


LIVE GREEN! MONTHLY



**"ENLIGHTEN OTHERS.
ENCOURAGE OTHERS.
EMPOWER OTHERS.
ELEVATE OTHERS."**

- MATSHONA DHILWAYO

**ISU STUDENTS
ELEVATING OTHERS
THROUGH HEALTH
AND WELL-BEING**

**PURSUING GOALS
OF DEVELOPING
SUSTAINABLE AND
HEALTHY COMMUNITIES**

**CREATE MINDFUL
SPACE FOR THE
NEW YEAR**

WHAT'S INSIDE

IOWA STATE UNIVERSITY

LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS

- 04 >> **Sustainable Fall Highlights**
Discover many of the sustainable accomplishments from the fall season.
- 06 >> **Now You Know**
Explore elevation through U.N. Sustainable Development goals 3 and 11.
- 08 >> **Elevate The Winter Season**
Uplift yourself and others through this kindness advent calendar.
- 10 >> **Students Living Cardinal, Gold & Green**
Meet ISU students elevating local and international communities.
- 12 >> **Green-It-Yourself**
Green your holidays with projects that elevate the spirit of the season.
- 13 >> **Recipes**
Elevate others with these delicious, sharable and seasonal snacks.
- 14 >> **Symposium on Sustainability**
Save the date for this annual event celebrating sustainability at ISU.
- 15 >> **Reduce Your Holiday Footprint**
Learn elevating habits for reducing waste during the holiday season.
- 16 >> **Green Opportunities**
Engage in sustainable and elevating events, contests, internships and more.
- 18 >> **Monthly Challenge**
Make it a personal challenge to elevate green in different ways this month.
- 19 >> **December Calendar**
Explore green elevating events during the month of December.
- 20 >> **January Calendar**
Elevate the new year and attend a green event in January.

Follow Us!

Elevating Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.



KUDOS TO THE TEAM!



Photo by Krishnaun Burns

Congratulations, Kelsey!

Live Green! Team Member Kelsey Culbertson was voted in as one of two students to be featured in the 2020 Women Impacting ISU Calendar.



Photo by Krishnaun Burns

Thank you, Grace!

Live Green! Special Initiatives Intern and B.R.A. (Bras to Recycle and Aide Women) Drive coordinator Grace Madigan wrapped up her final projects with the team this semester. We thank her for her dedicated efforts and wish her luck in her spring semester abroad in London!

Sustainability in the Spotlight



ISU Recycling Coordinator, Ayodeji Oluwalana, presents Gov. Kim Reynolds with an official America Recycles Day button on Nov. 15 when Gov. Reynolds' signed a declaration that the day also be known as Iowa Recycles Day.

Image courtesy of Ayodeji Oluwalana

Cover image courtesy of the Iowa State Daily



DIRECTOR'S MESSAGE

Just like that... the end of fall semester is here! Happy December!

In reflecting back over the past few months, what should immediately come to mind for each and every one of us is a sense of accomplishment. Exactly what that means and how that looks is different and unique for all of us. No matter if related to a project completed, a connection made or a new challenge taken on.

In a sense... we have elevated. Through this journey of completion and triumph, we are uplifted in facing new challenges — and then, look toward helping others face theirs. Elevating ourselves and elevating our community.

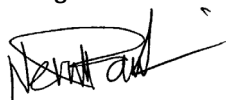
In this month's issue of Live Green! Monthly, as we continue our consideration of the United Nations Sustainable Development Goals, our focus turns toward elevation and "Elevating Green." Specifically, "Elevating Toward a Sustainable Future" as related to the interconnection of Goal 3 (Good Health and Well-Being) and Goal 11 (Sustainable Cities and Communities).

In recalling Maslow's Hierarchy of Needs, at the foundation of that which is "needed" are the basics — shelter, safety and food. In essence, the focus of Goal 3. Goal 3 uplifts us toward pursuing higher levels of psychological and self-fulfillment needs — building relationships, finding accomplishment and achieving one's full potential. Putting structure upon the foundational needs toward elevating to achieve Goal 11 - cities and communities that are inclusive, accessible, resilient, inspiring, creative, strategic ... and ensure a collective and sustainable future.

Throughout this issue, we celebrate elevating efforts, initiatives and achievements with a look back at highlights of an accomplished fall semester. We also look at the impressive commitment of ISU students in elevating community both on-campus and half a world away. In addition, as a new year and the next decade stand ready, we offer opportunities to start the year "lifting up" and envision the new decade through a lens of elevation.

On behalf of the Live Green! Team, congratulations on the accomplishments of your fall semester, and thank you for your efforts, support and commitment toward an elevated and sustainable campus and community. Wishing you a wonderful break and looking forward to "greening" with you next semester!

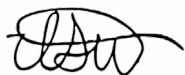
Yours in green-ness,



November was an exciting month for me and the Sustainability Committee with America Recycles Day taking place on Nov. 15. We were able to educate professors and students on the importance of recycling and what can and can't be recycled. In addition to it being America Recycles Day, the state of Iowa declared the 15 to also be known as Iowa Recycles Day to show their support for recycling initiatives. Ayodeji Oluwalana, Iowa State's Recycling Coordinator, was there to see the proclamation be signed at the capitol in Des Moines.

Coming up in December, the ISU Sustainability Committee will take time to reflect on what we have accomplished this semester and make goals for what we can work on in the new year.

As always, if you have any thoughts on sustainability issues you would like to see fixed on campus, feel free to contact me at: iswilde@iastate.edu.



Contact Izzy with ideas or questions at iswilde@iastate.edu and follow the Sustainability Committee's Instagram at [@isusustainability](https://www.instagram.com/isusustainability).



Photo by Krishnaun Burns

MERRY RANKIN is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

The Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainability.

DIRECTOR'S UPDATE



Photo courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.

SEMESTER HIGHLIGHTS

SUSTAINABLE ACHIEVEMENTS OF THE FALL SEMESTER

Acknowledge the successes of the fall semester and look forward to future sustainable steps forward while reading through the campus and community 2019 Sustainable Fall Highlights. Recognizing successes of the semester can contribute to a foundation of knowledge and inspiration for greater growth and innovation on how we can continue to elevate sustainably. Read all the semester's headline news on the Live Green! [website](#).

ELEVATING THROUGH ENGAGEMENT



JOINING A NATIONAL ALLIANCE TO DIVERSIFY FACULTY

ISU joined "The National Alliance for Inclusive and Diverse STEM Faculty." (ASPIRE) is a three-year program that works to incorporate more diversity in faculty and more inclusivity in teaching practices. ISU is one of 20 universities joining the alliance.

PERFORMING CLIMATE ACTION

Climate Change Action Theatre (CCTA) performed 18 free exhibitions across campus. Experts were present during intermissions to answer questions about the Earth's climate. Fifteen performances were written by 14 different international authors. One piece was authored by an Ames community member.

Photo courtesy of the Iowa State Daily



CONNECTING FACULTY

The Center for Excellence in the Arts and Humanities began leading a program designed to connect faculty from different departments and backgrounds through faculty learning communities. A few communities focus on: sustainable peace, water scholars, augmented reality and more.

ELEVATING THROUGH EDUCATION

CARING FOR SHELTER ANIMALS

The Iowa State University College of Veterinary Medicine pulled off a win-win when they provided shelter animals treatments while giving real hands-on experience to veterinary students. Over the course of a semester, more than 300 animals received care.

Photo courtesy of the Inside Iowa State



Copy and layout by Paige Anson



EXPANDING MENTAL HEALTH FIRST AID TRAINING

Iowa State University Extension and Outreach began offering mental health training for rural Iowan communities. They began training their staff last year and are expanding to improve mental health first aid throughout the state.

ENHANCING FIRE SAFETY GLOVE

A \$1.5 million grant from the Department of Homeland Security and Federal Emergency Management Agency was awarded to ISU associate professor Guowen Song. This money will allow Song and a team of ISU researchers to improve the function of heat-protective gloves for firefighters and other first responders.



ELEVATING THROUGH EMPOWERMENT



LAUNCHING CARDBOARD INITIATIVE

As a part of ISU's goal to become zero waste by 2025, the university launched an initiative to shred and use recycled cardboard from campus as animal bedding (which is later composted on campus for use in campus landscaping projects).

Photo courtesy of the Inside Iowa State

OFFERING ACCESSIBILITY LAB

A new digital accessibility lab in Durham Center held an open house in November after wrapping up enhancements made possible by an approved funding request last spring that added \$25,000 to the lab's budget. This improved the space's assistive technology and ability to host training for faculty and staff.

Photo courtesy of the Inside Iowa State



UNITING A COMMUNITY IN CONNECT FOUR GROUP

First-year students of color at ISU found community and mentors in "Connect Four," a College of Human Sciences program. Students in the program meet twice a month and share mentoring, networking, tutoring and scholarship opportunities.

NOW YOU KNOW

CREATING SUSTAINABLE AND HEALTHY COMMUNITIES

SUSTAINABLE CITIES AND COMMUNITIES (GOAL 11)



Earth is home to more than 7.7 billion people. Of that, more than four billion, or 50%, live in cities. By 2050, this is expected to increase to 70%.

Many of these city dwellers live in the type of cities that are shown on TV: urban areas with green parks, high-rise apartments, restaurants, sports arenas and modern office buildings.

These are the type of cities we think about when we learn that urban areas make more than 80% of the world's gross domestic product.

But there is another aspect of cities that isn't often considered — the part that one billion, or 1 in 3, urban residents live in: urban slums and informal settings. In some countries, more than 90% of urban dwellers live in these environments.

Slums and informal settings are places with unsafe, unhealthy and overcrowded homes that have limited or no access to basic sanitation (water, electricity or toilets), waste management, public spaces and transportation services.

The increase of people living in these

types of areas is due to rapid and unplanned urbanization. Cities are unable to adapt quickly enough to the sudden increase of residents and cannot develop ample sustainable infrastructure and housing.

Due to insufficient housing, living costs increase, and families with limited resources are forcefully evicted, leading them to move to cheaper, underdeveloped areas and into homes built with substandard materials.

Families are then left to grapple with natural hazards already associated with 90% of urban expansion projects, in addition to new vulnerabilities, such as infectious diseases, food deserts and illegal, unsafe buildings.

Poorer urban areas also face the effects of climate change first and worse than more affluent people.

Many of the world's largest cities are in low elevation coastal zones, with 23% of the global population living within 60 miles of the coast and at less than 350 feet of elevation.

1 OUT OF 4
URBAN RESIDENTS
LIVE IN SLUM-LIKE CONDITIONS

This undesirable location makes urban slums more susceptible to extreme conditions, such as rising seas, increased incidence of severe storms and temperatures, frequent floods and landslides.

Sustainable Cities and Communities, the United Nation's Sustainable Development Goal 11, was created to

stop these negative effects of rapid urbanization.

The mission of Goal 11 is “to make cities inclusive, safe, resilient and sustainable for all.”

Large non-profit organizations like ICLEI, also known as Local Governments for Sustainability, work to implement Goal 11 around the world. They engage urban communities at local, national and global levels to “shape policy and spark action to transform urban environments worldwide.”

ICLEI's strategy to create systemic, sustainable change in urban development follows five pathways: low emission, nature, circular, resilient and equitable development. This allows them to balance humans, infrastructure and nature.

Smaller, community-led initiatives also play a part in achieving the mission of Goal 11.

For example, in Tunisia, a 21-year-old activist created SafeNes, a mobile app that helps women and girls feel safe in public places.

In Papua New Guinea, UN Women implemented the “Safe Public Transport for Women and Children Programme” to increase the safety of women and children as they access public transportation.

Efforts to shape sustainable cities is not limited to national and global organizations and initiatives. It can be done anywhere, and to a community-level scale, through organizations such as the National League of Cities, EcoCity Builders or the Sustainable Development Solutions Network.

Through acquired knowledge and skills, anyone can become an advocate and fighter for more sustainable, inclusive cities and communities.

GOOD HEALTH AND WELL-BEING (GOAL 3)



- prevention and treatment of substance abuse
- global roadside accidents deaths
- universal access to sexual and reproductive health-care services
- deaths and illnesses from hazardous chemicals, pollution and contamination
- the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries
- research and development of vaccines and medicine
- health financing and recruitment, training and retention of health workforce globally
- the capacity of all countries for early warning, risk reduction and management of national and global health risks

initiatives to increase the overall global life expectancy.

In 2018, the Member States of WHO approved the 2019-2023 General Programme of Work, with the goal of helping countries stay on track towards Goal 3. It prioritizes universal health coverage, health security and health and well-being, all with a focus on outcomes rather than outputs.

Another target being greatly improved on is reducing child and maternal mortality.

Toward achieving this target, in 2017, the under-5 mortality rate fell to 39 deaths per 1,000 people, from 42 deaths, in 2015 due to an increase in appropriate reproductive, maternal, newborn and child management and care.

This resulted in a 12% increase in skilled birth attendants assisting with pregnancies and a 2% increase in universal access to sexual and reproductive healthcare services.

While these target achievements are not sufficient enough to achieve Goal 3, they have made great headway.

To make further progress, the United Nations continuously tracks all Sustainable Development Goal targets and creates voluntary and multi-stakeholder partnerships to develop initiatives and facilitate global engagement in support of the SDGs. Out of 13,392 active initiatives, there are 598 dedicated to Goal 3.

There are also initiatives at Iowa State University that support Goal 3, such as ISU Well-Being and Student Wellness. This is in addition to the numerous resources and programs in the Ames community that provide connections and resources to elevate individuals toward collectively achieving good health and well-being.

At the forefront of all sustainable development initiatives are human beings requiring a foundation of health and well-being to stay active and committed to the journey for sustainable equity for all.

While all people have this requirement, at least 567 million struggle every day to secure health and well-being — 400 million due to lack of basic healthcare; 160 million due to no social protection; and 7 million due to polluted air.

This number only covers the basics, which is why the United Nations developed Good Health and Well-Being, or Sustainable Development Goal 3, with the mission of ensuring healthy lives and promoting well-being for all, at all ages.

Goal 3 is divided into 13 different targets:

- global maternal mortality rate
- preventable deaths of newborns and children under 5 years of age
- the epidemic of AIDS, tuberculosis, malaria and other tropical diseases
- premature mortality from non-communicable diseases
- universal health coverage

Each target's underlining efforts revolve around funding healthcare systems, improving sanitation and hygiene, increasing access to doctors and reducing pollution.

One target the UN has made great strides in is increasing the global life expectancy and, in turn, demonstrating the overall health of a country.



Based on current mortality risks, the average life expectancy of men is 69.8 years and of women, 74.2 years. This difference is due to multiple causes, such as heart disease, interpersonal violence and cancer.

Groups like the World Health Organization (WHO) have taken these factors into consideration and developed

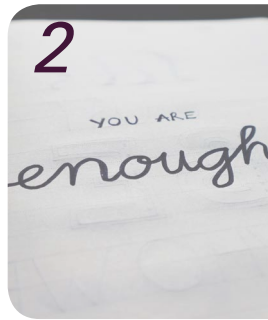
ELEVATE YOUR HOLIDAYS

UPLIFT OTHERS WITH THIS KINDNESS ADVENT CALENDAR



1

Give the gift of literacy and donate books to the library. Children who grow up in homes with at least 20 books get 3 more years of education than those from bookless homes.



2

Hide friendly notes in a public place. Expressing gratitude in handwritten notes has been found to boost positive emotions and well-being for both the writer and recipient.



3



6

Donate food to your local food pantry. 46 million people visit food banks annually to feed themselves and their families, and your donation can help supplement this.



7

Let a person go ahead of you in line. This act of kindness can be a gift for someone who is in a hurry.



8



11

Donate your skills to a person or non-profit in need. You will save them money, hone your skills, gain experience and network with like-minded individuals.



12

Find out something new about a coworker. Doing this shows your compassion and how caring you are, and can even spark a friendship.



13



16

Take sweet treats to work for your coworkers. Sharing with others increases feelings of trust and gratitude.

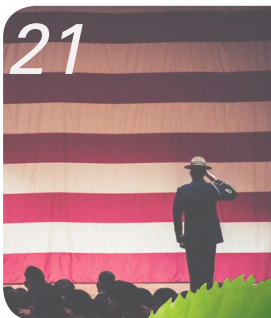


17

Leave your neighbor an anonymous gift and partake in the highest level of charity, according to many cultural traditions.



18



21

Offer a ride for Disabled American Veterans (DAV). Annually, more than 600,000 veterans rely on DAV for transportation to and from their medical appointments.



22

Share time with elders at nursing homes. This can help bridge age-gap relationships, expand social connections and provide elders with a sense of purpose.



23

Pay it forward by covering a person's check or taping money to a parking meter. Doing so has positive effects on the immune system and improves feelings of self-worth.



Pick up litter in your neighborhood. Less litter makes a huge impact on the wildlife who call the area home, as well as follows the Leave No Trace for Outdoor Ethics concept.



Call or FaceTime a relative or friend and catch up with one another. Social support has been found to lower stress and increase happiness and self-confidence.

Thank someone for making a difference. Saying thank you helps change your mindset, build trust and inspire others to continue doing great things.



Be kind to yourself and do something that makes you happy. Being self-compassionate allows your heart rate to slow, switching off your "fight-or-flight" response, which truly allows you to relax.

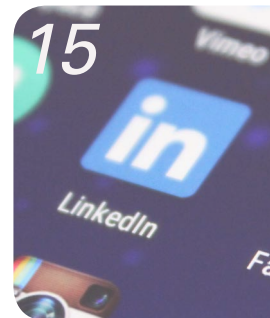


Leave a positive review of a business online. This can help a business thrive, as 91% of people read online reviews and 84% trust them as much as a personal recommendation.

Help reduce the stress of overcrowded animal shelters by donating supplies, fostering or sponsoring a pet. This can help reduce the 3 million cats and dogs euthanized annually.



Leave a surprise in the mailbox for your mail carrier, whether it's a small gift or gift card (up to \$20 in value). Showing appreciation increases both the giver and receiver's happiness.



Endorse a skill or leave a positive recommendation on LinkedIn. Doing this helps job seekers be more visible and stand out to potential recruiters.

Do a task for someone in your family and become happier. Helping others gives a mental boost by providing more dopamine from sensing reward.



Support a local business. Not only are the owners your neighbors, but also, for every \$100 spent, \$68 is returned to the community.



Cook an extra portion of dinner for someone who needs it and donate it to perishable food pantry, such as Food at First. More than 20,000 people had meals there in 2017.

Connect a charity to your Amazon account using AmazonSmile. For every purchase made, 0.5% of the purchase price will be donated to your chosen charity.



Buy a dozen flowers and tuck one flower under 12 windshield wipers. Giving flowers can increase happiness, and seeing and smelling flowers work as an instant mood-booster.

Find more acts of kindness you can do at Random Acts of Kindness.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

ELEVATING OTHERS THROUGH ACTION

Action is a key ingredient when working to elevate sustainable communities and good health and well-being. In this month's SLCGG, three student fitness instructors and two student engineers in the ISU chapter of Engineers Without Borders share their thoughts on how people can act to elevate and sustain themselves and others in local and international communities.

A common misconception about mental, emotional and physical elevation through fitness is that growth only can be found by hitting the weights or track, according to student fitness instructors and kinesiology majors Maris Behan, Jacob Jorgensen and Morgan Shawler.

And while those actions can be a big part of fitness, the three have found through kinesiology class experience and teaching group fitness classes with ISU Recreation Services that personal and community well-being can be elevated through a variety of activities and actions.

For some, casual movements, like trying a new exercise, going for a walk rather than taking the bus, or taking the stairs instead of the elevator are simple and easy opportunities to elevate themselves, their heart rates and their fitness, Jorgensen said.

A fitness opportunity all students can avail themselves of includes trying the fitness classes that come with their ISU gym membership fee.

"Group fitness is a great way to hang out with friends and to gain new experiences with new people ... Even if you don't like [one class] you can try different classes. Or even working out on your own. It doesn't matter how you start, it just matters that you continue," Shawler said.



Growth in fitness can also be accomplished with actions made in the kitchen and in social interactions, according to Jorgensen.

"Eating healthy to fuel your body ... eating with other people ... walking, running or being mindful with yoga," Jorgensen described, are all examples of ways people build up their overall fitness and wellness.

One piece of advice Behan, Jorgensen and Shawler would give to people looking to improve on

their wellness is for them to try different healthy movements, foods and social activities until they find what is most enjoyable for them.

"What works for one person isn't necessarily going to work for another, Behan emphasized, "[for example], some people love running. Some people love fitness classes ... There is not one right way to improve fitness."

When trying to find an activity that can help elevate your fitness, the best rule of thumb is to not be afraid to make time to try something completely new, according to Jorgensen.

If he could slip freshman students a note, Jorgensen would say, "don't be afraid... Try it all out. Start small at first, and then build up [from there.]"

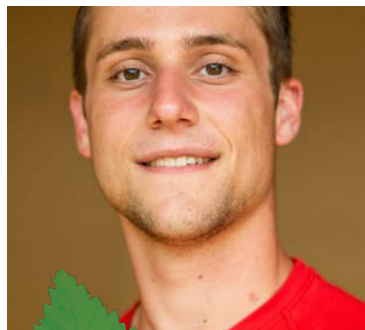
Another opportunity students have that can empower them to elevate community and personal well-being includes their ability to join an organization working on sustainable community-building projects.

For graduate student Jack Schwickerath (studying agriculture

MARIS BEHAN



JACOB JORGENSEN



MORGAN SHAWLER



Photos courtesy of Maris Behan, Jacob Jorgensen and Morgan Shawler



OLIVIA TAYLOR

and biosystems engineering) and undergrad Olivia Taylor (studying civil engineering), they found the ability to engage in elevating local and international communities through the ISU chapter Engineers Without Borders (EWB).

EWB is an organization working to elevate communities nationally and internationally through the implementation of sustainable engineering projects.

Throughout the last five years, the ISU chapter has worked to implement various projects in Ullo, Ghana.

Just last year, EWB worked to implement and build a water distribution system that brought clean water to a school serving over 1,000 students.

"Before the system was implemented, students would be locking up their water in trunks at the ends of their beds because it was so valuable to them," Taylor said.

Students used to have to wait hours and walk two kilometers to be able to access safe drinking water, according to Taylor.

Since the system has been implemented on the campus, students



Photo courtesy of Iowa State Daily

have saved time for sleeping and studying and even have improved their exam scores, Taylor said follow ups with the community have revealed.

Currently, team members continue to market, fundraise and plan for new engineering projects to help improve life in Ullo.

"TRY IT ALL OUT. START SMALL AT FIRST, AND THEN BUILD UP [FROM THERE]."

A project EWB is currently working on involves increasing agricultural success in Ullo through improved irrigation technologies.

Schwickerath and Taylor are happy to report that during the upcoming winter break, members will return to Ullo to work on a rainwater and drip irrigation system that is intended to improve the community's ability to water crops during dry seasons.

"I think our work is important because it helps communities that don't have access to the resources or opportunities for [sustainable] infrastructure that is really needed. It also gives engineering students



JACK SCHWICKERATH

the chance to work on a large-scale project," Schwickerath said.

Outside of their international projects working to give people access to essential resources, ISU EWB members are currently also exploring opportunities to start engineering projects in Ames.

Particularly, they are looking for projects that can elevate technologies supporting the community's food security, well-being and financial security, Taylor said.

Those with suggestions for local projects and people who want to keep track of ISU's chapter of EWB and their progress on projects can connect with them on their Instagram, Facebook or website.

Students from any major are also encouraged to reach out online to get involved with EWB.

The organization can always benefit from new perspectives and skills from across campus, Taylor noted.

"People can always donate or lend their physical abilities [to EWB projects] ... We would love to see EWB become more of a partnership between colleges at ISU," Taylor said.

GREEN-IT-YOURSELF

ELEVATE YOUR HOLIDAYS WITH THESE CREATIONS

CANDLE SWEATER COZY

Supplies: Candle, old sweater, scissors, needle and thread

Instructions:

1. Cut the sleeve off of the sweater and slide it over the bottom of the unlit candle.
2. Pull sleeve tight at the bottom of the candle and cut it off, leaving at least a ½ inch hanging off the bottom.
3. Turn the sleeve inside out, gather the bottom and pull it together in a bunch.
4. With needle and thread, stitch through the center of the bunch a few times, then wrap the thread around the bunch, tying and pulling it tight to gather the base of the sleeve.
5. Trim off excess sweater bunching as close to the sewing as possible.
6. Slip the sleeve over the bottom of your favorite candle jar. Enjoy!



REUSABLE ADVENT CALENDAR

Supplies: Choose from: 6 paper towel tubes, 24 toilet roll tubes or 2-3 wrapping paper tubes, 24 blank stickers, paper (tissue paper, wrapping paper, newspaper, posters), glue, ribbon, large button or bead, stapler, permanent marker, scissors and a large needle

Instructions:

1. Cut kitchen roll tubes in thirds or wrapping paper tubes in at least sixths.
2. Staple or glue tubes into a tree shape, starting with three rolls at the bottom, six on the second row, and one less for each consecutive row to the top.
3. Write numbers 1-24 on stickers using permanent markers.
4. Cut out two pieces of paper, one larger so it covers the back and side, and the second slightly bigger than the shape to cover the front. Glue paper to the back.
5. Create a small hole on the top roll and pull a loop of ribbon through. Slide a button or bead onto the two loose ends of ribbon and tie a knot, making a hanger.
6. Fill each tube with a gift or treat, then glue the front paper to seal the calendar. Put the numbered stickers on the front.
7. Save, refill and replace the stickers for the next year, or recycle!



WIRED FRAME MEMO BOARD

Supplies: Used picture frame, spray paint or chalk paint, wire cutter, 24 gauge craft wire, thumbtacks, small hammer, clothes pins and adhesive (optional)

Instructions:

1. Wipe down picture frame and coat it with a couple layers of paint.
2. Lightly tap thumbtacks into the back of the frame, spaced out at desired interval.
3. Wrap wire around one thumbtack and pull either horizontally or diagonally. Wrap it around second tack and cut the wire. (Add adhesive under tack if wire pops out.)
4. Attach photos, a calendar, dried flowers and notes to the board with clothes pins.



Copy and layout by Krishaun Burns

RECIPES

ENJOY AND GIFT THESE SHAREABLE TREATS



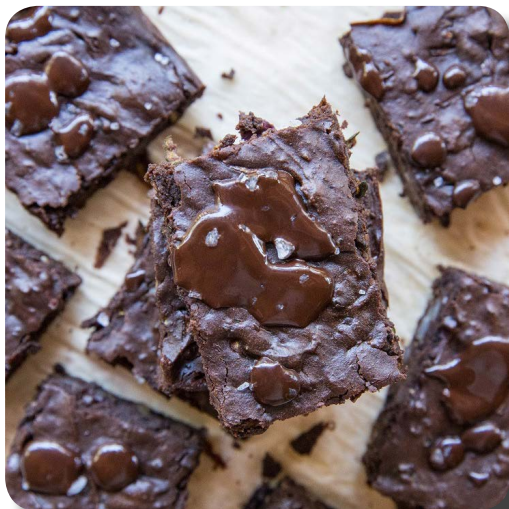
CRANBERRY BRIE BITES

Ingredients and Supplies: Flour, 8 oz. tube crescent dough, 8 oz. wheel of Brie cheese, 1 C. whole berry cranberry sauce (non-jellied), fresh rosemary sprigs, muffin tins, cooking spray, oven, chopping board, knife, rolling pin

Servings: 24

Directions:

1. Preheat oven to 375 F° and spray muffin tin with cooking spray.
2. Spread a dusting of flour onto counter or chopping board. Roll out crescent dough and pinch seams together.
3. Cut crescent roll into 24-equal sized squares. Place into muffin tins.
4. Dice Brie into small pieces and place inside crescent dough squares.
5. Add a spoonful of cranberry sauce and sprig of rosemary on top of dough squares.
6. Bake in oven until crescent dough is a light golden brown (approx. 15 minutes).



ZUCCHINI FUDGE BROWNIES

Ingredients and Supplies: 1 small sweet potato ⅓ C. unsweetened almond butter, ½ C. pure maple syrup, 1 large egg, 1 tsp pure vanilla extract, ½ C. unsweetened cocoa powder, 1/8 tsp. sea salt, 1 C. grated zucchini, ⅔ C. dark chocolate chips, coarse sea salt (optional), baking pan, measuring cup, whisk

Servings: 12

Directions:

1. Steam, boil or roast a small sweet potato for 15-20 minutes. Let it cool for a while, then mash and measure out ⅔ sweet potato. (Use the last ⅓ for another recipe!)
2. Preheat oven to 350 F°. Add butter, egg, syrup and extract to mixing bowl with ⅔ mashed potato. Whisk until creamy.
3. Add cocoa powder and sea salt to mix. Stir well.
4. Stir in grated zucchini and chocolate chips.
5. Transfer mixture to baking pan and smooth into an even layer. Bake 30-35 minutes and allow to sit 15 minutes before serving.



APPLE PIE BITES

Ingredients and Supplies: ¼ C. packed light brown sugar, 1¼ tsp. apple pie spice, 1 small apple (cored and sliced into 8), 3 Tbsp. butter (melted), ⅓ cup chopped pecans, 8 oz. tube crescent rolls, baking sheet, small bowl

Servings: 8

Directions:

1. Preheat oven to 375 F°. Spray baking sheet with oil or line with parchment paper.
2. In a small bowl, combine brown sugar and 1 tsp. apple pie spice.
3. Arrange 8 crescent roll triangles on baking sheet and evenly distribute brown sugar mixture and chopped pecans onto each triangle.
4. Place apple slices on wide end of triangles and wrap dough around them.
5. Brush each crescent roll with butter and sprinkle lightly with ¼ apple pie spice.
6. Bake for 10-12 minutes.

SYMPOSIUM ON SUSTAINABILITY (FEB. 24 - 25)

VISIONS OF A SUSTAINABLE FUTURE

The Iowa State University Symposium on Sustainability is a two-day event that embodies all things sustainable at ISU and allows the campus community to celebrate the sustainable initiatives and achievements of students, faculty and staff from the past year. It is also a time where new goals and sustainable visions are displayed and made. This year, ISU is celebrating its 11th Symposium themed "Visions of a Sustainable Future."

Schedule of Events

Monday, February 24

Reception

Enjoy refreshments and explore displays that highlight sustainability work, accomplishments and commitment in areas of operations, academics and overall student experience.

Location: South Ballroom, Memorial Union

Time: 6 p.m.

Keynote Speaker

Erin Brockovich: Consumer Advocate, Author, TV Host

"The Power Of One"

Location: Great Hall, Memorial Union

Time: 7 p.m.

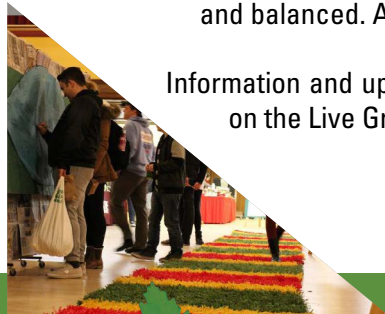


Tuesday, February 25

Sustainably-Minded Activities

Take part in Sustainapalooza, the companion event to the Symposium. This year's Sustainapalooza encourages attendees to embrace the theme, "Picture Yourself in a Sustainable World," while at the event through networking and connecting with green organizations and by participating in the Green It Yourself (GIY) centers focused on a world that is efficiently and effectively energized, food secure and balanced. Attendees can also take part in a clothing swap.

Information and updates for this year's Symposium can be found on the Live Green! Initiative's website: livegreen.iastate.edu.



Copy and layout by Paige Anson

REDUCE YOUR HOLIDAY FOOTPRINT

HOLIDAY WASTE REDUCTION TIPS



The holiday season is here, and I'm sure everyone is excited to spend this time with family and friends as well as exchange gifts. It is not uncommon for families to produce more trash than normal during holiday seasons. The following waste reduction tips encourage us to minimize waste, maximize our finances and be more mindful of what we generate as we plan, travel, cook and enjoy our holidays with friends and family.

Iowa State University Recycling Coordinator,
~ Ayodeji Oluwalana

Tip 1: Plan Your Shopping List

Make a list, and only buy what you know you'll use. This is especially important when purchasing perishable items like produce, dairy, and meat. Don't forget your reusable shopping bags!



Tip 2: Wrap Diligently

Wrapping gifts with festive paper and decorations can create anticipation and surprise, but it can also make a lot of garbage! If you can't reuse your single-use wrapping paper, then try reusable materials for a simple and eco-friendly way to cut down on your wrapping waste.



Tip 3: Skip Paper and Plastic

Avoid using extra trash bags, and choose cloth napkins and reusable dishes. Recruit some of your guests to help with dishes.



Tip 4: Decorate Mindfully

No matter your interior décor, holiday decorations can add a festive touch to your home. If you need to buy new decorations, buy reusable ones that last for years and keep unnecessary waste out of the landfill.



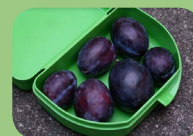
Tip 5: Take Only What You Will Eat

On a holiday that is all about eating, it's easy for your eyes to grow bigger than your stomach. Be mindful of your serving size. Give yourself, or ask for, small portions. You can always go back for more!



Tip 6: Do Not Waste Food

Food constitutes over 35% of what we send to the landfill every day. Reduce your food waste by planning for only what you need. Eat it, or compost it. If you have a lot of extra food, pack doggy bags for your guests and/or freeze extra food.



Tip 7: Recycle, Recycle, Recycle

Recycle wine corks at a ReCORK drop-off location (Jax Outdoor Gear Ames- 4723 West Lincoln Way, Ames, IA, 50014). Holidays tend to create a lot of waste, so recycle what you can of glass, plastic, metal, paper and cardboard.



GREEN OPPORTUNITIES

CELEBRATE THROUGH GIVING



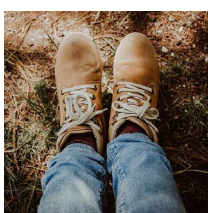
Bring joy to a local family Nov. 16 - Dec. 6 and help make a merrier holiday season in your community by picking up a tag at North Grand Mall and purchasing a specific gift item for a family in need. Also help spread the cheer by participating in the Salvation Army's Christmas Toy Drive Nov. 9 - Dec. 13. at North Grand Mall. Donate a gift to a child ages newborn through 18. Also in December, North Grand Mall will be hosting gift wrapping events for a fee based on package size at noon during peak days. Learn more at northgrandmall.com.

EXPLORE GALAXIES



Take time to pause and spend a relaxing and educational evening under the stars during a "Planetarium Show: Galaxies and the Universe" Dec. 6 in the ISU Planetarium in Physics Hall. The curiosity of space has driven research, television shows, movies and books. It also has inspired thought as to how our planet fits into the space-ecology. Let mysteries of space and the great unknown fuel your curiosity, creativity and scientific understandings of the natural world beyond our planet. The event is free and it begins at 6:30 p.m. No registration required.

SUPPLY YOURSELF FOR WINTER FUN



Don your favorite hiking shoes, warm clothes and camera gear for a fun winter excursion powered by yourself and equipment rented from the ISU Outdoor Recreation Program. Tents, sleeping equipment, cross country ski gear, snowshoes, down jacket and down booties are available for renting this winter. Learn more about daily pricing with the member and public rates and other gear available for renting online on the Recreation Services [Equipment Rental website](#).

ENJOY A #SELFCARESUNDAY



Make time for you this holiday season and relax into your favorite reviving activities by participating in a #SelfCareSunday. For some, that may mean sleeping in, taking a walk or jog, enjoying a book or movie, spending time with friends and/or family or trying a new [recipe](#) or [GIY](#). Whatever your self-sustaining practice, share your self-elevating techniques and motivations online by tagging @isu_livegreen and by using the hashtag.

INNOVATE IN A GLOBAL FORUM



Explore lifestyles that can "elevate your Mind, Body, and Soul" at the 2019 [Lifestyle Expo](#) January 30 from 11a.m. - 2p.m. in the State Gym at ISU. Hosted by Recreation Services at Iowa State, the lifestyle expo will provide a platform for students and community members to share in physical, mental and spiritual practices that can help enrich lives. Students can attend the event for free. Organizations that are interested in promoting a lifestyle at the event can register to table at the expo. Learn more online on recservices.iastate.edu.

INDULGE IN A CREAMY TREAT



Enjoying locally made ice-cream is a year-round activity. Purchase an eight oz. cup of ice-cream made by the Dairy Science Club and choose from a variety of flavors every Wednesday from 11a.m. - 1p.m. during the fall and spring semesters inside Kildee Hall (just outside of Lush Auditorium). Interested in buying in bulk? Buy a gallon or a five-gallon bucket of ice-cream by filling out and bringing an [Ice Cream Order Form](#) to one of the sales. Flavors of ice-cream include vanilla, chocolate, strawberry, triple chocolate, peanut butter chocolate and more. Learn more about the sale on the Dairy Science Club [website](#).

MOVE THE WINTER BLUES



Complete a full marathon (26 miles!) at your own pace between Jan. 1 and March 1 2019. Walk, run, ski, snowshoe or bike and keep track of every mile. This is a great way to set a fitness goal within parameters that fit your busy schedule. This marathon is kid-friendly! Build up easy and fun miles by adding one mile to your total for every 30 minutes of play outside. Use #sccwintermarathon to share your progress, photos and adventures. Learn more about this "Beat the Blues Winter Marathon" online on the Story County [website](#).

SHARE THE LOCAL CLIMATE STORY



Be a leader and add your voice to the fight against climate change by competing in the The Scoop Journalism Contest. Submit an original essay, podcast or video reflecting on a prompt requesting your thoughts on how climate change is impacting your community. Winners from the podcast, video and essay categories will receive a trip to Washington, DC to participate in Earth Day 2020 activities at the National Mall on Saturday, April 25 (the 50th anniversary of Earth Day). Submissions are due Jan. 31 at 11:59 p.m. Submit an entry and learn more about the prompt, the competition and how to participate on earthday.org.

DECORATE WITH A LOCAL TREE



Purchase a holiday tree this year from the ISU Forestry Club during their holiday tree sales. Sales will take place in the Reiman Gardens parking area during the first, second and third weekends of December. Hours for sales will be: Fridays 3 - 6 p.m., Saturdays 9 a.m. - 5 p.m. and Sundays 11a.m. - 5p.m. Trees available for purchase will be: Canaan and Balsam Firs and

White Pines. Prices (\$30-\$70) vary and are based on tree height. Balsam Fir wreaths will also be available for purchase and are priced (\$20-\$30) based on size and decoration. Learn more [online](#).

CONNECT WITH COMMUNITY



Get in touch with the Ames community this holiday season by volunteering to set up "The Toy Shop" and collect gift donations at North Grand Mall this December. The Salvation Army will be distributing donated gifts and food to families from this fun space on Dec. 18. Drinks and Snacks will be provided to volunteers during set up

dates on: Dec. 11, 12, 13, 16 and 17. Hours for volunteering will be from 9a.m. until 3p.m., and volunteers are welcome to come and go as needed. To sign up and to learn more about this opportunity, visit the Volunteer Center for Story County [website](#).

GET MOVING, GET MOTIVATED



Feeling unmotivated? Try this free online [playlist](#) for yoga classes on YouTube.com. Trying one every other morning/night could help elevate your heart-rate, attitude and motivation in the chilly months. If yoga is not your thing, get moving with a different workout [playlist](#), and explore different

videos online. A bounty of free workouts can be found on YouTube alone. Try searching strength training, boxing, pilates or flexibility videos. Want to try a group fitness class on campus? Register for a variety of classes on the ISU Recreation Services' [website](#).

RECYCLE YOUR HOLIDAY TREE



Avoid creating unnecessary waste this holiday season by recycling your organic holiday trees this winter. When your trees have lived their fullest lives in your home, take them to the Parks and Recreation Maintenance Shop at 700 East 13th Street. From here, trees will be recycled into wood chips to be used in city parks. Drop

off trees during daylight hours throughout January. Follow the signs in the driveway to the donation site. All decorations **MUST** be removed from the tree. Learn more on the City of Ames [website](#).

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YULETIDE OLD-SCHOOL



Decorated and filled with holiday cheer, the oldest building on campus, The Farm House Museum, has been prepped for the 2019 Holiday season. View the decor M-F noon to 4p.m while school is in session. Visit for a special day of holiday cheer and enjoy Victorian-inspired crafts, holiday refreshments and a visit from Santa Claus during an open

house Saturday, Dec. 7, noon to 4p.m. The Brunner Art Museum in the Scheman Building and the Christian Petersen Art Museum in Morrill Hall will also be open these hours. Learn more [online](#).

EARN A SCHOLARSHIP TO TRAVEL



Looking to travel abroad this summer or in Fall 2020 or Spring 2021? Applications are open for the Fund of Education Abroad (FEA) scholarship. Visit the FEA [website](#) to learn about eligibility requirements and available international education programs. Spring 2020 Scholarships range from \$1,250 - \$5,000 and can be applied to programs that are at least 28

days long. Applications close on Jan. 17 at noon EST. To explore study abroad opportunities with Iowa State, visit the ISU Study Abroad Center [website](#). To learn about study abroad scholarships, visit the related tab on the Study Abroad Center [website](#).

GIFT ONE-OF-A-KIND ARTWORK



Support local craft persons, photographers, designers and creatives and find the perfect holiday gifts for loved ones at the 2019 Art Mart Holiday Sale event. The sale will take place in the Memorial Union's Campanile Room Dec. 5 from 10a.m. - 6 p.m., Dec. 6 from 10a.m.- 8p.m. and Dec. 7 from 10a.m. - 1 p.m.

Functional and decorative pottery, brilliant blown glass, jewelry, campus photos and charming accessories created by local artists will be available for purchase. Most items sell \$5-\$20 and proceeds support artists. Learn more on the Student Activities Center [website](#).

STUDY, SUSTAIN, SUCCEED



Learn study tips for sustaining yourself and your success during final exams season this December by staying up to date with the [Academic Success Center's](#) resources. Also prepare for your tests by reviewing notes, forming study groups, making study guides and by (first and foremost) starting to study sooner rather than later. Also, better prepare your testing game plan by visiting the ISU test center [website](#) to know which centers will be open.

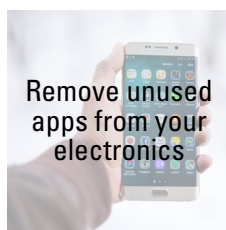
MONTHLY CHALLENGE

DECLUTTER YOUR MIND AND SPACE FOR THE NEW YEAR

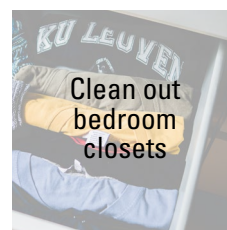
The beginning of spring is not the only time of year that warrants decluttering of the home, mind and environment. New Year's is just as opportune, if not more. For many people, the new year represents a clean slate (January is even dubbed "Get Organized Month" for this reason!) — and the only way to have a clean slate is to understand what you currently have and what you actually need. Challenge yourself this month to declutter an area (or multiple areas) in your life, using this Monthly Challenge as a guide.



Download apps to help you organize (calendar, lists)



Remove unused apps from your electronics



Clean out bedroom closets



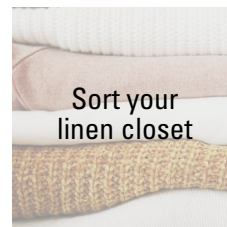
Donate or recycle unworn shoes



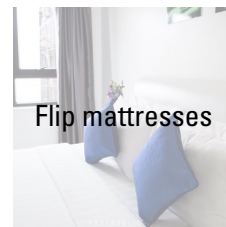
Wash blankets, couch cushions and other linen



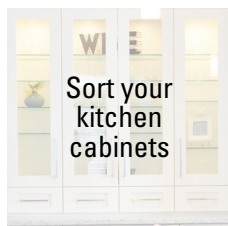
Organize laundry area



Sort your linen closet



Flip mattresses



Sort your kitchen cabinets



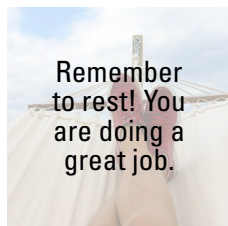
Remove expired and old food from your refrigerator and freezer



Donate unwanted nonperishable items



Clean off kitchen counters and move unused items to a new, organized space



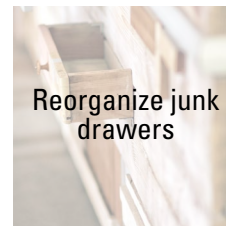
Remember to rest! You are doing a great job.



Give away old books and recycle those in poor condition



Upcycle unused jars and boxes to create functional storage



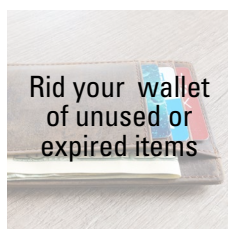
Reorganize junk drawers



Delete and sort old emails (create folders, empty junk mail and unsubscribe from listservs)



Sweep and mop hardwood floors and vacuum carpet



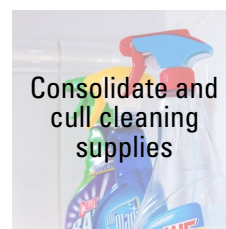
Rid your wallet of unused or expired items



Sort through the mail and recycle junk and old mail



Clean up your computer (delete cache files, organize folders, empty trash, set up a cloud system)



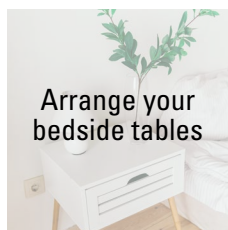
Consolidate and cull cleaning supplies



Clean out any bags you have (book bags, purses, briefcases, shopping)



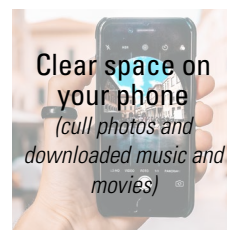
Clean out, vacuum, dust and wash your car



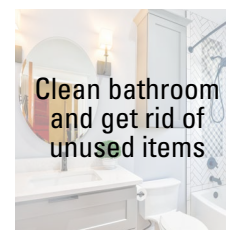
Arrange your bedside tables



Free your mind with meditation or journaling



Clear space on your phone (cull photos and downloaded music and movies)



Clean bathroom and get rid of unused items



Update and organize your calendar



Tidy your medicine cabinet



Commit to staying decluttered!

Break these tasks down into more days or add more specific ones! For more advice on decluttering and committing to it, read "33 Ways to Declutter Your Life (And Keep It That Way!)".

Copy and layout by Krishaun Burns

DECEMBER CALENDAR

06

WinterFest

Central Campus | 10 a.m. - 2 a.m.

Kick off the holiday season with the Iowa State community. Enjoy special Book Store events, seasonal beverage sampling, chair massages, a clothing and food drive, games and crafts, a tree lighting ceremony, ice skating and more. Cost: free

Art Mart at Iowa State University

Campanile Room, MU | Hours Vary

Elevate your home with crafts by local artisans purchased at Iowa State's bi-annual art sale. Find one-of-a-kind holiday gifts, including pottery, jewelry, upcycled bags, paintings, buttons and more. On Dec. 6 from 10 a.m. - 8 p.m., Live Green! will also be doing free, upcycled gift wrapping. Art Mart continues on Dec. 7 from 10 a.m. - 1 p.m. Cost: free

North Grand Indoor Holiday Market

North Grand Mall | 10 a.m. - 5 p.m.

Enjoy the annual North Grand Farmers' Indoor Holiday Market every Friday, Saturday and Sunday until Dec. 15. Buy seasonal produce, baked goods, pasta, baskets, rugs and more from local artisans and farmers! Cost: free

Black Lives Matter: Fashion, Liberation and the Fight for Freedom Exhibit

Ames Public Library | Hours Vary

Explore the history of the Black Lives Matter movement and its relationship to politics, activism and fashion in an exhibit created by Iowa State students. The display will be available Dec. 4-16 during the library's open hours. Cost: free

ISU Forestry Club Christmas Tree Sale

Reiman Gardens S1 Lot | Hours Vary

Support Iowa State students and bring nature into your home by purchasing a Christmas tree from the ISU Forestry Club. Trees can be purchased Dec. 6-8 and 13-15. Hours: Friday, 3-6 p.m.; Saturday, 7 a.m. - 5 p.m.; Sunday, 11 a.m. - 5 p.m. Cost: Varies by tree type and size, cash or check only

Beautiful Land Holiday Market

3801 W. 190th St. | 6 - 9 p.m.

Shop from more than 35 artists and collectors at the annual Beautiful Land Holiday Market. Enjoy food trucks, a cash bar, shopping and more. Preview Night, Dec. 6, provides early access to the event. Tickets are \$20 and can be purchased [online](#). The Holiday Market is free on Dec. 7 from 9 a.m. - 4 p.m.

08

Holiday Community Swap

320 S. 17th St. | 3:30 - 5 p.m.

Share items you no longer need with your community at this free swap hosted by Mustard Seed Community Farm. If you need and find any items, feel free to take them with you. Donating not required to participate. Cost: free

10

Home Gardening: Accessible Gardening

Reiman Gardens | 11 am - noon

Learn how to make your home garden accessible, all the way from choosing appropriate grades and paving to placement of planters and more. Join Reiman Gardens Director Ed Lyon for a discussion of practical garden accessibility tips. Pre-registration is required by Dec 8. Cost: \$16, members; \$20, general public; \$13.60, ISU students

DIY Wood Sign Workshop

114 S. Duff Ave. | 6 - 8 p.m.

Craft your own holiday sign at a workshop hosted by Creative Expressions Galena at Boulder Tap House - Ames. Choose from pre-existing designs or make your own. [Register online](#) and view sizes, prices and existing designs on the [CEG website](#). Cost: \$50-140

TheraPets

Kildee Hall, Room 107 | 4 - 5 p.m.

Take a break from studying and de-stress during Dead Week during the Pre-Veterinary Club's end of the semester event. The Animal Rescue League of Iowa will be bringing therapy dogs for students to be comforted by. Cost: free

12

Snow Magic: Mingle on Main

Downtown Ames | All Day

Head to Main Street and continue celebrating winter in Ames' during Snow Magic: Mingle on Main, Dec. 12 and 19. Downtown businesses will be staying open late and providing special deals, treats and opportunities to shoppers. Cost: free

Half-Priced Extended Holiday Hours

Reiman Gardens | 4:30 - 8:30 p.m.

Have some holiday fun at Reiman Gardens on Dec. 12, 19, 26 and Jan. 2 and receive 30% off at the Gift Shop, see the RG Express indoor holiday train display and view the outdoor lights and decorations. The Butterfly Wing will close at 4:30 p.m. Cost: Half-off [regular prices](#)

13

12th Annual Beginner Farmers Retreat

2400 Oakwood Rd., Ames | Dec. 13-14

Attend Practical Farmers of Iowa's retreat for new farmers on Dec. 13 (noon - 8 p.m.) and Dec. 14 (8 a.m. - 2:30 p.m.) and network with aspiring and beginning farmers, experts and peers facilitating the sessions. [Register online](#); meals, workshops and lodging are all included. Cost: \$20, member; \$40, non-member, no lodging or shared room; \$90, non-member, single queen room

15

Old Fashioned Christmas

5500 240th St. | 1 - 4 p.m.

Enjoy the holiday season at Raspberry Hill Bed and Breakfast. Visit the Clauses in their cottage, listen to caroling and more. Email info@raspberryyhillbnb.com to register. Cost: \$10 per person, \$5 child (under 18), free under 2

JANUARY CALENDAR

04

Health & Fitness Expo **Horizon Events Center | 8 a.m.**

Learn the most effective ways to get the health and well-being you desire from more than 100 local health and fitness companies and professionals on Dec. 4 and 5. Participate in the many educational and interactive activities, such as group workout sessions, nutrition classes, challenges, competitions and more. [Buy tickets online](#). Cost: \$8

07

Reflections on Iowa Rivers & Futures **Northcrest Community | 11 a.m.**

Join Dr. Pease during Story County's Iowa free Water Trails Program, as he recounts his time paddling over 1,800 miles of Iowa rivers. This program is designed for ages 50+, but everyone is welcome. An optional lunch follows the program (\$7.50 per person). [Register for lunch](#) by Jan. 3 at 4 p.m. Cost: free

15

Women Impacting ISU 2020 Reception **Sun Room, MU | 3:30 - 5 p.m.**

Celebrate the amazing women who make Iowa State University great at the 2020 Calendar Reception. The presentation begins at 4 p.m. and light refreshments will be served. Free poster-sized calendars will be distributed after the presentation. Cost: free

16

Practical Farmers Annual Conference **Scheman Building | 1 - 6:30 p.m.**

Join Practical Farmers of Iowa for their 2020 Annual Conference, Jan. 16-18, with the theme of "Reclaiming Resilience." [Register on the conference website](#) or as a walk-in. Cost: \$130, non-member; \$30, students; \$55, Friday only; \$75, Saturday only. Members save between \$15-20.

18

Snowshoeing Class **Great Hall, MU | 1 - 3 p.m.**

Enjoy the winter weather and learn how to snowshoe. Learn the basics from a Naturalist, before hitting the trails, then regroup to enjoy hot cocoa. If there's no snow, enjoy a winter hike along the same route instead. To register and reserve snowshoes, call 515-230-3285 or email khealy@boonecounty.iowa.gov.

21

The Nobel Laureates' Campaign to Support GMOs **Memorial Union | 7 - 9 p.m.**

Join Dr. Phillip Allen Sharp, Nobel Prize winner in Physiology or Medicine in 1993, for a lecture on his genetically modified organism (GMO) campaign. Learn why Sharp believes GMOs can increase food production, reduce dependency on insecticides and end hunger in developing countries. Cost: free

22

ClubFest **Great Hall, MU | 11 a.m. - 4 p.m.**

Meet a sample of the 900+ student clubs and organizations on Iowa State's campus during the spring ClubFest. Receive information and giveaways as you look for ways to get involved. Cost: free

25

Snowshoe Hike **McFarland Park | 2 - 3:30 p.m.**

Embrace winter with a hike in McFarland Park. No experience is necessary and snowshoes are provided. If there is no snow, the hike will be canceled. [Register online](#) by Jan. 17 at 4 p.m. Cost: \$5

2020 Boys & Girls Club Legacy Gala **123 Airport Rd. | 5:30 - 10 p.m.**

Support the Boys & Girls Club of Story County and attend their 2020 Legacy Gala: Roaring into Great Futures. Enjoy dinner, games, drinks and a silent and live auction. Registration begins Dec. 1 on the club's website.

30

White Immunity: Working Through the Pedagogical Pitfalls of Privilege Lecture **Great Hall, MU | 7 p.m.**

Explore the historical development of racial privilege and white advantage with Dr. Nolan Cabrera, nationally recognized expert in racism/anti-racism on college campuses, whiteness and ethnic studies, during the 2019-2020 Helen Lebaron Hilton Chair Series. Cost: free

SAVE THE DATE!

Symposium on Sustainability **South Ballroom, MU | 6:30 - 8 p.m.**

Enjoy displays and presentations that highlight sustainability work and accomplishments on Iowa State's campus during the 12th annual symposium. There will be a poster and sustainable art reception, as well as a keynote lecture. Cost: free

Sustainapalooza **Memorial Union | 5 - 8 p.m.**

Join the ISU Office of Sustainability and The Green Umbrella for an evening of sustainable endeavors in the South Ballroom, Oak Room and Sun Room. Make your own green-it-yourself crafts, chat with tabling organizations, enjoy local food, take part in a clothing swap and win sustainable giveaways. Cost: free

Have a sustainability highlight, accomplishment or event to share? Contact the Marketing and Communications Team!

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Krishaun Burns | koburns@iastate.edu