a website and a Facebook group page, created an electronic newsletter for

coalition partners and supporters, and developed materials that can be used by city residents and businesses to lobby alderman in order to solicit support and sponsorship for the Chicago Clean Power Ordinance. We have created petitions, postcards and briefing materials for public use as well as "birthed" Mya Asthma, a giant inhaler who is actively supporting our campaign in order to be able to take some "well deserved" time off from her growing workload. Coalition partners will be educating the public about the campaign at GreenFest, summer neighborhood festivals and other city-wide events.

There are several community meetings "in the works" that are designed to help educate the public about the impacts of these plants and provide attendees the tools they need to effectively lobby their aldermen.

If the coal burning plants were to close what does that mean in the grand scheme of things?

The Chicago Clean Power Ordinance does not call for either plant to close down. The role these plants play in powering Chicago is interesting, because ComEd, the electric utility serving the City of Chicago, does not contract to purchase power from Fisk and Crawford. Instead, Fisk and Crawford are merchant plants that sell their power into the Midwest market and beyond. Much of the power from Fisk and Crawford is sold out of state.

Because the ordinance does not require the plants to be shut down, no jobs would be lost. In reality, construction jobs would be created as a result of the re-powering or pollution control retrofits that would be required at the plants to meet the pollution limits included in the Clean Power Ordinance.

Will Midwest Generation, the owner of these two power plants, claim the ordinance is an undue economic burden? Of course. But regulation of pollution from coal plants is nothing new. The Clean Air Act has been around for forty years, and regulation under the Clean Air Act has significantly expanded at least half a dozen times in that period (e.g., 1990 amendments, Acid Rain Program, NOx SIP Call). Significant regulations affecting coal plants also have been adopted by Illinois (e.g., Illinois Mercury Rule, CAIR in the MPS/CPS). Each time, power companies have claimed an undue economic burden. But each time, coal plants have responded to new regulations, while maintaining a profitable business.

Do we need to act now?

Yes, action is critical at this time. Now is the time to mobilize. There are many alderman who know about the campaign, but aren't yet taking us seriously. The campaign can take advantage of national concerns currently expressed over the health, safety and environmental impacts of coal. If enough people step forward, we can educate and empower the majority of Chicago aldermen to support the ordinance. And

we believe that Mayor Daley will want to support the Chicago Clean Power Ordinance if there is a groundswell of support from all sectors of the city.

It is important to remember that each year that the plants operate without regulation and additional pollution controls, they continue to emit harmful greenhouse gases into our atmosphere that contribute climate change and particulates that cause sickness and premature death. According to Harvard researchers, one more year of inaction means 40 more people may die because of the pollution emitted from these plants.

How can students get involved?

There are LOTS of ways students can be involved! If students live in Chicago, they can call and personally visit their alderman. The tools to do that, along with a sample script are included on the Chicago Clean Power Coalition's website: www.cleanpowerchicago.org.

But there are other ways that students can help, whether or not they are from Chicago. Here are some examples:

- Attend neighborhood festivals to solicit support for the ordinance through petitions, postcards, phone calls to aldermen and Mayor Daley and personal visits. The Chicago Clean Power Coalition can train and mobilize anyone interested in helping in this way!
- Write letters to the Mayor, expressing hope that he will support the Clean Power Ordinance.
- Write letters to the editor. We have a sample letter and tips for writing a letter to the editor on our website.
- Take video testimonies from students and other citizens who want to see the plants cleaned up.
- Interview coalition members about the health and environmental impacts associated with the continued operation of these plants without further regulation, and publish these articles in school and other news media, including print and electronic (such as blogs and websites).
- Enter data from petitions and meetings into our data base. This is one of those essential components of a successful campaign!
- Help publicize community meetings and create fliers for key events.
- Join one of our working groups, and actively participate in media, lobby training and tracking lobbying in key wards, coalition building and more.
- Host a town hall meeting at Columbia College, and invite aldermen to participate. Video tape the meeting and post it on the web.

For more information or to get involved, contact Pam Richart at: 773.556.3418 or prichart@ecojusticecollaborative.org.