

Fraternity helps lead Greeks' green efforts

Phi Gamma Delta praised for actions

BY CHIARA AUSTIN
STAFF WRITER

For Phi Gamma Delta fraternity, ringing in the new year and a new semester meant adapting to an environmentally sound lifestyle.

The fraternity's energy-saving efforts make it the first fraternity or sorority on UNC's campus to go completely green.

"We are not trying to change the world by going green, we just want to be responsible citizens in Chapel Hill and try to encourage others to do this, too," said junior Penn Clarke, Phi Gamma Delta's president.

The fraternity installed new shower heads that alter water pressure so less energy is wasted, and the amount of water used while showering is cut by 70 percent.

The fraternity also switched to compact fluorescent light bulbs instead of regular incandescent bulbs to cut down on energy use. Members also placed blankets around water heaters to reduce energy loss by about 35 percent, Clarke said.

"If everybody joined in and did this, so much energy could be saved," he said.

Becoming less wasteful in general, Clarke said, is also a big part of the fraternity's environmental consciousness.

Members regularly take leftover food from meals to a homeless shelter to cut down on waste.

"These are not necessarily huge steps or great, incredible things, but they are things we can try to do to make ourselves less wasteful," said junior Will Duckett, a member of Phi Gamma Delta's green committee.

The green committee meets weekly to discuss new ways to raise money and implement environmental change.

This week the fraternity will

begin a new recycling program to ensure that any disposed recyclables will be taken to a recycling center. Clarke also said members are working to get rid of all Styrofoam cups and replace them with recyclable cups at the house.

"I know people have tried this in the past," said Matthew Putterman, president of Alpha Epsilon Pi fraternity.

"They're leading by example. (It) is really cool that someone is finally stepping up and doing it."

Most of the changes Phi Gamma Delta made can be done with little money, Clarke said. But in the future and with more funds, members said they hope to purchase energy-efficient appliances, such as washers, dryers and refrigerators to take the next step in energy conservation.

The idea to turn the fraternity into a more environmentally friendly organization came about after a few members realized how much money could be saved in reducing energy loss.

TAX

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N.C. Association of Realtors, said her organization thinks such a tax would be a bad idea.

"We do not support it," Woodson said. "We think that it is more fair to have a broad tax increase."

Nelson said opposition to either proposal, but especially the land-transfer tax increase, is to be expected.

"We'll have to decide to side with either the realtor lobbyists or the school children," Nelson said.

But Woodson said the 16 N.C. counties that voted against a land-transfer tax in November sent a strong and clear message to the state.

"They're leading by example. (It) is really cool that someone is finally stepping up."

MATTHEW PUTTERMAN, ALPHA EPSILON PI FRATERNITY PRESIDENT

After getting support from the national organization, UNC's chapter elected a few members to its green committee.

"It seems like whenever you hear about fraternities in the news, you hear about hazing or negative aspects," Clarke said. "We wanted to change that."

In exploring changes, one of the difficulties the green committee has encountered, Duckett said, has been trying to get people to change their behaviors.

"It's not easy, but everyone sees we are trying to do something different," he said.

"Everyone's on board — it's just going to be a gradual process — it doesn't happen overnight."

Contact the University Editor at uodesk@unc.edu.

UNC junior Naveed Hassan said he is unsure about either tax. Hassan, a political science major, has lived in Orange County for seven years and said he supports taxes for a worthwhile cause.

"I guess the tax on homes makes more sense to me," Hassan said. "It targets a demographic of people who can sell a house and can probably afford a tax like that, while a blanket tax affects everybody."

The public hearing will be held during the County Board of Commissioners meeting at 7:30 p.m. today at the F. Gordon Battle Courtroom in Hillsborough.

Contact the City Editor at citydesk@unc.edu.

Barbecue cookies take on national taste buds

Jarman bakes a winning recipe

BY ANDREW DUNN
FEATURES EDITOR

Molly Jarman sure makes a kooky cookie.

But her far-from-traditional barbecue spice cookies were tasty enough to win over her colleagues and win her a shot at a \$1,000 prize.

Jarman, a project manager for the Carolina Mammography Registry at the UNC Department of Radiology, should find out in the next few days if her cookies have won a national competition for KC Masterpiece Barbecue Sauce creations.

"They're great," said Tara Taylor, who works with Jarman and was one of her first guinea pigs. "They taste like a spice cookie. There's a hint of barbecue flavor, but it's not overpowering."

The quest for the perfect barbecue cookie began about a month before the October N.C. State Fair.

Baking has always been a hobby, Jarman said, and she spends almost every Sunday whipping up cookies and cakes that she brings into work the next day.

"She's a 'from-scratch' kind of woman," Taylor said while munching on a Jarman cupcake.

Jarman, who earned an undergraduate degree at UNC in 2004 and a master's degree in public health in 2006, said she has entered some of her goodies into state fair competitions in the past but had never won.

Entering the barbecue competition this year was just a fluke of scheduling. After looking at the state fair's competition listings, she chose the barbecue sauce contest because she was free that



UNC employee Molly Jarman won a contest for using KC Masterpiece Barbecue Sauce to make cookies.

afternoon.

And the idea of putting the sauce in cookies was a whim after seeing a bottle of KC sauce while baking, she said.

Her first batch turned out pretty well, she said. But she wanted to bring them into work first for a true test of their merit.

"I think people thought it was odd," said Taylor, who was one of the first to dare try them. "I ate quite a few."

After perfecting the recipe with a few more batches, she was ready for the state competition.

Jarman thought the barbecue cookies' unorthodoxy could propel her to victory in the KC Masterpiece Memorable Meals Contest.

The competition stipulates that every item contain some of the sauce.

"Nobody else did a dessert," she said of her fellow state fair contestants. Jarman won the \$200 first prize.

She used the money to buy a new toaster oven.

Second and third places went to traditional dishes.

Pam's First-Time Ribs, made by Raleigh native Pam Garcia, took the \$100 second prize.

The \$50 third place prize went to Cary native Denise Walker and her KC Masterpiece BBQ Chicken Pizza.

The first-place finish also earned Jarman a spot in the national competition, which is due to release results any day.

Barbecue Spice Cookies recipe

Ingredients:

- > 1 1/2 cups (3 sticks) butter
- > 1/2 cup KC Masterpiece Original BBQ Sauce
- > 3 cups sugar, divided
- > 2 eggs
- > 4 cups all-purpose flour
- > 4 teaspoons baking soda
- > 1 teaspoon ground ginger
- > 1 teaspoon ground cloves
- > 1 teaspoon ground cinnamon

Steps:

- > MELT butter in a large bowl in the microwave. (Cook on high for one minute, then cook for 30 seconds at a time just until melted.) Cool slightly.
- > ADD barbecue sauce, two cups sugar and eggs to melted butter and beat well with an electric mixer.
- > SIFT together flour, baking soda and spices. Add flour mixture to butter mixture and beat just until flour is incorporated.
- > REFRIGERATE dough for several hours, until firm. Shape into small balls (3/4 inch in diameter) and roll in sugar. (Or shape dough into a log, then slice one-inch thick and dip slices in sugar.)
- > BAKE at 350 degrees for eight to 10 minutes, until firm.

SOURCE: www.ncstatefair.org

Jarman's next project? She isn't sure.

But she is eyeing this year's Hidden Valley Ranch dressing competition.

Contact the Features Editor at features@unc.edu.

NARCISSISM

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study, which examined NPI scores from 27 campuses nationwide.

But Donnellan said they chose to use California students because the state is often seen as the center of the self-esteem movement, which he said emerged in the 1980s.

Many psychologists criticize self-

esteem enhancement, claiming it increases narcissism, he added.

But Donnellan expressed concern about the "bashing" of the self-esteem movement because his studies suggest that low self-esteem is related to adjustment problems.

He said the issue is an emotionally charged topic for youth.

"Many don't seem to like the label 'Generation Me,' and that is prob-

ably understandable given that it seems fairly pejorative," he said.

Manning said she has a few friends she might describe as vain, but she said that's not necessarily a bad thing. "It's good to recognize your good qualities and use them to your advantage."

Contact the State & National Editor at stntdesk@unc.edu.

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