

# LIVE GREEN! MONTHLY



**"TO LEARN SOMETHING NEW, YOU NEED TO TRY NEW THINGS AND NOT BE AFRAID TO BE WRONG."**

- ROY T. BENNETT

**LIVING GREEN:  
ISU STUDENTS MAKE  
LEARNING GREEN  
CONNECTIONS**

**IT'S OUR BIRTHDAY!  
CELEBRATE 10 YEARS OF  
LIVING GREEN WITH US**

**SUSTAINABLE WASTE  
MANAGEMENT:  
WASTING LESS,  
SUSTAINING MORE**

# WHAT'S INSIDE

04 >>

## Meet the Live Green! Team

Introduce yourself to the 2018-19 Live Green! Team!



06 >>

## Kicking off our 10-Year Campaign

Take a peek at previous and future events in our 10-Year Campaign and Celebration!

08 >>

## Sustainable Summer Highlights

Look back on sustainable 2018 events of the summer.

10 >>

## Students Living Cardinal, Gold & Green!

Meet two of ISU's student organizations committed to learning green.

12 >>

## Now You Know

Discover sustainable waste management in your life and our community.

14 >>

## Green Opportunities

Inspire green connections through events and opportunities.

16 >>

## Green-It-Yourself

Relax and take care of your body with these sustainable, homemade skin-care products.

17 >>

## Eating in Season

Try these recipes and taste the value of dining in season.

18 >>

## Monthly Challenge

Hone some sustainability habits with weekly challenges.

19 >>

## October: Learning Green

Celebrate the many facets of sustainability education at ISU.

20 >>

## October Calendar

Check out sustainable events happening this month.



# DIRECTOR'S MESSAGE

Welcome to the 2018-2019 academic year, Cyclones!

As with every academic year, the Live Green! Team is SO excited for "all things sustainable" in 2018-2019 and all the sustainability connections we can offer through this newsletter, our social media platforms and multiple green and sustainable events. This year, in particular, offers unique fanfare and celebration in marking the 10 year anniversary of the start of the Live Green! Initiative and an overarching consideration of and commitment to sustainability at Iowa State University.

This overarching approach has resulted in every corner of campus and every experience offered to students, faculty and staff being given a sustainability consideration. The results have been impressive, diverse and impactful and have only been possible through the passion, enthusiasm and dedication of our collective campus community. Definitely something to celebrate!

So...we have a year of celebration planned!! Through the outstanding effort and creativity of our 10 Year Strategic Initiatives Team, every month during the 2018-2019 academic year honors an area of sustainability achievement at Iowa State University with education, engagement and empowerment opportunities. August kicked-off our celebratory year with recognizing our efforts related to "Moving Green" and all that has transpired throughout the last decade connected to sustainable transportation as well as personal sustainable moves through wellness and well-being. September featured "Dining Green" and our many efforts to green our dining operations as well as offering uniquely green dining experiences and options. Learn more on [pages 6-7](#).

This month celebrates Learning Green! Throughout this newsletter and across campus through posters and TV slides, we are honoring the committed effort to sustainability through academic courses and degree programs as well as public lectures and initiatives by student organizations. Such an impressive campus commitment and so worth celebrating!

And this is only the first three months of the nine-month academic year!! So much more is planned and there is SO much more to experience. Get connected to our [Facebook event page](#), [blog](#) and [Facebook page](#) – featuring flashback Fridays. Watch our website for updates and highlights and stay in the know (about this year's celebration and all things sustainable) by reading each month's issue of [Live Green! Monthly](#). For a full listing of themes and events, refer to the 2018-2019 Green Celebrations Schedule (to the right) - that is also a refrigerator magnet and available to you at any of the celebration events.

What a fantastic year to be a Cyclone!! We look so forward to celebrating with you!

Until next month, green-forth and sustain-on!!

Yours in green-ness,



Photo by Krishan 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. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

The Live Green! Newsletter 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 sustainable.

Underlined text throughout this publication is hotlinked to offer additional information.

# MEET THE 2018-19 LIVE GREEN! TEAM

The Live Green! Leadership Team is dedicated to engaging and educating Iowa State University students, faculty and staff in all facets of sustainability - environmental, economical and social, towards cultivating our daily decisions, actions and the future we leave to those who follow us.

We are comprised of a broad range of perspectives and passions related to sustainability and are all striving toward sustainable futures. We are devoted to continually learning more about living and working more sustainably, and are excited to share ideas, opportunities and achievements through this newsletter, social media, events, as well as community connections. We are also excited to celebrate our accomplishments from our initiative's past decade of existence. Please celebrate with us during our 10-year anniversary monthly celebration events, and feel free to contact us! We look forward to greening together!

-The Live Green! Team

## Sustainability Director

**Merry Rankin**

**Hometown:** Attica, Iowa  
**Contact:** mrankin@iastate.edu

**Motivation for a Sustainable Future:**

"Our lives begin to end the day we become silent about things that matter."  
— Martin Luther King Jr.



## Sustainability Coordinator

**Steve Kohtz**

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**Motivation for a Sustainable Future:**

"What we do today, can improve all our tomorrows."  
— Ralph Marston



## Special Initiatives Intern

**Heidi Kalb**

**Studies:** Global Resource Systems and Nutritional Sciences  
**Hometown:** Aurora, IA  
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**Motivation for a Sustainable Future:**

"Great things are done by a series of small things brought together."  
— VanGough



## Strategic Planning Intern

**RJ Green**

**Studies:** Biology, Sustainability and Political Science  
**Hometown:** Underwood, Iowa  
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**Motivation for a Sustainable Future:**

"The conservation of natural resources is the fundamental problem. Unless we solve that problem it will avail us little to solve all others."  
— Theodore Roosevelt



## Marketing and Communications Team

**Krishnaun Burns**

**Studies:** Public Relations with minor in Event Management  
**Hometown:** Detroit, MI  
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**Motivation for a Sustainable Future:**

"Sustainability is a peace policy with the future."  
— Dr. Klaus Topfer



**Paige Anson**

**Studies:** Journalism and Environmental Studies  
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**Motivation for a Sustainable Future:**

"By actively pursuing awareness and knowledge, we can make choices that cause less harm and greater good to others in the global community of our shared earth."  
— Zoe Weil

## Smart Business Challenge Team

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**Motivation for a Sustainable Future:**

"We cannot solve our problems with the same thinking we used when we created them."  
— Albert Einstein

## 10 Year Strategic Initiatives Team

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**Motivation for a Sustainable Future:**

"We never know the worth of water till the well is dry."  
— Thomas Fuller

Photos by Paige Anson and Krishnaun Burns

Layout by Paige Anson

# KICKING OFF OUR 10-YEAR CAMPAIGN

## TWO MONTHS OF GREEN EVENTS AND SEVEN MORE TO COME

From August to April this academic year, our campus will be buzzing with a lot of education, engagement and empowerment around sustainability. It is Live Green!'s ten-year anniversary! We are celebrating all year by highlighting impressive achievements in environmental, economic and social sustainability at Iowa State University. Each month features a unique theme highlighting an area of sustainability commitment and accomplishment. The first month of the campaign was in August with the theme of Moving Green. September's theme was Dining Green. Read about each event and [view photos and videos of celebratory Cyclones](#) (click the play buttons below).

### AUGUST MOVING GREEN



Photos by Krishawn Burns

Every day of the year, we are moving and we need to move. In the spirit of moving back for another year at ISU, the Office of Sustainability celebrated August with a tribute to all the many ways Iowa State has committed to moving green over the past decade. From hybrid Cy-Ride buses to ride share and car share programs to a diversity of initiatives ([student wellness, faculty and staff well-being, personal training and fitness classes, etc.](#)) connected to healthy moves for students, faculty and staff, there is plenty to celebrate.

This celebratory month was also highlighted by an opportunity for students, faculty and staff to practice some green moves during a Yoga on the Lawn event, August 29 on the South Campanile Lawn. While Recreation Services guided yoga poses, peer wellness mentors were on hand to offer healthy tips and "ah ha" facts and figures. Healthy treats, reusable water bottles and Live Green! 10 Year Anniversary giveaways were provided to all attendees and a prize drawing offered unique green-move inspired items, including infusion water bottles and a yoga mat made from recycled scuba suits.

### SEPTEMBER DINING GREEN



Photos by Paige Anson

Everybody loves food and our bodies love us when we eat food that nourishes us. September was a month committed to the celebration of Dining Green. Featuring unique green dining opportunities offered through local food, made-from-scratch and a diversity of cuisines, as well as green dining operations including food waste composting, reuse of used cooking oil for biodiesel fuel and recycling an immense variety of food preparation supplies, September celebrated the deliciousness of the past decade.

To showcase the bounty of green dining offered to students, faculty and staff, the Office of Sustainability and ISU Dining partnered to host a Dining Green Food & Features event, September 10 on the East Marston Lawn. Attendees enjoyed apples from the ISU Horticulture Research Station and made-from-scratch cookies from ISU Dining, learned about student organizations committed to healthy food and food security and were offered reusable bamboo spoons to add a little green to their daily dining experience.

For more information about and images of our first two months of celebration, check out our blog posts and photo galleries.

# KEEP MOVING AND DINING GREEN

## MOVE

### PEDAL AWAY

Every day nearly 270 million cars hit the highway, each emitting at least a ton of CO<sub>2</sub> and other greenhouse gases. Putting your feet to the pedals saves the environment from the [pollution](#) cars create. On a bike, you can [travel up to 644 miles](#) (or the size of [Northwestern America](#)) using the same energy as one liter of gas.

### SHARE YOUR SEAT

Think of all that time you spend driving every day and what you could accomplish if you were not. Public transportation moves more efficiently [while producing less air pollution than cars](#). Ames offers a great bus system to keep Cyclones moving greener. Wherever you are consider other methods of transportation such as trains and shared taxis.

### HIT THE TRAIL

Put your bike in a rack, don your walking shoes and enjoy [nature in your neighborhood](#) and all the sights and sounds you can never experience in a car or even on a bike. There are so many [benefits of being outside and on foot](#). You will not only be saving gas and money, you will also be [reducing your risk of heart disease and other sedentary ailments](#).

### WAKE UP AND STRETCH

No matter what your age, waking up and giving your body a nice stretch can only help you feel better. Take up yoga or find [basic moves](#) that you can do on your own. Not only can you reduce stress, you can [reduce your risk of slips, trips and falls](#) (primary injuries experienced in the workplace). It is definitely worth the earlier alarm and wake up.

## DINE

### SHOP LOCALLY

There is nothing quite like knowing the origin of your food and meet the people who are feeding you. Shop farmers markets and look for local products at [community grocers](#). Choosing locally-sourced foods supports the local economy and requires less miles your food has to travel to get to you, [reducing traffic congestion and air pollution](#).

### GROW FOOD

Join the [35 percent of U.S. households](#) by [growing your own food](#) and customizing what goes into your body. You can save money and add some homegrown "yum" to your meal time. Find out [what foods are in season](#) and start growing in a garden plot, raised bed or indoors.

### COMPOST WASTE

Each year, approximately 30-40 percent of the U.S. food supply becomes [food waste](#). Wiggling worms in your home might sound a little concerning until they provide food for your garden and houseplants. Reduce your wasteprint with a [compost bin for your home or space](#). You can also compost sans worms with a [Bokashi bucket](#).

### REFUSE DISPOSABLES

Disposable can seem convenient, but their [long-lasting impact](#) is quite inconvenient. Everyday, [half a million disposable straws](#) are consumed [worldwide](#), as well as [16 billion disposable coffee cups](#) each year. By refusing disposable dinnerware and choosing reusable, such as [bamboo silverware](#) and [stainless steel straws](#), you will make a sustainable, durable and cost-effective difference to your daily routine.

# SUSTAINABLE SUMMER HIGHLIGHTS:

## 10 Years of Cleaning College Creek

Acknowledging National Rivers Month, the Office of Sustainability, Keep Iowa State Beautiful and ISU Facilities Planning and Management hosted the 10th annual College Creek Cleanup event on June 23. Fifty members of the community in total came together to donate 178.22 hours of service and collected over 700 pounds of garbage in and around the creek! Unique items recovered included a Guitar Hero set, a tire, two construction barricades, and two inflatable pools.



Photo by Live Green!

## Rehoming Move Out Reusables



Photo courtesy of City of Ames

The third annual [Rummage RAMPage](#) event was a great success! July 27-Aug.1, the Ames community donated household items during moving season to sell in a thrift event at the Ames Intermodal Facility. Items sold ranged from large furniture like beds and sofas to small cutlery and household appliances. This year the event diverted 102,550 pounds of furniture and housewares—up 32.3 percent from last year!—from the landfill and raised \$18,607 for local non-profit agencies.

**NEW ADDITION:** The Iowa Wildlife Center, Ames Animal Shelter and others also partnered at the event to re-home pets that might otherwise be released into the wild. Abandoning pets outside is harmful because pets, especially non-native animals, are [unlikely to survive and can damage the environment](#).

## Welcoming A New Recycling Coordinator



Photo courtesy of Ayo Oluwalana

Iowa State University welcomed its first recycling coordinator in over 15 years this summer, [Ayodeji Oluwalana](#)! Ayo plans to help Iowa State divert 90-95 percent of its waste from the garbage stream by 2025. His plan for reconstructing the recycling system at ISU includes creating more comprehensive and available recycling receptacles and encouraging the community to create less waste and recycle what materials they do use.

## Giving New Life to Old Furniture



Photo courtesy of IRN and ISU Dept. of Residence

As part of a summer renovation project, the ISU Department of Residence chose reuse over landfilling and provided 374,650 pounds, 4,038 pieces of surplus residential furniture to five states and four countries including: Jamaica, Jordan, Lebanon, Zambia, Kenya, Missouri, Tennessee, Texas, and Virginia. To learn more about the organization that partnered in donating the furniture visit the [IRN \(The Reuse Network\)](#) website.

## ReCYcling at RAGBRAI



Photo by Live Green!

Ames welcomed participants of the Register's Annual Great Bicycle Ride Across Iowa for an overnight stop on July 24! [RAGBRAI](#) is the oldest, longest and largest recreational bicycle touring event in the world and Ames has previously welcomed riders in 1973, 1983 and 2008. ISU Facilities Planning and Management and the Office of Sustainability partnered to provide recycling outlets and options for RAGBRAI cyclists and support teams.

## ISU Dedicates Ugandan Training Center

Iowa State University dedicated a rural training center in Uganda this summer, a milestone for the 14-year old Center for Sustainable Rural Livelihoods at Iowa State. Titled "[The Mpirigiti Rural Training Center](#)", the \$2.7 million facility was built with local materials and furnished with locally sourced furniture, and will serve as a space where ISU Uganda Program field staff can work to educate and empower community members on methods for combating poverty and hunger.



Photo courtesy of Inside Iowa State

## Bioscience Move In



Photo courtesy of Inside Iowa State

Faculty moved into their offices and labs in the new Advanced Teaching and Research Building (ATRB) over the summer! The building was constructed to reduce potable water use by 146,110 gallons annually and to save 30 percent in energy costs compared to code-based buildings. The project is also anticipated to receive credit for diverting and/or recycling 94.54 percent of construction waste from the landfill, among other sustainable features. ATRB is on schedule to receive LEED Gold Certification and become ISU's 17th LEED certified project.

## Lake Laverne's Floating Islands

Floating islands from the sustainable environments interdisciplinary graduate program were back on campus for the first time since summer 2015! The islands are being researched with the intent that they will be used on farm ponds to reduce excess nutrient levels. This year, the program used pollinator plants on the islands to research how well they take up nutrients. The hope is that they will also encourage pollination while absorbing excess nutrient runoff.



Photo courtesy of Inside Iowa State

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## SUSTAINABILITY STUDENT ORGANIZATIONS AT IOWA STATE UNIVERSITY

Learning to live green as a student at Iowa State University has never been easier. Opportunities exist on campus to speak with sustainability professionals and researchers, to take classes and earn a degree that emphasizes sustainability. There are also sustainability lectures on campus and resources for personal research.

Another way students can learn more about sustainability on campus is through their ability to join one of the nearly 200 of ISU's 850+ student organizations that relate to economic, environmental and social sustainability.

The Environmental Education Club and The Go Green Group (formerly known as Greeks Go Green) are two examples of student-run organizations at Iowa State that strive to educate and engage the community on the benefits of learning green or learning to live sustainably, also known as living "Cardinal, Gold & Green" on campus.

Throughout the academic year, both organizations individually host meetings, events and informational sessions that promote awareness in the campus community as to the benefits of the three pillars of sustainability: social, environmental and economic sustainability.

Both clubs define the goals of each



pillar as support for sustained lifestyles that enable people to optimize resource opportunity today while ensuring there are systems in place that support equal, if not better, resources for future generations.

One event that TGGG holds yearly in support of these pillars and green learning includes a trash clean-up day for Lake Laverne on campus.



TGGG supports social sustainability at the event as they inspire students to gather with friends and strangers, and environmental and economic sustainability as they engage community members with a local environment while improving campus beauty and ecological health in the area for free.

EEC creates sustainably-minded programs throughout the year at venues like the Ames Public Library and Iowa State Lab School that highlight the importance of healthy ecologies and ecosystem services in maintaining economic and social success.

Where both organizations emphasize environmentally sustainable green learning and mindsets, each group also

has unique goals in advocating for sustainability.

EEC primarily focuses on teaching members how to best present scientific, sustainably conscious information to general audiences, while TGGG strives to emphasize their conservation and sustainability advocacy toward the Greek campus community.

Aliya Johnson, co-president of TGGG, and sorority member of Kappa Kappa Gamma has seen personally how necessary sustainable conversation can be for fraternities' and sororities' large households and communities.

"I live in a chapter facility where we have over 60 women living in one space. You multiply that by the other 16 sororities and other chapter facilities... that's an incredible amount of energy being used and waste being created," Johnson said.

Although TGGG's mission to serve as a platform for students to get involved with sustainable practices and awareness focuses on the Greek community, it does not exclude others from its outreach efforts.

Last year the group rebranded their name from "Greeks Go Green" to "The Go Green Group" in effort to reflect their desire to be inclusive in promoting sustainability engagement and mindfulness throughout all of the community, Sammi Shimota, co-president of TGGG and a student unaffiliated with a Greek house, said.

The message that sustainability and learning green is for everyone is a goal for both TGGG and EEC.

"We encourage all majors to join us... Anyone on this planet can make their career more sustainable. It doesn't just have to be the people in animal science or ecology. You can become a doctor and still be involved—you can reduce medical waste. You can go into cosmetics and make your products more environmentally friendly," Jillian Kurovski, president of the Environmental Education Club and current member of ISU Student Government's Sustainability Committee, said.

Understanding that everyone is involved in creating an efficient world is important, Kurovski believes.

"We all live on one Earth. We should all care about that because it impacts us all," Kurovski said.

Her understanding of the connection between people and their environments is what inspired Kurvoski to join, and

We encourage all majors to join us... Anyone on this planet can make their career more sustainable,

to learn, teach and live green. They also found friendship and a sense of community in TGGG.

"It's an opportunity to hang out with other students that are excited about the same things. A sense of community is what we like to bring out. Community, and a space for people to be themselves and learn more about sustainability," Johnson said.

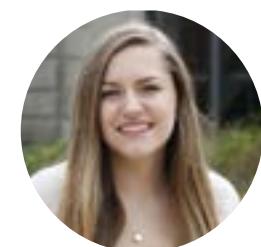
## "Greening" Presidents



**EEC President:**  
**Jillian Kurovski**

Animal Ecology Major

"I care about sustainability because it is a personal passion. I see sustainability as not just a way to create a better planet and to be healthier but a better way to help people and animals."



**TGGG Co-President:**  
**Aliya Johnson**

Communications Studies Major

"I definitely have my dad to thank. He raised [environmental] awareness into me as a young girl."

## Environmental Education Club



Photo by Krishawn Burns



Photo courtesy of TGGG

## The Go Green Group



**TGGG Co-President:**  
**Sammi Shimota**

Environmental Science Major

"Growing up, I loved being outdoors and I had a love for animals and the environment, and I turned that love into a passion and decided to make a career out of it."

Photos by Paige Anson and courtesy of Jillian Kurovski

# NOW YOU KNOW:

## UNDERSTANDING SUSTAINABLE WASTE MANAGEMENT

Understanding the impacts of personal waste can be difficult when it often leaves our sights on trash-pick-up day. The reality of our waste's impact, however, is becoming more tangible as societies strive to combat growing waste issues, like land loss and garbage pollution, with sustainable waste management systems. Learning how we can manage waste sustainably and on individual and community levels is important for global communities to be able to flourish environmentally, socially and economically in the present and future.

### What is Sustainable Waste Management:

#### Three Rs + 1

Sustainable waste management emphasizes efficiency in the way we manage our trash, helping people avoid wasting materials, time and money. The basis for sustainable waste management starts with the basic Rs:

**Reduce, Reuse, Recycle.** Many of us are familiar with these forms of waste management and understand how easy they can be to incorporate into daily life! Another R that can easily help people reduce waste includes: **Refuse**, or, refusing to buy materials or use energy that we do not need. By purchasing and consuming on an at-need basis, you can save money and make your body and your planet healthier.

Personal and community sustainable waste management can be achieved by following these four Rs, and similarly by following the [EPA's Waste Hierarchy for Sustainable Waste Management](#) (represented above).

**Annually approximately 301,291 tons of municipal solid waste (household, school and business) was landfilled in the U.S. This is equivalent to 33,477 9-ton garbage trucks full of trash.**



#### Reduce & Reuse

The most preferred and efficient routes for managing waste are reduction and reuse. Reducing waste can be done by simply avoiding single-use products and by buying only what you need. Reusing products, like a reusable water bottle or used clothes, is another great way to eliminate waste. Both Reducing and Reusing can save you money while reducing your waste footprint as it encourages you to avoid purchases of surplus or

#### Recycle

Recycling plastics, metal, glass, papers, and cardboard so they may be used again is the second most preferred process to divert waste from a landfill. Recycling used products can also save you money when you return your redeemable cans/bottles for the 5 cent bottle deposit required of retailers per the Beverage Container Deposit Law of 1974. At ISU, receptacles for all of these products exist around campus and in residence halls through a single stream recycling system with all recyclables going into one bin. Additional recycling related to campus operations are also in place, for example, mattresses are recycled by the Department of Residence! In Ames, services also exist for glass recycling, and private recycling companies are available for hire.

### Compost

Composting is a process (four steps at ISU) that recycles organic waste materials (like food and manure) into a fertile soil amendment.

Composting is done by mixing nitrogen-rich organic waste (like manure and animal bedding) and carbon-rich waste (plant matter). Mixing, paired with a moist environment, helps the microorganisms and aerobic bacteria break down the waste and provides nutrients for healthy soil and plants.

#### Local Compost

The ISU Compost Facility in Ames collects organic waste from the ISU Dairy Farm, ISU Dining, JackTrice Stadium, Reiman Gardens, and others, then composts it into a soil amendment for campus landscaping projects. The facility composts year round, accepting an average of 8,000 tons of waste annually and producing approximately 5,000 tons of finished compost. The organic waste at the facility takes about four months to become a finished product.

#### Energy Recovery

Energy recovery (ER) is a concept of recovering resources and energy from waste. Although waste reduction through the three Rs +1 are the most ideal ways to curb waste-related pollutions and issues, ER is a concept that can and does help divert waste from landfills. In Ames, The Arnold O. Chantland Resource Recovery Plant (the first municipal ER plant to open in the U.S.) provides energy recovery by taking the general waste stream from Story County, and recycling the metals and combusting the remaining waste with natural gas to create Refuse Derived Fuel (RDF). RDF provides electrical energy to Story County and enables the community to divert up to 65 percent of our waste from a landfill. Whatever cannot be burned (sofas, carpets, some industrial waste) is sent to the Boone County Landfill.



**Welcome ISU's New Recycling Coordinator - Ayodeji Oluwalana!**



Photo courtesy of Ayodeji Oluwalana

#### COMES TO ISU FROM:

Western State Colorado University, from his role as a Sustainability Coordinator.

#### GOALS FOR ISU RECYCLING:

Divert 85-95 percent of Iowa State's waste from a landfill by 2025.

#### WORDS TO LIVE BY:

"Don't buy what you don't need!"

Copy, photos and illustration by Paige Anson

# GREEN OPPORTUNITIES

## GREEN YOUR BREAK



Participate in service programs with an alternative spring or winter break created by Iowa State's Student Activities Center! Participating students travel in teams throughout the United States to engage in community service projects that often tackle issues like poverty, hunger and homelessness. Deadlines for winter break applications are on Oct. 3, and spring break applications are due Oct. 31. Visit the Alternative Breaks website to learn more and to sign up!

## SPOTLIGHT GREEN BUSINESSES



Know a business that wants to be more sustainable? Encourage them to get certified as a Smart Business! The Smart Business Challenge is a special opportunity for businesses to assess, enhance and be recognized for their sustainability efforts. Learn more about the Challenge and current participants by contacting our Smart Business Challenge Coordinators or by visiting the City of Ames Website.

## GIVE A PINT



Donate blood with the Iowa State University Blood Drive to help save lives Oct. 1-4th from 10a.m.-5p.m. in the Memorial Union's Great Hall at Iowa State. LifeServe Blood Center is a non-profit organization that receives donations from the event, and is the sole provider of blood/blood products to more than 120 hospitals across Iowa, Nebraska and South Dakota.

## FUND A GREEN INITIATIVE



Create a sustainable impact at Iowa State with the help of the Green Initiatives Fund! Available to recognized student organizations at ISU, the fund is given to projects that align with reducing energy consumption, waste and carbon footprints on campus, encourage sustainable development, provide educational opportunities for students to learn about sustainability and benefit a large part of the ISU campus. For application information, visit the Green Initiatives Fund website.

## FIGHT FOOD INSECURITY



Keep your community healthy this fall by volunteering at Food at First in Ames to help prepare meals for food-insecure community members. Signing up to help out during the organization's daily "Food at First Meal," or during their special-meal events, is a great way to help others. Volunteers can also participate in 'gleaning' unused/unwanted food from ISU, restaurants and stores! Learn more about gleaning and how to volunteer at the Food At First website.

## EXPLORE ADVENTURES ABROAD



Explore the option of learning green abroad with the "Education and Environmental Sustainability: Community Engagement in the Dominican Republic" program this summer at one of the fall information sessions on Oct. 24 from 7-8p.m. in 3112 Pearson Hall! Free pizza will be available at the event, and the program fulfills both the international perspectives and humanities requirement. Studying abroad is a great way to learn green, as you learn about diverse perspectives, ecologies and cultures. Students from all majors are encouraged to apply.

## TRANSFORM HALLOWEEN WASTE



Make the most of your rotten pumpkins throughout the end of October by composting them with the Great Pumpkin Disposal Program! A majority of the 1.5 billion pounds of pumpkins grown in the U.S. each year are sold during this season. Rather than throwing away those old jack-o-lanterns, you can bring them to the Resource Recovery Plant (110 Center St.). Simply put your old pumpkins in the curbside containers. For more information read the October issue of City Side.

## PLANT SOME O2



Make a change in your ecological community by planting trees with The Ames Foundation and other volunteers Oct. 20. Planting will take place in areas where ash trees have been removed due to the invasive Emerald Ash Borer. Volunteers interested in lending a hand, plan to meet at Kate Mitchell Elementary School at 8:30 a.m. Supplies will be provided at the event. For more information, visit The Ames Foundation Facebook page.

## GET CRAFTY



Walk into The Workspace at ISU in the MU October 1-7 during their walk-in hours for their Dia de los Muertos paper mache skull painting event! Enjoy the company of other creative individuals as you paint your own mache skull in celebration of the Mexican holiday. All ages are welcome with an adult. Participants are charged an \$8 fee for materials. Information on the significance of Dia de los Muertos will also be made available at The Workspace during the event.

## TASTE THE HARVEST



Celebrate the local food community in Ames at the second annual Harvest Fest Oct. 6 next to Lacewing Acres (3715 W. 190th Street, Ames). The event will take place from 5-10 p.m. and locally sourced foods prepared by local chefs will be available to those with food tickets, available at the event for \$2 cash. Live music and tours of Lacewing Acres will take place at the event, as will talks by local farmers Joe Lynch of Onion Creek Farm and Debra Boekholder from Practical Farmers of Iowa. Don't forget to bring your reusable bags, forks and drinking mugs!

## CONNECT AND CONSERVE



Join the Ames Chapter of the Iowa Conservation Club to connect with others and learn more about conservation and sustainability! The club was put together by Story Country Conservation, The Iowa DNR and Pheasants Forever to help students and community members foster better understandings of their natural environments while creating new friendships. A \$35 fee gives participants access to all events held throughout the year. Go online to register.

## PAINT WITH THE EARTH



Experiment with soil and make your own Earth Paint Oct. 18 at the "Make Paint with Soil" event at McFarland Park from 6:30-7:30 p.m. All materials will be provided by the Story County Conservation Center, and participants can bring their own dry soil to make paint with. Participants five years and older are welcome, however, they must be accompanied by an adult. Registration for the event is required by 4 p.m. on Oct. 10 with a \$5 fee. To register call 515-232-2516. For more information visit the Ames Convention & Visitors Bureau website.

## GET YOUR GHOUL ON



Attend Reiman Garden's "Spirits in the Garden" event Oct. 20-21. Guests are welcome to come dressed in costume and are encouraged to bring a bag to collect goodies at the event. Enjoy activities including storytelling, a Meet-A-Scientist opportunity and more. Stay after the event to experience an incredible display of 600+ carved pumpkins lit against the evening sky. Visit the Reiman Gardens website for more information.

## WALK LIKE A MAYOR



Support local health and social sustainability with members of the Ames City Council at the eighth annual Mayor's Downtown "Healthiest State Walk" starting at noon on Oct. 3 at City Hall. City Councilman Tim Gartin will lead the walk in place of Major John Haila, who is unable to attend. Free cold water will be provided by the City of Ames water truck at the end of the event. Thousands of Iowans are anticipated to participate in similar one-kilometer (7.5 city blocks) "Healthiest State" walks across the state.

## MAKE GREEN CONNECTIONS



Learn more about sustainability and green initiatives on Iowa State University's campus by talking to "green" student organizations during Live Green's 10-Year Anniversary events. On Oct. 4 in the Great Hall of the Memorial Union, speak with a variety of organizations that specialize in social, environmental and economic sustainability during a tabling event before a talk by RAYGUN owner, Mike Draper, titled "Making T-Shirts Out of Pop Bottles". Nov. 1, take advantage of the same opportunity in the Great Hall at Xiuhtezcatl Martinez's talk, titled "We Rise: Building a Movement that Restores the Planet". Tabling takes place at both events from 6:15-7 p.m., and both talks begin at 7 p.m.

## PREPARE GREAT PUMPKINS



Volunteers are needed to help prepare 600+ pumpkins for carving at Reiman Gardens Oct. 15-17 noon to 9 p.m. Participants will be stenciling images onto pumpkins, which will be carved and used for display in Reiman Gardens during their Spirit in the Gardens event Oct. 20-21. Volunteers will need to register by Oct. 5. Groups are welcome! Visit Reiman Gardens' website to learn more.

# GREEN-IT-YOURSELF

Learning about how to sustainably take care of ourselves only benefits us, others and the world around us.  
Open up your pores with a facial steam, hydrate your skin with a mask and nourish yourself with coffee oil.

## CLOVE & ROSEMARY FACIAL STEAM

Let the stress of the week melt away by steaming your face.

**Supplies:** One tablespoon of fresh or dried rosemary, one teaspoon of cloves, boiling water, heat safe bowl, large towel

1. Cleanse your skin as you normally do.
2. Boil a pot of water.
3. Add cloves and rosemary into the pot of boiling water.
4. Transfer the water into a heat safe bowl (ceramic or glass) and place on a countertop.
5. Drape a towel over your face and shoulders and over the bowl as you lean over it.
6. Keep your face 10-18 inches away from the steam for 10-15 minutes.
7. Rinse your face with lukewarm water and pat dry with a towel.

To use: Learn the type of skin you have and steam accordingly for best results.



## VITAMIN C CRANBERRY MASK

Feed your skin the nutrients it needs with this powerfully hydrating mask.

**Supplies:** Handful of fresh cranberries, one teaspoon of maple syrup (organic suggested), one teaspoon of plain yogurt (organic suggested), small bowl

1. Combine all the ingredients into a bowl.
2. Stir the combination of ingredients until it is smooth texture.
3. Using your fingers, apply the mask to your face and neck.
4. Leave the mask on for 15 minutes.
5. Wash the mask off using warm water.
6. Apply your choice of moisturizer or serum.

To use: Follow instructions above or eat a bit as a healthy snack.



## HAIR & SKIN COFFEE OIL

Nourish your skin and promote hair growth with a common product.

**Supplies:** Ground roasted coffee beans (organic suggested), olive oil or jojoba oil, crock pot, strainer, glass jar, cheesecloth

1. Grind roasted coffee beans medium to coarse.
2. Pour 4 tablespoons of ground coffee beans and 4 tablespoons of oil into a crock pot.
3. Heat mixture on low-medium heat for 3-4 hours, stirring occasionally.
4. Strain the oil from the ground coffee using a cheesecloth and store it in a glass jar.
5. Store your coffee oil on a shelf at room temperature.
6. To know its shelf-life, check the expiration date for the oil you used. It's the same!
7. Try the cold-infused alternative method of making coffee oil.

To use: Dab some oil using your ring finger under your eyes to reduce dark circles or smooth a small amount of oil on your hair to add shine.

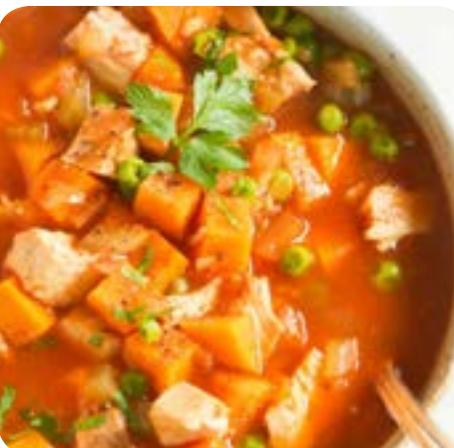


For more GIYs, visit our Pinterest.



## EATING IN SEASON

Challenge yourself to try new foods and learn new recipes this month in the spirit of "Learning Green". Find the ingredients for these fun recipes locally and cook a great meal!



## SWEET POTATO CHICKEN SOUP

**Ingredients:** Two cups of chicken, 1/2 cup celery, one garlic clove, 1/8 tsp. oregano, 1/4 cup green peas, one cup red onions, two cups diced sweet potato, 1/2 cup chopped tomatoes, salt, ground black pepper, red pepper flakes, olive oil

1. Heat 1 tsp. of olive oil on a high temperature. Once the oil is hot, turn the heat to medium.
2. Add onion and celery to the olive oil and saute for 5-7 minutes.
3. Add garlic and cook for 30 seconds.
4. Add sweet potato, chicken broth and crushed tomato.
5. Allow mixture to boil and simmer for 10-15 minutes or until the sweet potato is soft.
6. Add the rest of the ingredients and cook for 2 minutes.
7. Taste and add extra seasonings, if necessary.

**Substitutions:** Use veggie broth instead of chicken broth and beans instead of chicken, according to palate preferences.



## CINNAMON CUMIN CARROT FRIES

**Ingredients:** One pound of carrots, olive oil, 1 tsp. ground cinnamon, 1 tsp. ground cumin, 1/4 tsp. sea salt, 1/4 tsp. ground black pepper

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with parchment paper.
3. Cut your carrot sticks into halves or quarters.
4. Line the baking sheet with the cut carrots.
5. Drizzle the carrots with 2 tsp. of olive oil and sprinkle with spices.
6. Spread the carrots into a single layer and roast for 15 minutes.

**Substitutions:** Choose your favorite potato or veggie and season it the same!



## ROASTED MAPLE PEARS

**Ingredients:** Four Bosc pears, 1/2 cup apple cider or freshly pressed apple juice, 1/2 stick butter, 2 tbsp. maple syrup (Grade A suggested), cinnamon, baking dish

1. Preheat oven to 400 degrees F.
2. Heat cider or apple juice in the microwave for 1 minute.
3. Slice butter into pieces and stir into juice until melted.
4. Slice pears in half and scoop out the seeds and core.
5. Place the pears into a small baking dish.
6. Pour cider mixture over pears and sprinkle cinnamon to taste.
7. Drizzle maple syrup over pears and bake for 30 minutes, adding juice to the pears from the bottom of the pan every 10 minutes.

**Substitutions:** Use apples for this recipe instead!

For more recipes, visit our Pinterest.



# MONTHLY CHALLENGE

## LEARN AND DO MORE ABOUT SUSTAINABILITY THIS MONTH

**WEEK 1  
SUSTAINABLE ENERGY**

In the fall and winter, open your blinds during the day to heat your home. Close them in the summer.

**WEEK 2  
SUSTAINABLE WATER**

**WEEK 3  
SUSTAINABLE WASTE**

**WEEK 4  
SUSTAINABLE TRANSPORTATION**

Explore more greening habits with apps such as JouleBug, Oroeco and RecycleNation.

- Refuse disposable bags. Take your own reusable bags (it might be cheaper, too!)
- Find unique items at the nearest thrift store to you. You never know what you might find.
- Enjoy the fresh air as you bike to school, work or around town.
- Leave your car keys at home and take public transportation or walk to where you need to go.
- Share a car. Rent a car when you need one and help cut down on car consumption.

# OCTOBER: LEARNING GREEN

## SUSTAINABILITY SPEAKER SERIES

Celebrate our October celebration theme of “learning green” by attending our speaker series that touches on environmental, social and economic sustainability. To kick off the series, Andrew Kozlowski, an artist and teacher, was welcomed on Sept. 20. His lecture focused on social sustainability as he spoke about how he incorporates nature, conservation and sustainable thinking in his art. Lectures on Oct. 4 (economic sustainability) and Nov. 1 (environmental sustainability) will complete the series.

### MAKING T-SHIRTS OUT OF POP BOTTLES

October 4 at 7 p.m. in Memorial Union, Sun Room

Our second lecture features Mike Draper, CEO and owner of RAYGUN, presenting on economic sustainability. Draper will share the story of starting RAYGUN and discuss his unique sustainable initiatives and goals for product creation and product use by consumers. Draper began selling t-shirts his senior year at the University of Pennsylvania. He has since expanded to four locations across the Midwest and uses his business earnings to give back to sustainable causes.

**TAKE HOME:** an exclusive RAYGUN t-shirt designed to celebrate the Live Green 10-year celebration and Draper’s book will be available for purchase.



### WE RISE: BUILDING A MOVEMENT THAT RESTORES THE PLANET

November 1 at 7 p.m. in Memorial Union, Great Hall

Our last lecture in our sustainability speaker series will feature 18-year-old Xiuhtezcatl Martinez. Martinez will share his story about fighting for environmental justice, which he has been dedicated to since age 11. His work has been featured on PBS, Showtime, National Geographic, Rolling Stones, The Guardian, Vogue, CNN, and more. He is also the youth director of Earth Guardians, a worldwide conservation organization.

**TAKE HOME:** Martinez’s book “We Rise” will be available for purchase.



# OCTOBER CALENDAR

# 01

## Great Plants for Iowa: Ornamental Grasses Reiman Gardens | 6 p.m.

Learn more about the native and non-native species, big and small, that make great additions to the Iowa garden. ISU students can attend for \$13.60, Reiman Garden members for \$16 and the general public for \$20.

# 03

## Iowa Secretary of Agriculture Candidate Debate Memorial Union, Gallery Room | 3:10 p.m.

Attend a debate between candidates for the Iowa Secretary of Agriculture position before the November 6th midterm elections. Submit a question, attend a meet-and-greet and enjoy refreshments at this free public event hosted by the Sustainable Agriculture Graduate Program.

# 04

## Lecture: Making T-Shirts Out of Pop Bottles Memorial Union Sun Room | 7 p.m.

Listen to Mike Draper speak about economic sustainability during our second lecture of the Environmental, Economic and Social Sustainability Speaker Series. This event is free.

# 06

## Snyder Heritage Farm Seed Harvest Snyder Heritage Farm | 9 a.m.

Spend an autumn morning learning about Snyder, exploring a prairie and gathering native seeds to support the prairie's ongoing restoration. You must register for this free event.

# 07

## Fall Festival McFarland Park | 3 p.m.

Say hello to fall among the trees, wildlife and 5.5 miles of trails at McFarland Park during Ames' free Fall Festival. There will be music and food to buy. Bring a blanket or chair.

# 09

## Moonlight Seed Harvest Chichaqua Bottoms Greenbelt | 5 p.m.

Harvest native prairie under the near-full Hunter's Moon to help expand and diversify the 10-mile nature preserve north of Des Moines and end the night with a bonfire and s'mores.

# 10

## LNT (Leave No Trace) State Gym | 6 p.m.

Register by October 8th to learn how to make the least impact on the environment on a personal or ORT trip. You will learn the seven principles of LNT.

## George M. Beal Distinguished Lecture in Rural Sociology

### **Memorial Union, Sun Room | 7 p.m.**

Learn more about food system consolidation by attending a lecture by Phil Howard, an associate professor in the Department of Community Sustainability at Michigan State.

# 11

## Brown Bag: Nature at Noon - Social Movement Through Art

### **ReACT Gallery, Morrill Hall | 12 p.m.**

Learn about this month's socially relevant ReACT Gallery that focuses on eradicating world hunger. This event is free for everyone and will feature Nancy Gebhart of University Museums.

# 15

## Lecture: Norman Borlaug

### **Memorial Union, Great Hall | 8 p.m.**

Join the 2018 World Food Prize Laureates Lawrence Haddad and David Nabarro as they talk about their work in child and maternal nutrition in Africa, South Asia and Latin America.

# 20

## Caving at Maquoketa State Park

### **Maquoketa State Park | October 20-21**

Register by October 15th to explore the 16 caves and hike the beautiful park with Iowa State Recreation Services.

# 21

## Iowa State Homecoming Parade

### **Main Street | 2 p.m.**

Celebrate Homecoming with students, alumni, ISU faculty and staff and community members in Downtown Ames. Bike to Main Street or ride the shuttle available from campus to downtown for free.

# 26

## City of Ames Trick-or-Treat Night

### **Main Street / 10 a.m.**

Dress up in costumes with your kids and join local families on Main Street for a free family-friendly Halloween event. Practice social sustainability as you spend time with others from the community.



Enjoy the Farmers' Markets throughout Ames. At the Main Street Farmers' Market, there will be free face painting (9 a.m. - 12 p.m.) on October 6th and a Pumpkin Fest (9:30 am) and petting zoo (9 a.m. - 12 p.m.) on Octo

### **Main Street**

Every Saturday until October 27th

9 a.m. - 12:30 p.m.

### **North Grand**

Every Wednesday and Saturday until October 31st

Wed. 3 p.m. - 8 p.m.

Sat. 8 a.m. - 12:30 p.m.



## **SAVE THE DATE | Nov. 1**

Xiuhtezcatl Martinez

"We Rise: Building A Movement That Restores The Planet"

7 p.m., Memorial Union, Great Hall

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

Krishnaun Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)

Paige Anson | [panson@iastate.edu](mailto:panson@iastate.edu)



# LIVE GREEN! MONTHLY



"WE DON'T HAVE TO ENGAGE IN GRAND, HEROIC ACTIONS TO PARTICIPATE IN CHANGE. SMALL ACTS, WHEN MULTIPLIED BY MILLIONS OF PEOPLE, CAN TRANSFORM THE WORLD.

- HOWARD ZINN



**SUSTAINING LOCAL: GIVE BACK OPPORTUNITIES FOR SHOPPING DOLLARS**

**SUSTAINABLE GATHERINGS: DISCOVER STEPS TO GREEN SEASONAL TOGETHER TIMES**

**PAY IT FORWARD SHOPPING: INVEST IN THE FUTURE THROUGH CONSUMER CHOICES**

Photo by Live Green!



(Left to right) Taylor Silvestrini, Merry Rankin and Scott Nemecek

"Smart Business Challenge Team members, Scott Nemecek and Taylor Silvestrini, presented, "Educating, Engaging and Empowering Sustainable Businesses Through a Smart Business Challenge," at the 2018 AASHE (Association for the Advancement of Sustainability in Higher Education) international sustainability conference. In connection to this year's conference theme (Global Goals, Rising to the Challenge), which focused on the role of colleges and universities in furthering the United Nations Sustainable Development Goals, the Smart Business Challenge highlights the commitment of ISU and the City of Ames to goal #11 - Sustainable Cities and Communities.



Design by Heidi Kalb

Continue enjoying our 10-year celebration this November by joining us for our Buying Green event. See page 5 for more information and details on this Ames-unique local shopping day.

#### Follow Us!



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

Krishna Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu) and

Paige Anson | [pmanson@iastate.edu](mailto:pmanson@iastate.edu)

# WHAT'S INSIDE

04 &gt;

## 10-Year Celebration

Take a ride down memory lane recapping an October of Learning Green.

05 &gt;

## Buy Green, Shop Local

Make a difference with your shopping dollars on Nov. 10 at Sust-Ames.

06 &gt;

## Students Living Cardinal, Gold & Green!

Meet ISU students dedicated to livelihoods and missions supporting green-ness in buying toward sustaining communities.

08 &gt;

## Now You Know

Learn how to be a sustainable shopper no matter the season.

10 &gt;

## Sustainable Gatherings

Bring green together as you gather with friends and loved ones.

12 &gt;

## The Taste of Fall

Create easy and delicious snacks from the end-of-season harvest.

13 &gt;

## Green-It-Yourself

Make your own household staples from upcycled items.

14 &gt;

## Monthly Challenge

Dare yourself to shop, buy and consume with sustainable flair.

15 &gt;

## Green Opportunities

Inspire green connections through events and opportunities.

16 &gt;

## November Calendar

Check out sustainable events happening this month.

The Live Green! Newsletter 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 sustainable.

Underlined text throughout this publication is hotlinked to offer additional information.

# DIRECTOR'S MESSAGE

Happy November, Cyclones!

It's the time of the year of brilliant fall colors, a little more crispness being felt in the air, snuggling into standard time and... shopping.

From a sustainability standpoint, there is a bit of yin yang consideration when it comes to consumption and most definitely shopping. Certainly consumption is a reality for consumers. However, there are very different ways of approaching consuming that can support or challenge a sustainable future. From a yang standpoint, consumption can be very supportive of a sustainable future when eco-minded products and services are chosen and shopping is done locally (thereby investing dollars in local needs and causes). From a yin standpoint, consumption can be very challenging of a sustainable future. Creating the products and services that are consumed can be a significant drain on natural resources and the ecosystems from which they are extracted, as well as the community systems that are left to manage them at the end of their useful life.

One thing is certain, consumption will always be a part of our past, present and future. Our opportunity is to make purchasing and consumption decisions that consider, support and nurture a sustainable future.

In continued celebration of the 10th anniversary of the Live Green! Initiative at Iowa State University, the area of sustainability achievement highlighted for November, "Buying Green," specifically focuses on dedicated efforts in ensuring sustainable consumption. From green and sustainable purchases encompassing recycled content, recyclable, compostable, reusable, energy efficient and locally sourced products and services, as well as "take back" options for products at the end of their useful life. In addition, the implementation of a Vendor Code of Conduct, as well as paperless purchasing, offers additional sustainable commitment to providing goods and services to ISU.

To highlight the personal impact and opportunity of each individual toward a yang consumptive future, "Sust-Ames," a local shopping day focused on engaging the community in sustainability through keeping local dollars local, is taking place Saturday, Nov. 10, as mentioned on page 2 and highlighted on page 5. Live Green! 10-Year Strategic Initiatives and Special Initiatives team members have worked diligently to bring this campus and community event to fruition that offers unique elements of education and awareness (look for the snowflake signs), as well as VERY fun engagement.

Hope you can enjoy this "buying green" adventure this month, and also find a moment to consider the many yin-yang decisions and opportunities that determine your journey toward a sustainable future!

Yours in green-ness,



## DIRECTOR'S UPDATE

The first project supported by Student Government's Green Initiatives Fund is officially underway! FP&M interns, Jeff Hyler and Kenzie Foldes, are working to revitalize the student-owned area by Lake Laverne by adding new, pollinator-friendly plants and new pavers. Stop by to check out their progress!

If you have an idea for a sustainably-minded project on campus, please apply for funding from the Green Initiatives Fund! The Sustainability Committee is working on several projects around campus, including a proposal for ISU to transition to 100 percent renewably sourced electricity and several educational events.

If you have any ideas you want to discuss with the committee, reach out to me at [tsleugh@iastate.edu](mailto:tsleugh@iastate.edu).



Photo by Krishna 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.

**TONI SLEUGH** is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

# 10-YEAR CELEBRATION

## EMBRACING A DECADE OF ENHANCING SUSTAINABILITY EDUCATION

In continuing our yearlong celebration of the 10th anniversary of Iowa State University's Live Green! Initiative, October focused the month's celebratory theme of Learning Green. This included a Sustainability Speaker Series focusing on the three facets of sustainability, social, economic and environmental.

Andrew Kozlowski, artist and assistant professor at the University of Florida, kicked off the speaker series on Sept. 20, delving into social sustainability. He discussed his art, which is influenced by human interactions with their environment and speaks to the resulting social challenges and conditions that have emerged. Kozlowski also addressed how he impacts these challenges and conditions personally through his use of sustainable methods both in creating his art and in using it as feedstock for the creation of paper at the end of exhibitions.

Mike Draper, founder and CEO of RAYGUN, continued the speaker series on Oct. 4, focusing on economic sustainability. He noted his unique approach to creating sustainable clothing that not only considers environmental and social sustainability in production and messaging, but also exemplifies economic sustainability through offering percentages of profits to support local issues and economies.

Xiuhtezcatl Martinez, environmental activist and hip-hop artist, was scheduled to round out the series on Nov. 1; however, was invited to perform at the MTV Europe Music Awards during Music Week in Biscay, Spain - Oct. 29 - Nov. 3. His talk, focused on environmental sustainability and his specific experiences and commitments related to worldwide conservation (including joining a federal climate change lawsuit and presenting at the United Nations General Assembly) has been rescheduled to March 7. As an added bonus, he will also serve as the keynote speaker for the All-Iowa Student Sustainability Conference at ISU on March 8.

In addition to the speaker series, posters and TV slides were placed and projected throughout campus academic buildings highlighting the specific sustainability

education commitments (degree programs, courses and learning outcomes) of each college at ISU, offering an impressive diversity of learning green opportunities and experiences for students attending ISU.

For more information at Iowa State University's multi-faceted commitment to learning green and opportunities available to students, faculty and staff, read the [Live Green! blog post for October](#) and stay connected to Live Green through subscribing to the [Live Green! Monthly newsletter](#).



### 10 Years of Learning Green

**Environmental, Economic & Social Sustainability Speaker Series**

See more information about the speaker series, including speakers and dates.

View the [Speaker Series Flyer](#) for more information.

Meet [Andrew Kozlowski](#), [Mike Draper](#), and [Xiuhtezcatl Martinez](#).

Learn more about the [Environmental, Economic & Social Sustainability Speaker Series](#).



**LIVE GREEN!**

Celebrate Ten Years of Living Green!

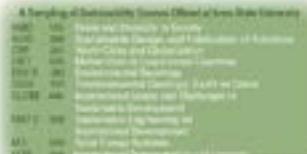
Learn about the ten years of living green at Iowa State University, including the history of the Live Green! Initiative and its impact on the university and the community.

During the 2018-19 academic year, over 100 students were involved in research projects and over 100 students participated in internships, externships, and other sustainability-related activities.

Discover how ISU students are making a difference in their communities and learn more about the university's commitment to sustainability.

### Cyclones Learning Forward

- Iowa State University offers sustainability courses in all eight colleges and covers half of all academic departments.
- Two interdisciplinary sustainability minor degrees are offered at ISU, an environmental finance minor and an interdisciplinary global climate minor.
- 80 Iowa State University students graduate from programs that have advanced at least one sustainability learning outcome.



**LIVE GREEN!**

Celebrate Ten Years of Living Green!

Learn about the ten years of living green at Iowa State University, including the history of the Live Green! Initiative and its impact on the university and the community.

During the 2018-19 academic year, over 100 students were involved in research projects and over 100 students participated in internships, externships, and other sustainability-related activities.

Discover how ISU students are making a difference in their communities and learn more about the university's commitment to sustainability.

### OWN A 10-YEAR CELEBRATION T-SHIRT

Buy a specially-designed, RAYGUN-original t-shirt celebrating 10 years of living green at ISU. Available for purchase at the Iowa State University Bookstore, the t-shirts embody sustainability in being made from recycled content and being fair trade certified and support sustainability at ISU in directing a portion of sales profits to the ISU Green Initiatives Fund - supporting student led sustainability projects and initiatives.



Copy and layout by Krishaun Burns Photos by Paige Anson and Krishaun Burns

# BUY GREEN, SHOP LOCAL, SUST(AIN) AMES

Every year, cities throughout the U.S. celebrate local businesses by hosting Small Business Saturday the first Saturday after the Thanksgiving holiday. In Ames, we are going one step further and hosting an additional local shopping event in 2018.

In continuation of the ten-year anniversary celebration of Iowa State's Live Green! Initiative, November highlights "Buying Green". To celebrate, ISU's Office of Sustainability, in collaboration with Downtown Ames and Campustown Action Association presents "Sust-Ames", focusing on engaging the community in "buying green" through shopping local.

The event, included in Ames' Snow Magic festivities, features over 25 Main Street and Campustown businesses taking part with many offering one-day special discounts and specials. As well as supporting local businesses, shoppers can enter a drawing for some unique, local shopping gift packages and receive a festive reusable and pouachable bag made from recycled soda bottles (while supplies last).

Although buying green and shopping locally may seem mutually exclusive, they are not. A community's environmental, economy and social sustainability is positively impacted whenever residents choose to spend their dollars locally. In fact, for every \$100 spent locally, \$73 remains in the community. This continues to pay forward as local businesses, in turn, support non-profits and community causes on average 250 percent more than larger businesses. Other local shopping benefits include shorter travel times, reduced travel impacts and having the opportunity to personally engage with business owners.

## BUSINESSES PARTICIPATING IN SUST-AMES

American Country Home Store

Cafe Diem

Chocolaterie Stam Ames

Cooks' Emporium

Dogtown University

Duck Worth Wearing

Emerhoff's Footwear

Gilger Designs Jewelry

Grey Elephant

Heroic Ink Intensitee Inc.

It's All About ME! Boutique and Spa

Lindsey Loo's

Little Woods LLC

The Loft Ames

Mormann Clothiers

Morning Bell Coffee Roasters

Octagon Center for the Arts

Olde Main Brewing Co.

PhotoSynthesis

Portobello Road

Powder Studio - Ames

The Pumpkin Patch

Random Goods

Treats On A Leash LLC

We the Dreamerz

Wordly Goods

## SNEAK PEEK INTO SUST-AMES

Shop local and buy green with discounts and freebies provided by Main Street and Campustown businesses.



15% off all products and services and opportunity to win a complimentary makeover and photoshoot



15% off next visit



Free chocolate samples and a free chocolate bar with a \$20 purchase



10% off all purchases (dog food excluded)



10% off any one regularly priced item from Nov. 13-Dec. 31 and 20% off items with teal and pink colored tags



25% off all items



Free coffee samples



10% off all purchases

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## PROVIDING LOCAL, CREATING LOCAL, SUSTAINING LOCAL

Buying green, shopping sustainably, supporting eco-friendly businesses. No matter how it is phrased, it collectively embraces supporting and ensuring a sustainable future.

From a community level, residents buying green through shopping local, and in turn investing in their community, offers a direct correlation. As discussed on page 5, 73% of all expenditures made locally, are reinvested locally - offering the opportunity to directly support the future you envision for your community.

While at Iowa State University, students have the opportunity to immerse themselves in creating the changes they wish to see in the world. This month's spotlighted students offer unique approaches to "Buying Green," both through engaging the community and providing for the community

Students Helping Our Peers, otherwise known as The SHOP, is a student-run food pantry that provides for the local community through fighting food insecurity at ISU. Students, faculty and staff are able to visit The SHOP anonymously, no questions asked, and pick-up food, as well as other household necessities.

"People can just go in. They can bring their own bag, or pick up a [reusable] bag and grab what they need. It is very private," Sarah Jepsen, president of The SHOP said.

When the organization was created, the founders wanted to be mindful of the ability of peers to access food, when they needed it, without feeling judged or watched. They were grateful when a discrete location in the Food Science Building, Room 2616, became available.

Community support is what keeps The SHOP open today. The organization is

supported by an average of 200 volunteers annually - made up of students, faculty and staff - and always welcomes more volunteers, Paige Ahlrichs, The SHOP's vice president, said.

In addition, The SHOP relies on donations of food, hygiene supplies and other household needs, as well as monetary donations to purchase items that are most needed.

Many of The SHOP's regular donations are purchased locally and dropped off directly to The SHOP or provided through food drives organized by churches, student organizations and individuals aiming to support the community through purchasing and providing locally.

Jepsen and Ahlrichs feel people are inspired to donate time and goods because of a common empathy and understanding of basic human needs.

"[Eating] is a basic human need, and if it's not being met, it's super important that there are resources to help you," Ahlrichs said.

In considering the fact that one in six children and one in eight adults are food insecure and charitable programs are unable to fully support those who are struggling with food insecurity ([according to Feeding America](#)), The SHOP's mission is especially vital for the campus community.

*"A lot of the time people forget you can do a lot to help your neighbor by just giving them food or being a friend."*  
- Paige Ahlrichs

There are currently 34,992 students enrolled at Iowa State University. If one in eight adults is food insecure, 4,374 ISU students are currently needing help putting food on the table.



This is a concerning statistic to consider when often times food insecurity is connected to other countries and not the U.S. For some, it can be easier to think about helping people in other countries, whose plights they hear about in the news, Ahlrichs believes.

However, as Jepsen and Ahlrichs know, food insecurity can happen anywhere, even at Iowa State University.

Food insecurity also happens during all seasons. With that in mind, donations are needed at The SHOP year-round. Donations do not need to be specially purchased items, they can be extra, unneeded food and household supplies that community members may find they have at the end of the semester or after the holidays.

An especially unique opportunity for students to help their peers involves them spending their extra dining dollars each semester to purchase non-perishable food items at campus C-stores, that they can then donate to The SHOP. For more information about SHOP hours and how to support its mission, visit [The SHOP's website](#).

While members of the SHOP offer volunteer and donation opportunities to sustain people locally, another ISU student supports community sustainability through creating a sustainably-focused business that supports local shopping.

Anahy Carujo, a freshman in her application-year in the College of Design, supports buying green by empowering and engaging people in sustainable practices through her micro-business selling individually crafted, upcycled clothing.

Carujo's business, "ARD Corujo," titled after her full name: Analy Rosa Daniela Corujo, offers clothing that Corujo has upcycled

or repurposed with hand-painted designs using screen printing ink. Her clothing line, "Tropi", can be viewed on [Instagram](#) and is available for sale at "We the Dreamerz" on Main Street in Ames.



Corujo arrived in Ames, as an exchange student from Puerto Rico, after Hurricane Maria devastated her country last year. An important goal for Corujo as she creates new items involves creating pieces that touch her roots and inspire joy.

"What's really [been] important with my work process [since] the hurricane, was that I was going to bring back color into my life and my country... I also decided that all of the designs I would make here would be inspired by home," Corujo said.

Corujo's desire to create new styles out of used materials stems from her passion for creation, her desire to make clothes for individuals rather than a mass-market, and her hope to help herself and others save money and protect the environment.

"Upcycling brings value to things that other people have no value [for]. It [also] saves money [and] the environment... If you don't have a lot of money and you want to look fly and good, you can just spend on something cheap and make it look better," Corujo noted.



Buying used, thrifted clothes and upcycling them into a new style also is beneficial in keeping money in the community, while empowering people to have affordable and confidence-boosting clothes, Corujo said.

"You can get something really expensive that's good quality, but if you can get something super cheap of the same quality and make it into something better, that gives it a whole new value ... and you're not accommodating yourself to the product, you are accommodating the product to yourself," Corujo added.

In the last four years, Corujo has upcycled 100+ items, all sourced from thrift stores. Each of which takes her two-three days to finish.

ARD is a facet of Corujo's life that she loves and looks forward to continue evolving with, she said. She plans to travel back to Puerto Rico in December to collaborate with a friend on a new line of clothing themed around the values and beauty of physical and mental diversity.

Based on her experience starting ARD, Corujo encourages people to follow their own sustainable passions.

"At the end of the day there is happiness and simplicity. [Know] if it makes you happy, it is not a mistake."



## Most Needed Donations at The SHOP

- 
1. Pretzels
  2. Granola Bars
  3. Canned Fruit
  4. Nuts
  5. Oatmeal
  6. Low-sugar cereals
  7. Pasta
  8. Pasta Sauce
  9. Cans of Chili
  10. Snack Mix
  11. Spices
  12. Toothbrushes
  13. Shampoo
  14. Deodorant
  15. Razors
  16. Shaving Cream



### Sarah Jepsen

President of The SHOP  
Photo courtesy of Sarah Jepsen



### Paige Ahlrichs

Vice President of The SHOP  
Photo by Paige Anson



### Anahy Corujo

Owner of ARD Corujo  
Photo by Paige Anson

# NOW YOU KNOW:

## BUYING GREEN: TIPS TO SUSTAIN YOUR SHOPPING TRIP

Sustainable living does not require dropping your shopping game. Buying "green," or having sustainable shopping habits, is all about considering how to best make your purchases benefit you and the world around you. The greatest sustainable impacts and benefits happen when a person is mindful in the store: questioning which products will last the longest, be the most efficient and can be recycled, composted, reused or repurposed at the end of their useful life to avoid being buried in a landfill.

Asking these questions in the store rather than after purchase, and purchasing products that will last and that can be managed with one of the Rs of sustainability (Reduce, Reuse, Recycle and Refuse), can support a lifestyle that is self-sustaining, affordable and proactive.

Here are some tips to kick off your next buying "green" shopping trip!

### Buy To Last

Buying products that are durable is one essential mindset that can help you save money and environmental resources. Knowing which products will last can most easily be done by avoiding words like "disposable," "paper" and "plastic" in the store.

### Avoid Plastic & Paper Waste

Examples of such products include disposable plastic, paper cups and plates which approximately 224 million (74.6 percent) of Americans use.

Use of single-use plastic and paper products contributed over 44,290 million tons of waste to landfills in the U.S. in 2015, according to data in the last major analysis collected by the EPA. This was 32.2 percent of all of municipale household, commercial and business waste landfilled in that year.

Of 2015's total landfilled waste, about 18.9 percent

(26 million tons) of waste was made of plastic and 13.3 percent (18.3 million tons) was made of paper and paperboard materials.

Another analysis insists that of the plastic waste generated today, 2 million tons comes specifically from disposable, plastic water bottles.

Sustainable alternatives when shopping can help reduce these numbers.

*... 32 percent of the 78 million tons of plastic packaging produced annually kills over 100 million marine animals each year."*

*-Earth Day Network & Sea Turtle Conservancy*

For example, in considering the average consumption of four water bottles per day (recommended human intake), by using one reusable water bottle 1,460 disposable bottles are diverted annually from the waste stream.

Refusing to use plastic materials can also save on the amount of resources going into their production. For example, it takes three liters of water to make a single-liter water bottle.

By not buying a 24-pack of water, and instead using a reusable water bottle, you could save 19.02 gallons of water. If you buy that 24-pack weekly, that could save 152.16 gallons of water a year; not to mention what would also be saved with other energy inputs that go into making disposable bottles.

Through recycling and/or reduction in use of plastics, it is also possible to reduce and even stop the 32 percent of the 78 million tons of plastic packaging produced annually from flowing into our oceans and killing over 100 million marine animals each year.

Currently, the amount of plastic put into our oceans equates to dumping one garbage truck of plastic into the ocean every minute. This number is expected to increase to two garbage trucks a minute by 2030, and four by 2050. Since plastic takes decades (in some cases, centuries) to



### Decomposition Estimates For Common Waste

	Glass Jar	Plastic Bottle	Diaper	Soda Can	Plastic Bag	Wool Socks
1 Million Years	450 Years	450 Years	80-200 Years	10-20 Years	1-3 Years	

decompose, an increase in long-term marine animal deaths is likely, which will harm fishing industries and the ecological integrity and beauty of our oceans.

Other “green” buying habits include choosing purchases that support positive, sustainable impacts on environments and communities.

### Support Green Businesses

Learning more about the labels on your products (food, plates, clothes, furniture, etc.) and buying items that are developed with practices that support a sustainable future (for example, healthy environments and the fair payment and treatment of employees) is one way consumers can make sustainable purchases.

Buying items that are locally made is another “green” shopping habit that can help reduce the carbon footprint of your purchases while supporting your local economy (see [page 5](#) for a unique opportunity to shop local and support Ames).

### Quality Over Quantity

Purchasing items that support quality over quantity is another “green” shopping practice that supports less waste and more efficient use of financial and environmental resources. This is especially true when it comes to clothing.

Avoiding the fast-track mindset of cheap and trendy clothing diverts millions of tons of textiles sent to

landfills yearly, as well as reduces the amount of water used in traditional clothing production, (more than 5,000 gallons of water for a T-shirt and a pair of jeans).



*... just a single T-shirt and a pair of jeans uses more than 5,000 gallons of water in manufacturing.*  
-Edgexpo.com

Buying quality clothing, buying clothing made out of recycled materials, repurposing used clothes to new styles, donating clothes, upcycling used items and patching up items for continued use are additional ways to create a more sustainable and budget-friendly closet.

### Bulk Buys & Less Packaging Waste

Another sustainable tip when shopping includes buying food items in bulk and using reusable containers to store products.

Taring is a system often used to buy food in bulk using a reusable container (like a glass jar). It includes bringing this container to a store and buying your favorite foods by weight. A ‘tare’ is the weight of the container, which is subtracted from the filled weight (with food) in this container, which ensures one only pays for the weight of the food they are purchasing. Taring helps you avoid purchasing single-use packaging that you do not need and will have to dispose of frequently.

On your next shopping trip, empower yourself and impact your community with these buying “green” tips.

*Learn more about buying “green” and sustainable living. Participate in our Monthly Challenge on page 14 and visit the Live Green! [blog](#) and [website](#). Ask questions and share ideas by tagging @isulivegreen on social media!*

# SUSTAINABLE GATHERINGS

## ADD SOME GREEN TO YOUR FALL GET-TOGETHERS

Falling leaves and dropping temperatures are great reasons to bring together friends and family for a warm, seasonal and sustainable get-together! To create a gathering that inspires love and appreciation for your loved ones and the planet, use this easy and mindful "Sustainable Get-Together" checklist to throw a shin-dig that is budget-friendly, renewing and healthy for the environment.

## 10 Steps for a Sustainable Get-Together

### ***Send Digital Invitations***

- Save on the paper, money and fuel required to send a letter in the mail by sending your family and friends a digital invite to your gathering. Anyone can create a digital invitation masterpiece using websites like [Canva.com](#) and [GreetingsIsland.com](#). If you have a friend or family member that does not use email or another digital mail platform, try using recycled paper to make a more sustainable invitation!



### ***Use Recycled/Upcycled Decorations***

- Get creative with your decorations! Decorating with natural items, like pinecones, fall leaves and pumpkins can prove to be a fun, organic way to spice up your party! It will also reduce the amount of energy used in creating, and waste produced by, plastic or paper decorations. Another way to reduce paper and plastic waste at your party is to opt to use flower petals or fall leaves as confetti. Check out [page 16](#) for an opportunity to create your own homemade, sustainable decorations.

### ***Find Flower Options***

- Empower your flowers and support local businesses by buying [locally grown flowers](#) for your gathering. Native flowers support healthy, local ecologies and can add a natural, refreshing touch to a party. Want to decorate your party with plants you've grown yourself, but have no yard space? [Try growing plants indoors!](#)

### ***Don't Invite Throwaway Products***

- Help out your budget and the environment by replacing paper, plastic and throwaway items with reusable party accessories. Reusable coffee mugs, water bottles, silverware and plates are some examples of such items. Cloth napkins and small towels are also great reusable products to use at your get-together! If you are having trouble making the switch to reusables, explore [this list](#) of more sustainable plastic-alternative products.



### ***Enjoy The Season's Bounty***

- Support your community's economy by visiting a local store and purchasing locally grown apples and pumpkins to make into delicious pies or breads for your get-together! By purchasing locally grown foods in season, you are reducing the distance your food has to travel to get to your plate (reducing your carbon footprint). Check out [page 15](#) to learn about ISU Horticulture Research Station's [local produce sales](#).

## **Reduce Tossed Food**

**6**

Help reduce food waste in the U.S. (estimated at **30-40 percent** of the nation's total food supply) by planning ahead. When buying food, purchase close to your gathering day and freeze what you will not use right away to avoid creating unused-food waste. Other helpful food-saving tips include freezing leftovers for later consumption and/or distributing them to guests. Donating unused food and ingredients to a local food pantry can also help divert food waste from slowly decomposing in a landfill. For more tips on reducing food waste, check out this [blog post](#).

**7**

## **Ditch Waste With Thoughtful Party Favors**

Avoiding single-use party favors saves party budgets and reduces waste—which increases an average of **25 percent during the holidays**, adding about 1 million extra tons of trash to our landfills. Instead, consider more sustainable party favors that create long-lasting memories of your special gatherings. For example, offering potted succulents or holiday ornaments with guests' names rather than plastic trinkets.

**8**

## **Swap For Friendsgiving**

Swap useful, reusable items with friends or family at your gathering! This “friendsgiving” to gain new-to-you items can include exchanging clothes, furniture, appliances or any useful product. By exchanging items that still have use, the lifespan of quality items are prolonged while helping you save money and reduce waste. Swapping old cookbooks at your event is also a great way to experience new tastes and food cultures. For other fun friendsgiving ideas, visit the [Live Green!](#) blog!



**9**

## **Offer Sustainable Disposal Alternatives**

In an average lifetime, a person will throw away **600 times** their weight in trash. A 150 pound adult will leave behind 90,000 pounds of waste! Offering receptacles for recyclable waste, such as glass, plastic, paper, etc., is a sustainable disposal option to consider offering at your gathering to help reduce these numbers. When including and labeling recycling bins at your party, you educate your attendees regarding sustainable opportunities for items they consider garbage. This can encourage guests to consider the impacts of their waste, while empowering them to choose what they consume and how they dispose of their waste.

**10**

## **Scrub Sustainably**

Use environmentally friendly, minimally-packaged or reusably-packaged cleaning supplies to clean up at your event. Environmentally friendly, reusably-packaged products can be homemade or bought in bulk and put into a reusable container. Using these products supports sustainable cleaning habits by reducing the demand for natural resources, increasing household budget savings and reducing waste.

# THE TASTE OF FALL

Enjoy the end-of-season harvest with these easy, oven-roasted recipes that support local buying and healthy eats.



## ROASTED PUMPKIN SEEDS

Ingredients: Whole pumpkin, 2 teaspoons olive oil, 1/2 teaspoon garlic salt

Supplies: Pan, colander, bowl, knife, parchment paper

1. Carve open pumpkin with knife
2. Scoop out seeds with spoon, place in colander
3. Rinse colander under faucet to separate seeds from pumpkin
4. Place parchment paper on pan
5. Pour seeds onto parchment paper, allow to dry overnight
6. The next day, preheat oven to 350 degrees
7. Place dry seeds in bowl, remove remaining pumpkin
8. Toss seeds in bowl with olive oil and garlic salt
9. Spread olive oil and seeds evenly on pan
10. Bake for 30-40 minutes or until golden brown
11. Wait for them to cool, serve and enjoy!

Substitutions: Use any non-stick cooking agent instead of olive oil on the pan.



## ROASTED SQUASH, CARROT & WALNUT

Ingredients: Butternut squash (3 pounds), 2 pounds carrots, 1/4 cup olive oil, 1 cup walnuts, 1/4 cup brown sugar, 1/2 teaspoon ground cinnamon, 2 teaspoons salt, 1/4 tablespoon ground nutmeg

Supplies: Knife, large bowl, pan

1. Preheat oven to 400 degrees
2. Cut carrots in half lengthwise, then in half crosswise
3. Cut up squash into medium cubes
4. Toss carrots and squash with brown sugar, oil, salt, cinnamon and nutmeg in a bowl
5. Line a pan with foil greased with olive oil
6. Transfer mixture to pan
7. Roast for 30 minutes, stirring occasionally
8. Remove from oven, sprinkle walnuts over vegetables
9. Roast again 15-19 minutes until veggies are tender

Substitutions: Add raisins instead of nuts and use parchment paper instead of foil.



## APPLE CHIPS

Ingredients: Two large red apples, 2 teaspoons white sugar, half a teaspoon cinnamon

Supplies: Bowl, pan, knife, cooling rack

1. Preheat oven to 200 degrees
2. Slice apples in 1/6 inch slices
3. Place slices into a bowl and sprinkle on sugar and cinnamon
4. Toss to combine ingredients
5. Place a cooling rack onto the pan
6. Place slices flat on the cooling rack
7. Place the pan with the cooling rack and slices into the oven
8. Bake for 2-3 hours (until crisp) flipping slices halfway through
9. Let cool, then enjoy!

Substitutions: Use brown sugar, try green apples or try the recipe with sweet potatoes.

For more recipes, visit us our Pinterest.



# GREEN-IT-YOURSELF

Embrace your ability to buy "green" through making these everyday products.

## REUSABLE FACIAL WIPES

Save money on this facial cleanser by purchasing natural products and reusable wipes.

**Supplies:** 3/4 cup of distilled/boiled water, 1/2 cup of witch hazel, 1 tablespoon of almond/jojoba/olive oil, 1 tablespoon of castile soap, 1 sealable jar/container, 7 baby washcloths, medium-bowl

1. Place baby wipes in storage container, set aside
2. In bowl, combine water, witch hazel, oil and castile soap
3. Pour solution into the storage jar over cloths
4. Press cloths into liquid, seal container

**To use:** Use a cloth from the jar to wash face and remove dirt and (if applicable) makeup. Rinse washcloth with warm water, then wipe your face with the clean cloth. You can then use your favorite moisturizer. Finally, save used wipes, launder and use again in a new solution.



## KNOT A SHIRT: T-SHIRT BAGS

Put old or cheap thrifted T-shirts to use and save on plastic waste with this T-shirt bag.

**Supplies:** A T-shirt, washable marker and a pair of scissors

1. Cut sleeves off at the hem line
2. Cut the neckline out
3. Turn T-shirt inside out
4. Determine how deep you want the bag to be, mark the depth at the T-shirt's bottom
5. Cut inch-long strips in a fringe along the bottom, matching cuts on both of T-shirt's sides
6. Knot together each fringe with its matching front/back piece
7. Tie knots together going left to right: use the right-most strip of the first knotted pair and the left-most strip of the second pair.
8. Flip the bag right side out, hiding knots

**To use:** Take the bag with you on shopping trips to the store or farmer's market.

**Try:** Knotting the sleeves for handles and leaving the fringe out.



## HOMEMADE SHAVING CREAM

Green your grooming habits with this all-natural shaving cream recipe.

**Supplies:** 1 1/2 cups water, 1 cup Dr. Bronner's Pure-Castile Soap, 3/4 cup baking soda, stock pot, slotted spoon, bowl, sealable jar

1. Put all ingredients into a pot.
2. Heat on medium high heat until ingredients start to foam up
3. When foaming just below the pot's rim, turn off heat and move pot to cool for a few hours
4. When completely cool, use the spoon to collect the paste that separated from water
5. Move paste into bowl and whip it into a creamy, "shaving cream" consistency
6. Store cream in sealable jar, best used within two weeks.

**To use:** Rub the solution on an area where hair removal is desired, then shave away unwanted hair.



For more GIYs, visit our Pinterest.



# MONTHLY CHALLENGE

DARE YOURSELF TO BUY SUSTAINABLY THIS MONTH WITH THESE WEEKLY CHALLENGES



## WEEK 1 | Purchase in Bulk

Save your wallet and the earth this holiday season by buying in bulk! Buy cleaning, health and beauty and other product supplies in larger packages to cut down on additional waste and reduce your personal wasteprint. Americans can save the waste stream tens of millions pounds of trash annually, by buying in bulk. This week, challenge yourself to buy at least one item in bulk instead of individually.

## WEEK 2 | Buy Alternatively

Have an item on your "need" list, but looking for some unique choices? Challenge yourself this week to do some alternative buying and shop at a thrift or consignment store. You will be certain to find something fun and one-of-a-kind. In considering that just in clothing alone, Americans send an average of 62 pounds of clothes (the equivalent weight of a 9-year-old child) into the waste stream each year. Shopping for needs instead of wants, and shopping durable instead of quick-made, makes an impressive difference. For even more of a challenge - rent or borrow instead of buying.



## WEEK 3 | Upcycle Your Stock

That new unique look you are looking for or need to fulfill you may already own—just in a different form. This week, challenge yourself to upcycle — transforming your unneeded, (seemingly) useless items into something needed and useful. For example, a spaghetti jar can become a candle container, a chair can become a shelf and a t-shirt can become a reusable shopping bag (see page 13 for instructions and additional inspiration). Through upcycling, not only is money saved, a need is met, and for those options that involve textiles, for every ton that are kept out of the landfill, 20 tons of CO2 is kept out of the atmosphere.

## WEEK 4 | Host a Green Swap

Need to refresh your closet, bookshelf, music, kitchen gadgets or general home furnishings? Plan a night this week to host a "swap" event and challenge yourself to make it happen. All facets of sustainability (environmental, economic and social) are positively impacted and you end up with some great things, and whatever is leftover can be "paid forward" by donating to community non-profits. In planning your event, you can designate a specific category of items to bring or just invite guests to bring something they no longer need, but is still useful. Top off the gathering with tasty snacks (see page 12 for some seasonal ideas).



# GREEN OPPORTUNITIES

## COLLAB ORGANICALLY



Learn more about organic farming at the 18th annual Iowa Organic Conference Nov. 18-19 in Iowa City. Considered the largest university-sponsored organic conference in the nation, the conference is the product of a joint effort between Iowa State University and the University of Iowa Office of Sustainability. Producers and experts from across the country will share tips for transitioning into organic production at the event. Student registration is online at the [conference website](#) for \$35 until Nov. 11.

## INSPIRE SMART BUSINESSES



Contribute to a sustainable mission by inspiring local businesses to join in the Smart Business Challenge as a [Smart Business Challenge intern](#) in the 2019 spring semester! Applications require a resume, a cover letter and three references. Joining the Live Green! Team is a great portfolio builder, and a great opportunity to get involved with sustainability initiatives at Iowa State University and to work with the Ames community. Apply via email through Nov. 16.

## JOIN A SUSTAINABLE FELLOWSHIP



Strengthen your skills in policy, finance, organizing, communication and leadership by applying for a Castanea fellowship. The fellowship invests in the values of racial equity, diversity and in understanding political and cultural impacts on sustained, healthy food systems. Castanea Fellows will experience six in-person gatherings, an international learning experience exploring global food systems and an award of \$40,000 over two years. For more information, visit the [Castanea website](#). Apply through November.

## TRAVEL AND LEARN ABOUT BIODIESEL



Apply for a scholarship to attend the National Biodiesel Conference & Expo on Jan. 21-24 in San Diego to learn about all aspects of the biodiesel industry. Recipients will receive a complimentary conference registration (a \$1,200 value), a travel award of \$600, a preconference biodiesel educational overview and the opportunity to attend a private mentoring mixer with prominent biodiesel scientists. Interested science-majoring students must register for free with the NextGeneration Scientists for Biodiesel and apply on the conference's website by Nov. 19. Learn more on the [conference website](#).

## SUSTAIN OTHERS WITH MEALS



Volunteer and energize your community this fall by volunteering your time at Food At First in Ames to help prepare meals for food-insecure community members. Signing up to help out during the organization's daily free meal or volunteering during their Thanksgiving Meal can be done online at the Ames' Food At First [volunteer sign-up website](#). Learn more about future volunteer opportunities to help sustain the community on the [Food At First Website](#).

## STUDY ORGANIC AGRICULTURE



Discover theories and practices surrounding organic agriculture and earn three course credits this spring by registering for ["Organic Agriculture: Theory and practice."](#) The 16-week class is cross-listed as HORT 484/584 and SUSAG 584, and is an Extension course at Iowa State. Class will be held in the evenings, and will begin Jan. 15, and end May 7, 2019. Interested students can learn more about the class by emailing Kathleen Delate at [kdelate@iastate.edu](mailto:kdelate@iastate.edu) and by viewing the classes on the [ISU course catalog](#).

## BUY FOOD THAT SUSTAIN



Learn about the impacts your food choices have on the environment and on your health at Wheatsfield Cooperative Nov. 8 from 6-7 p.m. Speaking at the CoOp is Dr. Ted Scherier, who will explain the reversal process for diabetes and demonstrate how to make a healthy hummus and salmon mango spinach salad. Charge for the event: \$5 for members and \$8 for non-members. For more information about the event, visit the [Wheatsfield website](#).

## LETTUCE BUY LOCAL



Sustain your body, environment and community by purchasing fall produce from the Horticulture Research Station. Available produce is posted on Mondays by 4 p.m. and can be viewed and purchased on the station's [Produce For Sale website](#). Orders must be made before Thursdays at noon, and can be picked up every Friday from 11:30 a.m. to 1:30 p.m. in the courtyard, and by Harl Commons, Curtiss Hall. Orders are paid for at pick-up in the form of cash or check. To learn more about how to get involved with the station, visit [their website](#)!

# NOVEMBER CALENDAR

01

**Great Pumpkin Disposal Program**  
**110 Center Ave. | M-F 7a.m.- 3:30 p.m.**  
Keep your pumpkins out of the trash by dropping them off at the Resource Recovery Center, 110 Center Ave. for composting through Nov. 15 M-F, and Sat. 8 a.m.- noon.

03

**Free Yard Waste Day**  
**400 Freel Drive | 8 a.m. - 4 p.m.**  
Rake up and dispose of all those Autumn leaves during the City of Ames Free Yard Waste Days, Nov. 3, 17 and Dec. 1. Brush, as well as leaves, is accepted on Nov. 17.

06

**FIRST LEGO League**  
**Howe Hall | 10 a.m. - 3 p.m.**

Promote STEM to children and assemble LEGO League kits. All ages are welcome to participate. Large groups are encouraged to email [fll@iastate.edu](mailto:fll@iastate.edu).

08

**Nature at Noon - Holiday Decorating**  
**Reiman Gardens | 12 p.m.**

Attend this month's Brown Bag Lecture and learn how to decorate for the holidays using florals, greens and other sustainable materials. ISU students and Reiman Garden members can attend for free. Non-members pay admission to the Gardens to attend.

09

**Mobile SHOP**  
**Fredrickson Court, SUV | 3 - 6 p.m.**  
Grab a free meal through the annual SHOP (Students Helping Our Peers) mobile pantry at the Frederiksen Court Community Center and SUV laundromat. An assortment of snacks will also be available for pick-up.

**Snow Magic Kick-off**  
**Downtown Ames | 5 - 8 p.m.**  
Welcome the holiday season by attending this free event in Downtown Ames. Write a letter to Santa, watch the holiday tree lighting, ride in a horse-drawn carriage and many kid-friendly activities.

10

**Recreation Services Trip Registration Deadlines**  
**Multiple Locations | Nov. 9, 12 and 30**  
Register to explore the outdoors across the United States over break with ISU Recreation Services. Canoe, backpack, kayak or rock climb during weekend trips. Registration ends on Nov. 9, 12 and 30.

14

**Sust-Ames Local Shopping 2018**  
**Downtown and Campustown | All Day**  
Shop local with Main Street and Campustown businesses. Receive discounts, enter to win local shopping gift packages and get a free reusable/pouchable shopping bag (while supplies last).

15

**Soap from Scratch**  
**Story County Conservation Center | 6 - 8:30 p.m.**  
Handcraft eco-friendly soap bars using the cold-press technique. All participants must be at least 16 years old, register and pay a \$30 fee by Nov. 5 at 4 p.m. [Register online](#).

24

**Growing Together Community Garden**  
**Curtiss 0013 | 3:10 - 5:00 p.m.**  
Learn about FARRMS (Foundation for Agricultural and Rural Resource, Management and Sustainability) from speaker Mindy de Herrera. Students, faculty, staff and community members are welcome to this free panel hosted by the Sustainable Agriculture Program.

29

**America Recycles Day**  
**West Staircase of M.U. | 10 a.m. - 2 p.m.**  
Meet the Student Government Sustainability Committee and other organizations at the Memorial Union Nov. 15 to learn more about recycling at ISU, and get a chance to win fun prizes.

**Small Business Saturday 2018**  
**Downtown Ames | All Day**  
Continue the season festivities by shopping small and local. Visit local shops, take advantage of holiday specials and even have breakfast with Mr. and Mrs. Claus (9 - 11 a.m.).

**Creating Green**  
**Memorial Union, Workspace | 10 a.m. - 5 p.m.**  
Find gifts for friends and family at ArtMart or bring any gift that needs wrapping and get them wrapped, at no charge, by members of the Live Green! Team and The Green Umbrella student organization. Wrapping is made of upcycled materials (including ISU Athletic posters) as part of the Live Green! 10-Year Anniversary celebration. Event continues Nov. 30, 10 a.m. - 8 p.m.

See more sustainability events on the [Live Green! calendar](#).

# LIVE GREEN! MONTHLY

"PEOPLE MAY NOT  
REMEMBER EXACTLY  
WHAT YOU DID, OR  
WHAT YOU SAID, BUT  
THEY WILL ALWAYS  
REMEMBER HOW YOU  
MADE  
THEM FEEL."

-MAYA ANGELOU

## PARKLETS AND PAYING FORWARD: STUDENTS LIVING GREEN!

## REFLECTING BACK AND LOOKING FORWARD: THE HISTORY OF NEW YEAR'S RESOLUTIONS

## CREATING GREEN AND GIVING GREEN: CHALLENGE YOURSELF TO ADD GREEN

# WHAT'S INSIDE

04 &gt;&gt;

**Sustainable Semester Highlights**

Take a read down Memory Lane recapping four months of sustainability in action at ISU.

06 &gt;&gt;

**Students Living Cardinal, Gold & Green!**

Meet ISU students dedicated to creating and giving "green" to their communities.

08 &gt;&gt;

**Now You Know**

Learn the history of New Year's Resolutions and tips to sustain yours.

10 &gt;&gt;

**Cultivate Gratitude**

Sustain through embracing and giving gratitude.

12 &gt;&gt;

**Green-It-Yourself**

Upcycle household stables into refreshing "green" creations.

13 &gt;&gt;

**Monthly Challenge**

Take the challenge to give and gift sustainably.

14 &gt;&gt;

**Green Opportunities**

Inspire "green" connections through events and opportunities.

16 &gt;&gt;

**2019 Symposium on Sustainability**

Save the date for the 2019 Symposium on Sustainability.

18 &gt;&gt;

**10 Years Of Living Green!**

Reflect on the first half of our 10-year celebration events.

19 &gt;&gt;

**December & January Calendars**

Check out sustainable events happening throughout December and January.



Photo by Live Green!

**Thank you and congratulations, Heidi!**

Congratulations to Live Green! Team Member Heidi Kalb as she graduates from ISU this semester, with degrees in Global Resource Systems and Nutritional Sciences, and embarks upon her post-graduation journey!

Thank you for sharing your impressive creativity, amazing talent and skills, never-ending energy and deeply committed and dedicated passion for all things sustainable with Live Green! We will miss you!

**Positions within Live Green!:**

Special Initiatives Intern (2018),  
Campus and Community Engagement Intern (2017-2018)

**Favorite Live Green! memory:**

"All of the little things: watching people grow in sustainability through events, laughs during team meetings, working together as a team for events and seeing how the university put sustainability at the forefront of what they are doing in many different ways."

**Adventures after college:**

Getting married in July and planning to work in infant, child and maternal health and nutrition in developing countries.

**Follow Us!**



*Our celebration year continues throughout the spring semester, too!  
Join us!*

# DIRECTOR'S MESSAGE

Welcome to December, Cyclones!

The season of gratitude is upon us. Lists of what to give are being created and revised. Consideration of buying the perfect gift versus creating it is tossed around as well. In and amongst all of the holiday flurry is also reflection. Reflection of the year that has passed and all that filled it. What has been attempted, what has been accomplished and what has been created.

With this in mind, it seems quite applicable and relevant that the focus of this month's issue of Live Green! Monthly, and this month's Live Green! 10 Year Anniversary theme is "Creating Green." As with individuals reflecting back on the past year, the last newsletter issue for fall semester reflects on all that is and has been sustainability over the first half of the academic year and asks the question, "What green have we created at ISU this semester?" In flipping through this month's newsletter, you will note the answer to that question is, 'Quite a lot.'

One look through our semester highlights, for example, will show such an impressive "creating green" commitment by students, faculty and staff. Additionally, what is immediately apparent is the diversity by which we, as Iowa State University, approach and define the green that we create (and nurture and grow). From art exhibits tracking the lives and history of refugees to talks on international agriculture trade. From celebrating America Recycles Day to offering a pop-up shop to exchange business attire and so much more! A deeper dive into this month's issue reveals a plethora of opportunities to create green through volunteerism, supporting philanthropic events, crafting a holiday gift (and wrapping it up in upcycled flair) and resolving forward for the new year.

Our "created green" not only considers our impact on the planet, it also addresses day-to-day needs and opportunities related to economic sustainability and cultural, community and personal resilience (social sustainability). Our "created green" touches every corner of campus and everyone in our campus community. Our "created green" also offers a connection point of education, engagement and empowerment opportunities for any and all students, faculty and staff, regardless of age, major, position, first language or hometown.

Our "created green" supports our continued journey toward and vision of a sustainable future.

Thank you for all your effort, energy, perseverance and dedication toward creating such vibrant green-ness!! Wishing you wonderful holidays and looking forward to our continued celebration of our 10-year anniversary year next semester!

Yours in green-ness,



Going to the Memorial Union? Take a glance at Live Green!'s gratitude-themed holiday display across from Panda Express Dec. 6 - Dec. 10.



Photo by Krishaun 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.

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The Live Green! Newsletter 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.

Underlined text throughout this publication is hotlinked to offer additional information.

## On the cover:

In the spirit of reflecting on all for which we are thankful, this month's cover captures moments of gratitude from each member of the Live Green! team. Share your snapshots of gratitude with us on social media @ISU\_LiveGreen!

# SEMESTER HIGHLIGHTS

## SUSTAINABILITY ACHIEVEMENTS OF THE FALL SEMESTER

### ENGAGING COMMUNITY



Former Iowa governor and current president and CEO of the U.S. Dairy Export Council, Tom Vilsack, visited Iowa State University in September to talk about international trade relations and its impact on U.S. agriculture. He discussed the factors of trade agreements and how blockades between countries occur. He also hosted an open question forum, allowing attendees to ask questions and share their experiences.



Syrian-born artist Mohamed Hafez and Iraqi-born student Ahmed Badr created a traveling and interactive exhibition this fall titled the Unpacked: Refugee Baggage. Their intention was to educate the Iowa State and Ames community about the lives and history of refugees in America. Senior lecturer of French and Arabic and art curator for University Museums, Jean-Pierre Taoutel, spoke at the exhibition in October about his history in Syria.



Lawrence Haddad and David Nabarro, the 2018 World Food Prize Laureates, hosted the 17th Norman Borlaug lecture in October. They discussed nutrition and its global role. Haddad focused on fixing food insecurity, which he said starts with convincing people their diet is a huge part of the issue. Nabarro discussed policy and highlighted his work with food companies to make manufacturing and marketing more nutritious and sustainable.



Mahdi Al-Kaisi, professor of agronomy at Iowa State University, co-authored a chapter inside a National Academies Climate report on carbon dioxide removal and its positive impact on climate change. The report was titled "Negative Emissions Technologies and Reliable Sequestration: A Research Agenda." The goal of the report was to provide a variety of ideas on how to remove carbon dioxide from the atmosphere.

### CONNECTING CAMPUS



Multicultural Liaison Officers of Iowa State University's undergraduate colleges hosted its second annual two-day free pop-up shop for students in September. The shop offered new and gently used articles of business attire, accessories and shoes that faculty donated. Volunteers were available to style students and give fashion advice. More than 90 students attended on the first day.



Iowa State University organizations celebrated America Recycles Day on Nov. 15 by tabling in the Memorial Union. Their goal was to spread awareness and educate about the importance of recycling on campus to students, faculty and staff. ISU recycling coordinator, Ayodeji Oluwalana, and members of the Student Government Sustainability Committee hosted the event and were assisted by student volunteers.

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Photos courtesy of Iowa State Daily



Green Dot hosted its second major event at Iowa State University this fall and continued to educate the community about power-based violence prevention. Attendees were given information sheets, visited stations that taught them how to recognize and prevent this violence and were encouraged to sign up for their free bystander training program. Those who visited all the stations and participated in activities were able to get a Green Dot t-shirt, button or PopSocket. A raffle was also held at the end of the event.



Iowa State University was awarded the Garrett Lee Smith Suicide Prevention Grant for over \$300,000 to help students struggling with suicidal thoughts and actions. For the next three years, ISU will be receiving \$102,000 to fund and implement six goals: building prevention infrastructure within Student Wellness, training students, staff and faculty on awareness, improving faculty response, administering mental health screening, hiring a suicide prevention specialist and increasing student organization support.

## MAKING A DIFFERENCE



Brittney Lynch, a 2012 graduate of Iowa State, took a risk after graduation and moved to California without a job. With her background in apparel, merchandising and design, it did not take her long to get hired at AG jeans. After five years, Lynch transitioned to RE/DONE, a luxury clothing company that recreates and restores vintage pieces, as one of two lead designers. Her newest line that she created with other lead designer was recently featured in Vogue.



Students Helping Rescue Animals (SHRA), a student organization at Iowa State, organized a fundraiser called Paper for Paws. Its goal was to raise awareness to the ways newspapers can be used at animal shelters. The fundraiser encouraged people to donate old newspapers to their organization instead of recycling or throwing them away all November. Donations were given to Ames Animal Shelter and Story County Animal Shelter.



Members of the Iowa State University organization Indian Students Association (ISA) helped out people of Kerala, India, this fall after the southern state in India experienced flooding that killed more than 400 people. They raised funds and awareness for the state during their annual fundraiser concert, Sanskriti. The event featured traditional Indian dancing and singing, performed by both students and professional performers.



Vanessa Espinoza, ISU graduate student, was the first person to receive the Latinx Youth Leadership Award and be inducted in the Iowa Latino Hall of Fame. She was recognized for her community work and leadership. Espinoza connects with her community through a space she created for Latinx students to learn how to read and write both English and Spanish. She also created a scholarship for people who face adversity.

For more sustainable news, visit the Live Green!'s [headline news](#).



# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## CREATING "GREEN" ENVIRONMENTS, SUSTAINING THE FUTURE

During our month-long recognition and celebration of creating green, two student organizations are highlighted this month that serve as platforms for ISU students to learn more about how they can sustainably impact communities and environments through creating and/or giving time to sustainable projects and social networks – Student Society of Landscape Architects (SSLA) and Pay It Forward (PIF).

### **Student Society of Landscape Architects**

Landscape architecture plays a variety of roles in creating sustainable economic, social and environmental wellness in a community as it creates spaces for people and nature to coexist and benefit each other, Kellie Murtle, current president elect of the SSLA and landscape architecture student, described.

An annual sustainable project of the SSLA involves creating space for students to have fun, relax and learn about the impacts of sustainably-designed environments. The project, called the “parklet” project, involves SSLA members designing an engaging space from a parking space on Iowa State’s campus.

“We wanted to promote what we do and we wanted to provide a space that people could come to do homework,” Abby Brayton, the first ever publicity chair of the organization, said of their 2018 parklet project (pictured above).

One of the SSLA’s most engaging parklet projects involved their creation of the “Park-King” in 2017, which featured a mini-golf course, Brayton said.

Connecting people with landscapes that create a fun and socially sustainable environment is a goal that extends not only to their parklet project, but also club meetings.



Photo Courtesy of SSLA

The SSLA is comprised of 30 plus members and provides networking opportunities and educational experiences for ISU students to understand how to create cost-effective, ecologically and socially functional environments. Guest speakers support this mission, as do the organization’s professional-development activities, according to landscape architecture students like Charlie Rueb, a senior in the Landscape Architecture Program at ISU.

Rueb has been a member of the SSLA since his sophomore year at Iowa State, and became president of the organization this year after serving as president elect his junior year.

Rueb heard about the SSLA when he was working as a “Firm Crawl Chair” in his program; a position put together by professors to help identify firms that landscape architecture students can visit in Iowa.

Rueb’s role connecting with firms and the networking opportunities within the SSLA have been experiences that have helped Rueb gain professional experience. As a result, Rueb landed a job last summer due to relationships he built in the SSLA. His networks have also helped him to connect SSLA members with professional experiences and perspectives on how to sustain useful environments.

“I personally really enjoy having communication with different people, and helping people,” Rueb said of his experience with SSLA and of his desire to

serve as the organization’s president. “I look at younger students in landscape architecture and I want them to succeed.”

Among helping students network and learn information about landscape architecture, the SSLA also works to help community members and freshman looking to apply for a design program at Iowa State to better understand what landscape architecture is.

“I think it’s super important [we are here] because not a lot of people know about landscape architecture. Even people here at Iowa State will say, ‘oh, what’s that?’” Brayton said.

The job goes beyond backyards, Rueb, Brayton and Murtle said, and can bring a landscape architect into a situation where they may be creating a space in a rural or urban, large or small scale area.

In any location, the goal is always to support the health and functionality of environments, Rueb said.

### **Pay It Forward**

Pay It Forward, previously known as the retired national organization “Students Today Leaders Forever,” also focuses on creating healthy and sustainable communities by giving their time to “green” projects.



Photo Courtesy of PIF

PIF’s members participate in service projects in and around Ames, Iowa, once a month during their bimonthly meetings, and also throughout the U.S. during their annual spring break service trip.

Their spring break trip, lasting the entire length of spring break, gives ISU students the opportunity to explore the U.S. and community service while developing socially sustainable

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connections with a variety of people.

"We get a lot of international students [on the trip, which is] cool, being able to meet people from different countries ... You get to meet a lot of different people with a lot of different personalities. You [also] get to know the people you're on the bus with very well ... It's a great experience to meet a lot of people and to do some service while you're in college," Maria Daubenberger, PIF's 'Club Whip,' a managerial overseer of the club's spring trip, said.

During PIF's annual trip, 40 ISU students get to explore various parts of the United States. With this year's trip reaching into the Western United States, travelers can expect to journey from Ames, through Nebraska, Colorado, New Mexico, Texas, Oklahoma and Missouri.

Previous service projects that PIF travelers have worked on include organizing collected flip flops in Niagara Falls for donation to a community in Africa, Jacob Vos, marketing chair of PIF, described.

"One of my favorite parts [about the service trip] is seeing people get comfortable and come out of their shell," Vos said.

Another exciting perk of the trip involves the bonds people get to make as they explore.

"It's not just a cheesy statement about making friends. Ninety percent of the friends I've met [throughout college] I've met through these trips," Daubenberger said.

*"When someone does something nice for you, it's a great feeling ... it's nice to be able to pay that forward,"*

- Maria Daubenberger

For Daubenberger and Vos alike, a key aspect that keeps both engaged with PIF involves seeing their impact on community members, in Ames or on their service trip.

"A lot of the time, they like to give you numbers," Daubenberger said, "like how many meals you've made. Think, with the four hours you put in, you did this much. You can tell just how much [that] meant to them."

When at home, the organization

continues to work on environmentally, socially and economically sustainable service projects, like picking up trash or donating time at volunteer events with other organizations and local businesses.

Currently, an especially unique project PIF members are working on involves making toys for reptiles at a community center in Ames.

The overall goal of these projects, no matter what animals, people or landscapes are involved, is to benefit communities' sustainability and to inspire students to continue with sustainable service habits beyond college, Vos said.

*"When someone does something nice for you it's a great feeling ... it's nice to be able to pay that forward,"* Daubenberger said.



*Engaging more in sustainable living can happen any time in life, even in college. One way students can engage in sustainable living is by participating in a sustainability organization at Iowa State University.*

## PAY IT FORWARD

Photos Courtesy of Jacob Vos and Maria Daubenberger

## STUDENT SOCIETY OF LANDSCAPE ARCHITECTURE

Photos Courtesy of: Charlie Rueb, Kellie Murtle and Abby Brayton

**Charlie Rueb**



**Role**  
President

**Kellie Murtle**



**Role**  
President Elect

**Abby Brayton**



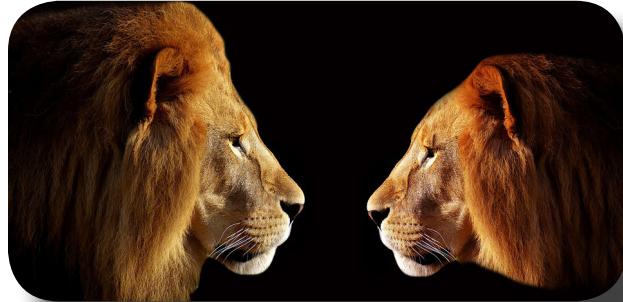
**Role**  
Publicity Chair

# NOW YOU KNOW:

## A HISTORY OF NEW YEAR'S RESOLUTIONS

As 2018 comes to a close, the anticipation of the new year ahead and all the opportunities that await offer inspiration for reflection and visioning toward creating green personally and professionally in all facets of sustainability (environmental, economic and social).

Historically, celebrations for the new year have deep roots that are thousands of years old and primarily center around the month of January—named for the two-faced Roman god, Janus, who symbolized looking backward and ahead to the Romans.



Themes related to resolutions have evolved from goals related to loyalty and atonement of sins, during historical times, to current themes focused on health, money, self-wellness and sustainability.

Resolutions of the new year are considered to have begun some 4,000 years ago (during the Bronze Age) with the Babylonians, a people from Mesopotamia (modern Iraq), during their 12-day religious festival called "Akitu".

During Akitu, celebrated when crops were planted, promises were made to gods related to repaying debts and returning borrowed items. Unlike modern resolutions, the Babylonians believed that if they did not follow through with their promises they would be punished by being excluded from their gods' favor.

Over 3,000 years ago, during the Shang Dynasty, Chinese New Year celebrations are

also believed to have begun in celebration of new planting seasons.

Traditionally, Chinese New Year festivities lasted 15 days in late January or early February



and centered on home and family goals, including cleaning homes to get rid of bad luck and repaying debts. Feasts were also a part of festivities, as were fireworks; which are believed to have been first made in China. Each new year was, and continues to be, associated with one of China's 12 zodiac animals.

Romans also observed the new year, celebrating on the first day of January; the first day of the year as established in the Julian Calendar by Julius Caesar in 46 B.C. In recognition of the new year, Romans made promises of good conduct.

John Wesley, considered a founder of Methodism, is often considered one of the first in western civilization to inspire societies to aim for a fresh start in the new year. In the 1750s, Wesley invented a church service during December and January called "Covenant Renewal Services," which focused on motivating a fresh start for the new year and leaving behind the past year's bad habits.

The recognition of Jan. 1, as the beginning of a new year and a time for resolution, continues today and is the traditional celebration of the new year in the U.S., as well as many countries throughout the world.

# TIPS FOR SUSTAINABLE RESOLUTIONS

Approximately 68 percent of U.S. citizens make and attempt to keep New Year's resolutions each year. Use these tips to assist in setting and sustaining your goals for the new year.

## List your goals

Start by writing out goals! Create a timeline and brainstorm various ways to meet them.

## Plan in steps

For every goal, take things in steps. Take five minutes each day to work on a goal for one week. The next week, try for ten minutes.

## Reward yourself

When a goal is met, create a reward! Try a trip to the movies or a night out with some close friends.

## Be realistic

When creating plans and goals, don't expect impossible or instant results. Long-term results take long-term commitment.

## Track your success

Keep track of progress by writing down accomplished goals. Write down how life has changed with these goals being met.

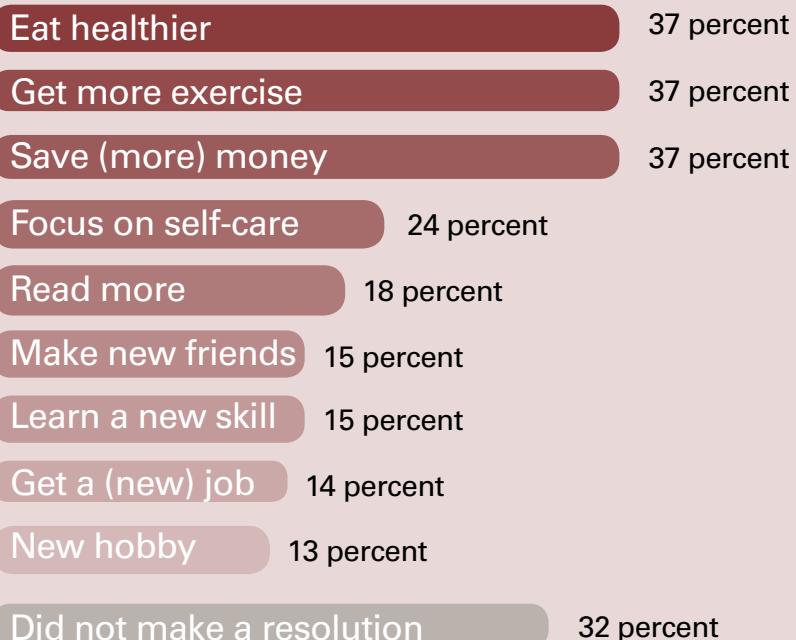
## Keep trying

When mistakes happen, don't give up! Simply adjust plans and keep moving forward.



# 9

COMMON  
NEW YEAR'S  
RESOLUTIONS  
FROM 2018



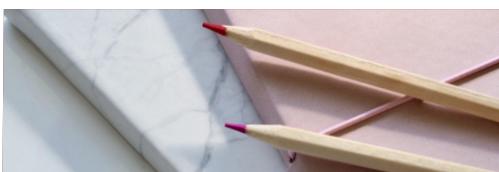
# CULTIVATE GRATITUDE DURING THE HOLIDAYS

## SUSTAIN YOURSELF AND OTHERS THROUGH GIVING THANKS

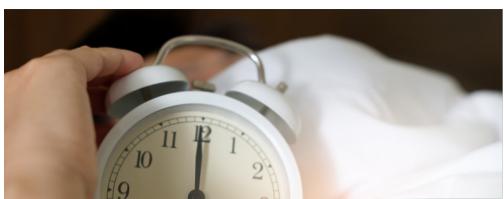
## Benefits of Gratitude



Experience 10 percent fewer stress related illnesses and increase your average weekly exercise time by 40 minutes by practicing gratitude every day.



Increase your long-term well-being by 10 percent by journaling about gratitude daily. This has the same impact of doubling your income.



Increase your quality of sleep, lengthen your sleep duration and decrease the amount of time it takes to fall asleep.



Reap the mental health benefits of gratitude simply by thinking or writing about it, even if you never share it.



Be intentional with your gratitude and decrease your risk of depression by 30 percent. An overall positive attitude can add up to 7 years to your life.

December and January are some of the busiest and filled months of the year in terms of to-do items and gatherings. In the midst of everything, ensuring self-sustainability is vital as it ensures embracing the joy of the season. In sustaining ourselves, we can also actively reflect on what the past year has given to us and fully comprehend our gratitude.

No matter who you are or where you are located, across the planet, gratitude is something we all share and benefit from when taking time to cultivate it. The benefits are many and multiply in doing so. From increasing happiness to reducing stress, gratitude simulates a domino effect when it is nurtured and shared.

There is no one way to practice gratitude. Gratitude is not about what is given or done, it is about the mindset when it is practiced. Some people choose to buy gifts that give back in showing gratitude; supporting causes that support those in need like purchasing sewing machines to support a locally-owned business. Others may donate their time, talent and energy to causes they feel especially connected to and passionate about through alternative gratitude opportunities such as the Salvation Army's "Ring the Bell" event held each Christmas season (see page 15 for more information). Some countries have set aside specific holidays dedicated to gratitude. Germany, for example celebrates Erntedankfest, an event focused on gratitude for the bounty of harvest season through donations of food from their harvest that they give to those in need.

Others may express gratitude through writing sentiments in notes or letters to those who have made a difference in their lives. Especially when ringing in the new year, gratitude through speeches and social media posts are especially prevalent.

When trying to inspire gratitude among others, consider what makes you grateful. Aim to use that to encourage gratitude among your personal network.

For inspiration on ways to show gratitude, check out this issue's monthly challenge and green opportunities page. You can also find ideas at the Live Green! annual display case in Memorial Union from the first week in December until the first week in January.



For more benefits of gratitude, visit The Live Green! headline newspaper.

Though gift giving is a primary go-to when considering how to show gratitude, gifting can be so much more than a box with a bow. Below are some ideas for some unique and personalized offerings of gratitude for the holiday season and throughout the year. In addition to these ideas, check out this month's challenge on [page 13](#), as well as green opportunities listed on [pages 14](#) and [15](#). If you are in the Memorial Union Dec. 3-10, take a look at the Office of Sustainability's "Happy Grati-days" display, across from Panda Express, for even more ideas.



### VOLUNTEER

There is always someone (or cause) who needs help, so donate your time to them. Head to a [local animal shelter](#) and give extra cuddles to an older cat. Visit the [secondhand store](#) down the street and offer to organize donated items. Volunteering helps counteract the [effects of stress, anger and anxiety](#).



### SMILE

Make someone feel included by sharing a smile. Whether a stranger, neighbor or your mom, take the time to let them know you notice and appreciate them through a simple facial expression. You might even [feel less stressed, live longer](#) and feel happier because of all the dopamine and serotonin released.



### GIVE GRATITUDE

Sometimes all a person needs to make their day is a kind word. Tell the people you care about how they make you feel and why. Write a note and surprise them by reading it. Do a [Thankful Throwback Thursday](#) on social media. You can [improve your overall health, sleep and self-esteem](#) by doing this.



### DONATE

Collect food, household supplies, personal items and clothing for a community member or family in need, and drop them off at a [local food bank](#) or [thrift store](#), such as The SHOP (at ISU) or Goodwill. Donating has been proven to [increase moods](#) and to strengthen personal values.



### PAY IT FORWARD

Share your joy with others (and [increase your own happiness and health](#)) by [paying it forward](#). Pay for the coffee of the next person in line or the next car behind you in the tollway. Buy school supplies for a local classroom, or donate supplies to a [local animal shelter](#).



### VISIT A SENIOR HOME

Bring cheer to senior citizens this holiday season by sharing some quality time with them. Have a nice conversation, watch a football game, paint someone's nails or play a card game. Not only can you help [bridge a generational gap](#), you can also [improve the quality of life](#) of seniors living there.



# GREEN-IT-YOURSELF

## CREATE GREEN, REFRESH GREEN

Refresh this holiday season by creating green for your home. Use these ideas to engage aromatherapy, upcycle your closet and add Zen to every day.



### FRUIT RIND AIR FRESHENERS

**Supplies:** Sea salt, citrus fruit (orange, lemon or lime) and fresh herbs (basil, cilantro and mint, etc.) or spices (cloves, cinnamon and nutmeg, etc.), knife, spoon

**Directions:**

1. Slice the fruit in half.
2. Scoop out the fruit using a knife or spoon and set the peel aside.  
Eat, compost or set the fruit aside for a recipe.
3. Fill up the empty fruit rind with sea salt.
4. (Optional) Add herbs or spices to the salt.
5. Place the salt-filled rinds anywhere to get rid of bad smells!

**Additions:** Add essential oils instead of herbs and spices for different aromas.

### DENIM COASTERS

**Supplies:** Fabric glue, scissors, old jeans, glass jars, a jar of water

**Directions:**

1. Cut the side and bottom seam of each leg and cut into a strip.
2. Trim each seam to make sure they are the same width.
3. Place a dot of glue on one end of a seam and begin to roll, adding glue as you go.
4. Continue to roll and add new seams until you have a coaster (trivet, placemat, etc.) at your desired size.
5. Hold the coaster in place while drying by placing a glass jar filled with water on top.
6. Allow the coaster to dry for at least one hour.

**Additions:** Add t-shirt sleeve seams and other materials to add color.

### ZEN GARDEN

**Supplies:** Recycled or upcycled glass, wooden or metal bowl or tray, small decorations (small flat rocks, shells, pine cones and other found items), rake (twigs, forks, chopsticks or wooden pencils)

**Directions:**

1. Add a thin layer of sand to the tray or bowl.
2. Arrange decorations in the sand to ensure room to rake designs.
3. Use a rake to create swirls and waves in the sand. Rake substitutes include twigs, forks, chopsticks or wooden pencils.

**Additions:** Add essential oils to the sand to indulge in aromatherapy as you zen.



# MONTHLY CHALLENGE

**CREATE "GREEN" AND GIVE "GREEN" FOR YOU AND YOUR COMMUNITY**



DEC. 1-15

## Create "green" with donations

Create a greener community by donating to a cause you believe in.

**Donate an hour of time each week to a local food pantry or donate unused or leftover food.**

Time and food donations to pantries are great ways to help sustain food insecure families, individuals and children (who, when on school breaks, are without free/reduced price school lunches).

**Challenge yourself to donate all used and unwanted functional furniture, clothes and household items during the shopping season.**

Donating old items helps reduce the amount of waste in landfills, which increases 25 percent in November and December. People in Ames can also help reduce waste this season by donating their used and undecorated holiday trees to be recycled into wood chips for use in the city's parks.



DEC. 6-31

## Create "green" in every project

Create "green" this season as you buy locally!

**Purchase locally made, reusable, recycled or repurposed materials for all of your projects!**  
Local purchases of locally-sourced items can help you create "greener" gifts and meals by reducing the distance your products have to travel to get to you, and by reducing demand for materials that deplete environmental and economic resources.

**Aim to use reusable paper for all paper projects, including when wrapping gifts.**

Creating your own wrapping paper can help you create a sustainable impact as you avoid contributing to the \$9.36 billion Americans spent on wrapping paper in 2010. Reusing paper also helps eliminate wrapping paper waste, which took up an equivalent of 5,787 NFL football fields of space in a landfill in that same year.



JAN. 1-15

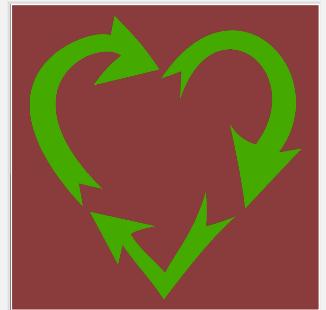
## Give yourself "green" time

Give yourself more time for self-wellness at the start of January.

**Begin aiming for more personal "green" time by first challenging yourself to get enough sleep: 7-9 hours for the average adult.** Healthy sleep habits can help you maintain a healthy mind, body and attitude.

**Additionally, challenge yourself to create a journal entry at least twice a week.**

Journaling can help you work through your aspirations, goals and challenges. Pick from various prompts to see which questions pique the most productive and relaxing journaling exercises for you. Eating nutritious foods, spending time with family and friends, exercising, creating a balanced budget and writing down a to-do list including activities you enjoy are additional habits that can help you create a "greener" and less stressful lifestyle.



JAN. 6-31

## Give "green," inspire kindness

In the new year, aim to give "green" with kindness, to yourself and others.

**Challenge yourself to give more good and less bad to yourself and the world around you.** Learning how your positivity and kindness can reflect back to you is a powerful tool in understanding how sustainability works to benefit you and others.

**Start giving more "green" and less mean through kindness by simply listing out your stresses and how you respond to them, or even may be creating them.** Acknowledging a stressor is the best first step in gaining control of stress according to psychcentral.com. Additionally beneficial is understanding how you can combat your stressors. Perhaps an electric bill is on your list? By turning off lights, unplugging unused utility items and turning off the air when you are not home, you can save money while giving "green," supporting self-wellness and the health of the environment.

# GREEN OPPORTUNITIES

## TAKE THE 10 GALLON CHALLENGE



Make a plan in the new year to buy 10 extra gallons of milk and donate them to a local food bank. When you're done, hashtag [#10GallonChallenge](#) on any of your social media channels to join thousands of people supporting dairy farmers and local families. There is currently an oversupply of milk and a high demand for milk in food banks, yet milk only makes up 5 percent of donations (or less than one gallon of milk per person, per year). Participate in this agricultural challenge to help both farmers and local families in need.

## GET FESTIVE AT THE HOLIDAY MARKET



Indulge in over 30 handmade, vintage, art and design vendors, food trucks, the Lockwood Cafe hot cocoa bar and crepes, Prairie Moon wine, Alluvial beer and more at the Beautiful Land: Holiday Market. This family-friendly market will be hosted at Prairie Moon Winery and Alluvial Brewing Co. Get early access to the collections during Preview Night from 6-9 p.m. on Dec. 7.

Buy your tickets online for \$5. The general public has free admission to the Holiday Market on Dec. 8 from 9 a.m. - 4 p.m.

## GIVE THE GIFT OF SOLAR



Invest in solar energy and sustainable living by purchasing shares in the community solar project with SunSmart Ames from the City of Ames Electric Services department. This project allows you to experience renewable energy without the up-front cost of adding solar panels to your roof. One power pack is estimated to cost \$350, but a payment plan of \$34.17 per month can be set up with Ames Electric Company. Power packs purchased can be transferred to any home in Ames, and buyouts are available for people who move outside of the city.

## ANALYZE THE ENVIRONMENT

### RESOURCE ENERGY DEMAND ANALYSIS

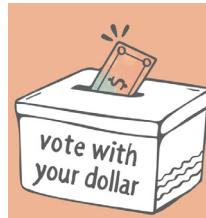
Train to become an analyst through the University of Wisconsin-Madison's accelerated graduate program in applied economics with a focus on Resource and Energy Demand Analysis (REDA). This program teaches students about natural resources and energy conservation, and prepares them to enter an industry that turns data into insights, policy and decisions for the environment. Apply online for Summer 2019.

## GIFT DINING DOLLARS



Use your leftover dining dollars to help your peers at the end of the semester. Purchase non-perishable food, hygiene supplies and household items at any of the on-campus stores and donate to the on-campus food pantry, The SHOP. It was created to help minimize food insecurity at Iowa State University. Donations can be dropped off during The SHOP's office hours at 2312 Food Science Building. If you set up a time and date, The SHOP is also willing to pick up donations within the Ames community.

## VOTE WITH YOUR DOLLAR



Build a green community by voting with your dollar. Support businesses that have adopted green practices, are growing the local economy and pay their suppliers and workers fairly. (The Smart Business Challenge provides a list of green businesses in Ames.) You can vote with your clothes by buying from green-certified businesses and shopping secondhand. Vote with your food by shopping at local grocers and growing your own. Vote with your bank account by opening accounts at local banks. Vote to save forests by going digital.

## SHARE YOUR COMMUNITY'S STORY



Learn about Sustainable Development Goals around the world and share your perspective and community to be a part of a curated global campaign. Use your storytelling skills to empower and inspire people around the world to make a positive change for people and the planet. Submit immersive media, including photography and film, until April 1, 2019 to be included. Register as a partner, collect, upload and analyze your results, produce your media using the Your 360 Media tips and share your story using the hashtag #MyWorld360.

## CONNECT WITH FARMERS



Join farmers and non-farmers at Practical Farmers' 2019 Annual Conference at Scheman Building in Ames, Iowa from Jan. 17-19. This year's conference theme is Cultivating Connections. The goal is to encourage community engagement, improve productivity and increase ecosystem services. Everyone is welcome to attend. Register and pay for only the conference sessions you want to attend.

## ADVOCATE FOR THE PLANET



Educate yourself and others on consumer product sustainability and help strengthen consumer voices through The Sustainability Consortium, a global organization that is transforming the consumer goods industry. TSC partners with manufacturers, retailers, academics and more. Businesses can become a member, consumers can become advocates and anyone can partner with TSC and its members to collaborate or implement initiatives. Read TSC's [sustainability insights](#) to learn more about a particular product category.

## PLANT SOME KNOWLEDGE



Plant one tree for every search you make online using [Ecosia](#), a modern search engine. Ecosia stands behind the belief that trees mean a happy environment, healthy people and a strong economy. For every search you make and advertisement you see, Ecosia gains an income that they use to plant a tree at the price of 23 cents. As of this writing, there are [7 million active users on Ecosia](#), more than 42 million trees planted and more than [\\$7.5 million invested](#) into the environment. Use Ecosia on both computers, [iPhones](#) and [Android](#) devices.

## RESEARCH AT OLE MISS



Gain research experience at the University of Mississippi's [Chemistry Summer REU](#) from May 30, 2019 to August 8, 2019. Students will attend faculty-led lectures and mini-courses, present research and develop a student cohort. A \$5,000 stipend, 10-week housing and meal plan and travel assistance are included. To apply, email the [PDF application](#) to [nhammer@olemiss.edu](mailto:nhammer@olemiss.edu) by February 29, 2019 and two letters of recommendations to [letters@reu.chem.olemiss.edu](mailto:letters@reu.chem.olemiss.edu). All applicants must be U.S. citizens or permanent residents.

## RING THE BELL



Bring joy and relief to those in need this holiday season by ringing the bell with the Salvation Army Red Kettles. Choose from different [locations](#), including Fareway, Hobby Lobby, Hy-Vee, JCPenny, Sam's Club, Walmart and Theisen's. Shifts can be selected [online](#). If a requested shift is within 24-hours, call 515-233-3567 to sign up. Bell ringing can also be done in [groups](#). The last day to ring bells is on Dec. 24.

## SHOW OFF AT SCINITE



Present your work in sustainability or showcase your musical or artistic talent on March 29, 2019 at SciNite, a three-hour event hosted by Iowa State's Student Government Sustainability Committee. All Iowa State University students are eligible to present or perform. Presentations will last approximately 20 minutes and performances will last 10. Performers will go between each presenter. If you are interested in participating in this event, [fill out the application form](#) by Dec. 7. The sustainability committee will reach out to all applicants.

## TELL A STORY ABOUT ZERO-WASTE



Travel around the United States from January to April in 2019, creating and curating compelling social content for the [Post-Landfill Action Network's zero-waste movement](#) spring tour. This [Creative Storyteller position](#) is full-time and comes with a \$2,000 monthly stipend. All travel and accommodations will be paid for while on tour. The ideal applicant is passionate about intersectionality and social, environmental, gender and economic justice. To apply, send a cover letter, resume, storytelling work examples and/or a portfolio to [pope@postlandfill.org](mailto:pope@postlandfill.org).

## SHOP WITH A CAUSE



Support charitable projects around the world and in the Ames community at the 28th annual Ames Alternative Gift Market. It will be held at Wheatsfield Cooperative Grocery on Dec. 8 and 15 from 10 a.m. - 4 p.m. [Alternative gifts](#) are humanitarian gifts given to inspire change. Each gift supports a national or international project and will be accompanied by a complimentary greeting card and informational insert to describe the chosen project. Gifts are tax-deductible. If you are unable to attend, [view the catalog online](#), get a free one [delivered to you](#) or [visit the website](#).

## "INFEWS" SUSTAINABILITY



Research renewable energy, biomass production, water purification and soil amendment at the 10-week [REU: Infews-food, Energy, Water Security program](#) at Mississippi State University. Chemistry, biochemistry, engineers and environmental science majors are encouraged to apply. A \$5,000 stipend will be provided as will housing, meals and travel assistance. The program runs from May 28 to August 8. Apply [online](#) by March 1, 2019.

# SAVE THE DATE

## 2019 SYMPOSIUM ON SUSTAINABILITY

# Envisioning Our Next Sustainable Decade

The Iowa State University Symposium on Sustainability, started in 2009 as a component of the Live Green! Initiative. The event, this year celebrating its tenth year, began with the intent and focus of offering opportunities to engage students, faculty and staff in sustainability at Iowa State University. Throughout the past decade, this annual event has featured well-known champions of and in sustainability, offered opportunities to highlight campus and community sustainability research, initiatives and accomplishments and celebrated students, faculty and staff contributing to excellence in sustainability at ISU. These traditions continue today.

## Symposium EVENTS

### Monday's Events (Feb. 18)

#### Juried Research Poster Session

Research posters, addressing areas of sustainability, are being solicited for a juried poster session during this year's Symposium on Sustainability. Cash prizes will be awarded. To enter your poster, visit the [Live Green!](#) website. Entry forms are due by Feb. 1.

#### Juried Art Show

Artwork in all styles of media is being solicited for a juried art show at this year's Symposium on Sustainability. Cash prizes will be awarded. To enter your artwork, please visit the [Live Green!](#) website. Entry forms are due by Feb. 1.

#### Keynote Speaker - Captain Scott Kelly

This year's opening keynote is NASA Astronaut Captain Scott Kelly. His lecture is entitled "The Sky is Not the Limit." Kelly captivated the world and seized the imagination of millions during his record-breaking year spent living in the International Space Station; proving that the sky is not the limit when it comes to the potential of the human spirit. On his trip, Scott, together with his identical twin brother Mark (the husband of Arizona Senator Gabrielle Giffords) on Earth, paved the way for the future of space travel and exploration. Kelly helped the world see the impacts of climate change when he returned from his 2017 expedition and shared pictures of Earth [covered in pollution](#). Following his address, Kelly will be available for photographs and autographs.

FEBRUARY 18 - 19  
Iowa State University  
Memorial Union



Courtesy of NASA

# Tuesday's Events (Feb. 19)

## Sustainability Organization Tabling Event

Tabling displays are encouraged from all campus and community organizations that support and further sustainability and the Live Green! Initiative. Tabling request forms can be found on the Live Green! website and should be received by February 1. Space is limited, reserve early.



## Clothing Swap

Donate gently used clothing and swap them for new-to-you fashions at the Clothing Swap. Collections will be held during January to supply the clothing swap ([see page 18](#)). Change up your wardrobe with a twist of gently used clothing. Items not swapped will be donated to non-profit organizations to disperse.

## Award Presentation

The Live Green! Awards for Excellence in Sustainability will be presented to Iowa State University students, faculty and staff who are making an impact on the campus sustainability efforts by generating awareness and interest through initiatives that focus on teaching, research, outreach and/or operations. Nomination forms are due Feb. 5 and can be found on the [Live Green! webpage](#).



Photo courtesy of  
The Iowa State Daily

Winners from the poster session and art show will also be announced and awarded.



## Panel Discussion

Students, faculty and staff and community members who have served in leadership roles throughout the Live Green! Initiative's first 10 years will take part in a panel discussion and attendee dialogue reflecting on the goals of the Live Green! Initiative and the vision for the next decade of sustainability at Iowa State University.



## Locally-Sourced Receptions

Both Monday and Tuesday evenings will feature locally-sourced sustainable snacks provided by ISU Dining.

## Sustainably-Minded Activities

Join in the fun of learning, engaging in and being empowered to learn more about sustainability and ways to Live Green!

Photos courtesy of Live Green!

**Check In!** For more information and details about this year's Symposium on Sustainability events, visit the [Live Green! website](#).

# 10 YEARS OF LIVING GREEN!: WARMING UP THE WINTER...

## November

### Buying Green Sust-Ames Local Shopping Event

November's "Sust-Ames" event was quite a delight, with crisp cold breezes the weather seasoned the day with Holiday cheer. Early shoppers were treated to a one-of-a-kind, reusable shopping bag especially designed for Sust-Ames as part of the Live Green! 10-Year Celebration. Stores and businesses offered holiday discounts and drawings as a special promotion for the event, and stores offered holiday samples and treats for their customers.



December's "Sustainable Gifting" event found volunteers at the Live Green! holiday-wrapping table, offering to wrap holiday packages in sustainable and recycled-wrap and bows. The team was busy at work supplying Art Mart shoppers with this free opportunity. For more sustainable holiday ideas, check out the holiday display across from Panda Express in the MU.



## December

### Creating Green Sustainable Gifting Event

## January

### Giving Green

#### Collecting for Community Initiative

January's "Give Green" event will feature a collection of gently used clothing, canned food and household cleaning supplies. Collection boxes will be located in the Memorial Union, General Services Building, and in ISU Dining Centers (January 28-February 3). Collection boxes will also be placed throughout Ames' local businesses and companies.

While away from campus, collect your gently-used clothing to bring back and include within our "Give Green" collection boxes. Live Green! is collaborating with local non-profits to share donations with individuals, facilities and communities in need.

Learn more and drop-off donations, Jan. 17 from 11 a.m. - 2 p.m. Stop by our Giving Green tabling event in the Memorial Union, just outside the Iowa State University Bookstore. Stay connected to all of our 10-Year events and read more about each month's celebratory theme.

# DECEMBER CALENDAR

# 06

## Wood Burned Ornament Walk-In Craft

**Memorial Union, Workspace | 10 a.m. - 4 p.m.**  
Craft a wooden gift with love during the Workspace's open hours Dec. 6-9. Stamp a design on a wood slice and trace it with a wood burner, or freehand your own idea. Cost: \$6.

## Winter Garland Walk-In Craft

**Memorial Union, Workspace | Open Hours**

Make a garland up to 5 feet long, using strips of colorful and patterned flannel during the Workspace's open hours, Dec. 6-8. All ages are welcome, but children must be accompanied by an adult. Cost: \$8

## Student Wellness Dead Week Events

**Parks Library | 11 a.m. - 4 p.m.**

De-stress for free during dead week. Play with dogs during Barks@Parks, color, complete puzzles and play games, visit the mindfulness room and receive chair massages. Hours and days for each activity vary.

## Jolly Holiday Lights

**Adventureland | 5:30 - 10 p.m.**

Take your family and ride through a 2.5 mile, 100 light holiday display until Dec. 29. Pop into the Wish Shop to visit Santa, drink hot cocoa and shop until Dec. 23. Cost: \$20 per car and \$40 per limo. All admission fees go to Make-A-Wish Foundation. Buy tickets online, at Hy-Vee, Casey's or the Make-A-Wish Iowa office.

## Holiday Tree Sales

**Reiman Gardens | Times vary**

Buy a holiday tree and wreath from the Iowa State Forestry Club. Tree prices range \$30-60 and wreaths are \$20-30. Sales are on Dec. 6, 7, 8 and 9, and will take place at Reiman Gardens at various times.

# 07

## Holiday Home-Based Business Shows

**North Grand Mall | 8 a.m. - 5 p.m.**

Shop at local home-based businesses in one place this December. This free reoccurring event happens every Thursday through Sunday in December at varying times.

# 08

## Pass Along Party

**611 Clark, Ames, IA | 4 - 5:30 p.m.**

Attend the annual Food At First Pass Along Party and receive donated gently used or new Christmas gifts, including toys and household items. Homemade cookies and a gift-wrapping station will be available and Santa will make an appearance.

# 10

## Beekeeping Basics

**220 H. Ave, Nevada, IA | 6:30 - 8:30 p.m.**

Learn the basics of beekeeping with ISU Agriculture Specialist Zack Koopman. Register for the free event by calling the Story County Extension Office or emailing [xstory@iastate.edu](mailto:xstory@iastate.edu). Open to all ages.

# 13

## Fresh Evergreens for Your Holiday Table

**Wheatsfield Co-op | 6:30 - 8:00 p.m.**

Learn how to distinguish between evergreens and create a tabletop arrangement using fresh-cut greens and decorative material that will last into the new year. Cost: \$10 for members, \$12 for non-members. Register online by Dec. 10.

# 14

# 18

## Nature at Noon: A Plant's Role in Nutrition

**Reiman Gardens | 12 - 1 p.m.**

Eat lunch and learn about the complex ways plants are processed into food and feed. Cost: free for members and ISU students, general admission for non-members.

# 20

## Downtown Winter Farmers' Market

**400 Locust, Des Moines, IA | 8:00 a.m.**

Stock up on locally produced items for holiday meals, parties and gifts at the Des Moines Winter Farmers' Market on Dec. 14 and 15.

# 21

## Luminary Hike

**McFarland Park | 6 - 9 p.m.**

Hike around McFarland Lake with glittering lights guiding your way and sip hot cocoa by a campfire after. Choose between two time frames (6 - 7:30 p.m. or 7:30 - 9 p.m.) Cost: \$5. If it snows, snowshoes will be provided at no extra cost. Register online by 4 p.m. on Dec. 12.

# 27

## Mingle on Main

**Reiman Gardens | 5 - 7 p.m.**

Stroll through Downtown Ames and enjoy sales, treats, drinks and contests to celebrate the holiday season. This free event happens every Thursday in December until Dec. 25.

## Light the Night

**Jester Park Nature Center | 5:30 - 9 p.m.**

Celebrate the beginning of winter and the longest night of the year by hiking along the Discovery Trail lit with luminaries. End the night with hot cocoa and a bonfire under the stars. Cost: \$5. Register online by Dec. 19.

## December Snowshoe Hike

**McFarland Park | 10 - 11:30 a.m.**

Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: \$5. Register by Dec. 26 at 4 p.m. online to participate.

# JANUARY CALENDAR

**01**

## Beat the Blues Winter Marathon

### **McFarland Park | All Day**

Walk, run, ski, snowshoe, bike or play outside for one hour between Jan. 1 and March 1 to complete a 26-mile marathon. Go alone or with your family or friends. Finishers will receive \$10 off any Story County Conservation registration. Pick up a free mileage log at McFarland Park (8:30 a.m. - 4:30 p.m.) before Jan. 1.

**03**

## Winter Hikes with Outdoor Alliance

### **Various Locations | 1:30 p.m.**

Meet outdoor enthusiasts in Story County and explore local areas this winter. Hikes will happen every Thursday in January, as long as the roads are safe to drive. No registration or fee is required.

**05**

## Health & Fitness Expo

### **E. 34th St., Des Moines, IA | 4 p.m.**

Explore more than 100 vendors at the free 2019 Health & Fitness Expo on Jan. 5 and 6. Participate in sunrise yoga, guided workout sessions, cooking demonstrations and more. Download the app to enter to win prizes and for an on-the-go exhibitor list and map.

**11**

## January Snowshoe Hike

### **McFarland Park | 5 - 6:30 p.m.**

Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: \$5. Register by Jan. 9 at 4 p.m. online to participate.

**15**

## Martin Luther King Jr. Day of Service

### **2400 Oakwood Rd., Ames, IA | 1 - 4 p.m.**

Volunteer with the Volunteer Center of Story County in honor of Dr. King's legacy of community engagement. Make t-shirt mats and rugs for local animal and emergency shelters, donate blood or volunteer. For more information, visit VCSC's website.

**17**

## Collecting for the Community Initiative

### **Memorial Union | 11 a.m. - 2 p.m.**

Pay it forward and drop off canned goods and gently-used clothing to the Live Green! table outside of the bookstore in Memorial Union.

**19**

## It's Time to March Again

### **1007 E. Grand Ave., Des Moines, IA | 8 a.m.**

Harness the political power of diverse women and their communities to create change this January at the third annual Iowa Women's march. Bring signage, marching shoes, water, family and friends. Sign up online to march and volunteer.

**24**  
**26**

## January Dollar Days

### **Main Street Businesses | All Day**

Head to Main Street on Jan. 24, 25 and 26 to receive exclusive discounts at participating Main Street businesses.

**27**

## Ice Breaker Triathlon

### **948 73rd St., West Des Moines, IA | 6 - 11 a.m.**

Beat the cold by running, biking and swimming for a cause at the annual Ice Breaker Triathlon. All proceeds will go to Girls on the Run of Central Iowa and the Walnut Creek Family YMCA Annual Campaign. Cost: \$40 for individuals, \$100 for families. Prices increase after Jan. 11. Register online by Jan. 23 to participate.

**28**

## MLK Legacy Series Keynote Speaker

### **Memorial Union, Great Hall | 7 p.m.**

Educate yourself about intersectionality and diversity by attending the capstone lecture of the Martin Luther King Jr. Legacy Series. Brittany Packnett, culture and justice leader, will be presenting. She is currently the vice president for Teach for America's National Community Alliances.

See more sustainability events on the  
Live Green! calendar.

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

Krishawn Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)  
Paige Anson | [pmanson@iastate.edu](mailto:pmanson@iastate.edu)

# LIVE GREEN! MONTHLY



**"EVERYTHING IS  
IRRELEVANT BUT THIS:  
TO EMBRACE LIFE.  
TO FEEL IT.  
TO SAVOR IT.  
TO LOVE IT."**  
- MARTY RUBIN

## EMBRACING SUSTAINABILITY: CYCLONES OFFERING CONNECTIONS

## CELEBRATING 10 YEARS: GEARING UP FOR PART TWO

## ENVISIONING OUR NEXT DECADE: 2019 SYMPOSIUM ON SUSTAINABILITY

# WHAT'S INSIDE

04 >>

## Students Living Cardinal, Gold & Green!

Meet ISU students dedicated to embracing "green" in their community.

06 >>

## Now You Know

Reflect on how differences can inspire opportunity, understanding and sustainability.

08 >>

## Valentine's Day

Learn how appreciation can sustain a relationship, your wallet and the world.

10 >>

## 10-Year Celebration Events

Engage with us as we celebrate and envision our next sustainable decade.

12 >>

## Sustainable Break Highlights

See what happened in sustainability at ISU over the 2018 winter break.

13 >>

## Monthly Challenge

Embrace "green" through education, engagement and empowerment.

14 >>

## Green-It-Yourself

Express love and appreciation through these upcycling ideas.

15 >>

## Green Opportunities

Discover events and opportunities for embracing "green" this month.

16 >>

## February Calendar

Check out sustainable events happening this month.

### WINTER ON CAMPUS

Jan. 29 - Jan. 31

ISU canceled all classes and non-mandatory work on campus for the first time since 2014 due to a National Weather Service advisory for wind chill. Temperatures reached -30 to 60 degrees Fahrenheit below zero.

#### Green News

ISU stayed below peak steam demand for heating and electricity during the closing.

#### 2014 Polar Vortex

-14 F |-1 F  
Steam: 6.3 million lbs of steam to campus

#### 2019 Polar Vortex

-21 F |-8 F  
Steam: 6.2 million lbs of steam to campus

Underlined text throughout this publication is hotlinked to offer additional information.

IOWA STATE UNIVERSITY

# LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS



Photo by Live Green!

## Welcome to Spring Semester!

"Green" wishes from the Live Green! Team for a semester filled with new adventures and bountiful success! We look forward to embracing "green" with you this month as we continue to celebrate the 10-Year Anniversary of the Live Green! Initiative at ISU!

To learn more about our 10-Year Celebration monthly events, visit the Live Green! [blog](#) and [website](#). Also, learn about upcoming 10-year events on [page 10](#).

This month, Live Green! also welcomes the 2019 Symposium on Sustainability, "Envisioning Our Next Sustainable Decade." For information about this year's Symposium, read [page 11](#), and learn about previous Symposia on the Live Green! [website](#).



Feb. 18, Stephens Auditorium  
Feb 19, Memorial Union, Great Hall

Show us how you embrace "green" by sharing your experience on social media and tagging @ISU\_LiveGreen!

Follow Us!



# DIRECTOR'S MESSAGE

Happy spring semester, Cyclones!!

Just like that, we are halfway through the year and counting down the weeks until another academic year will be in the books at Iowa State University. We are also in the final months of our year-long celebration of the 10-Year Anniversary of the Live Green! Initiative at ISU.

As a recap, this celebration year is all about highlighting and celebrating the MANY ways Iowa State has pursued, committed to and succeeded in "greenness". And each month, August – April features a different theme related to excellence in sustainability. Fall semester showcased: Moving Green, Dining Green, Learning Green, Buying Green and Creating Green. To date, spring semester has featured Giving Green in January and engaged campus and community in a wonderfully successful "Collecting for the Community Initiative", resulting in the donation of hundreds of pieces of clothing, as well as food and toiletry items and the transfer of flex meals and dining dollars from students to their peers in need through ISU Dining (see more details in our last newsletter).

February, we celebrate Embracing Green. This month (though highlighting the diversity of ways we embrace sustainability throughout all of campus) focuses especially on social sustainability. Specifically, the many ways Iowa State University offers opportunities and supports initiatives that fully embrace the different perspectives, experiences, viewpoints and contextual considerations within and for our campus community. From embracing energy conservation during winter break and offering new venue options (featuring Mediterranean fare, ergonomic options and ice), to coffee discussions, a NASA perspective on climate change and clothing swap. Not only does February at Iowa State University feel like an embrace of green, it feels like a bear hug.

We are so excited to share February with you!! Make sure to read over pages 10-11 for details on this month's Coffee & Conversations event as well as the 2019 Symposium on Sustainability and stay connected to all things embracing green through the Live Green! website, Live Green! calendar and all of our social media platforms (linked on the bottom of EVERY even-numbered page of this newsletter).



## DIRECTOR'S UPDATE

The Student Government Sustainability Committee is excited for the start of a new semester and we have many exciting things underway!

The Green Initiatives Fund funded three out of five applications last semester. The first was for the revitalization of the student government owned space by Lake Laverne by FP&M interns Jeff Hyler and Kenzie Foldes. We also funded a project by Buchanan Hall Council president, Logan Armstrong, to place hammock poles in the grassy area by Buchanan and Geoffrey Hall. The third project was building a solar powered charging station for mobile devices, designed and built by Engineers for a Sustainable World.

If you have an interesting, sustainably minded project that you are looking for funding for, consider applying to the Green Initiatives Fund! The application can be found on the Student Government website, as well as the Office of Sustainability's website.



Photo by Paige Anson

**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.

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**TONI SLEUGH** is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

The Live Green! Newsletter 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 sustainable.



# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## EMBRACING SUSTAINABILITY THROUGH STUDENT-LED INITIATIVES

February is a month known for embracing all that we love and cherish. This month, our featured students are ones whose embrace includes sustainability.

Embraces can be all-encompassing, focused and everything in between. The Green Umbrella (TGU) student organization and the Peer Wellness Educators (PWE) program offer expansive embraces to all things sustainable, in all facets of sustainability: environmental, economic and social. Each with their own approach.

### The Green Umbrella

According to Lia Gomez, co-president of TGU, the organization is "a big network of knowledge and helpfulness" that has connections to many sustainability influencers on campus.

Members of the organization come from all majors, all years and all backgrounds. Because of this, the knowledge within TGU is expansive. Some members know a lot about environmental sustainability while others have more experience in social.



This diversity allows for everyone's perspective to flourish.

"Perspective teaches you different aspects [of sustainability]. You learn about

people and ideas. You need all sides of it [perspective], otherwise it's two-dimensional and it doesn't mean anything," said Aviana Pingel, co-president of TGU.



GREEN UMBRELLA

In TGU's meetings, new and old members connect and talk about campus sustainability efforts and opportunities. They also invite guest speakers to talk about the various facets of sustainability. Past lecturers include a dietitian, a student finance officer and a social justice activist.

**"To embrace sustainability, it should be in whatever way fits best in an individual's life. Everybody is going to be different."**  
- Lia Gomez

Outside of club meetings, The Green Umbrella connects with the general college public at green events throughout the year, including Earth Day, National Campus Sustainability Day and Sustainapalooza.

According to Gomez, these are the types of events that really highlight sustainability on campus.

"It's on those days where everything kind of comes full

circle and we're able to highlight the facets of sustainability and show ISU students, faculty and staff the presence sustainability has on campus through local organizations. It's also at those times the most dialogue is had regarding sustainability," Gomez said.

In order to navigate a wide range of perspectives, Pingel said TGU focuses on inclusivity in all their events and interactions.

"It's all about sustainability, education and outreach. We really try to focus on the general public and try not to make it [sustainability] sound too impossible," Pingel said.

Many times when sustainability is discussed, environmental sustainability topics such as composting, recycling and food systems are brought up. Gomez and Pingel, however, believe sustainability looks different for everyone.

TGU spends time helping people find different ways to be sustainable (environmentally, economically and socially) that fits where they are in life.

"To embrace sustainability, it should be in whatever way fits best in an individual's life. Everybody is going to be different," Gomez said.

### Peer Wellness Educators

Peer Wellness Educators, the students a part of the Peer Wellness Education Program, was envisioned in 2016 and was officially offered to ISU students in 2018. They serve as another student-led initiative that promotes different ways people can practice sustainability.

PWE focus on eight dimensions of wellness (physical,

environmental, intellectual, financial, social, occupational, spiritual, and emotional), which directly correlate with the three facets of sustainability and intersect with each other. When one is altered, another is affected.

PWE work to help people find their peak through education and advocacy in an accessible environment.

"We call it holistic wellness, where people can reach the peak in their wellness journey," said Satoria Williams, a PWE.

Aviana Pingel, also a Peer Wellness Educator, suggested taking the time to evaluate where each of your dimensions connect so you can achieve the ultimate level of the wellness you desire.



Pingel noted peak wellness is a matter of balance among your eight dimensions. Similarly to embracing sustainability, finding balance is unique and personal for everyone.

In addition to helping their peers, PWE also facilitate their own programs and events that focus the eight dimensions of wellness.

Many of the PWE events are related to topics college students are not accustomed to initiating. For example, during fall semester of 2018, PWE brought free HIV/

STD screenings to campus and a mobile flu shot clinic.



"There were so many people on campus who needed that resource and we were able to provide it," Williams said about the HIV/STD screenings. The line got so long that one of the PWE brought yoga mats to Lake LaVerne and started an impromptu yoga session.

It's connections like these that help bridge relationships between Peer Wellness Educators and students.

"One of the things about being a Peer Wellness Educator is that if your peers know you're a Peer Wellness Educator, [they] feel more comfortable talking to you about a problem than staff," Pingel said.

Pingel uses her position as a Peer Wellness Educator and co-president in TGU to highlight environmental sustainability on campus. However, she is making sure to expand her knowledge in the other facets.

"I get to take away anything I want [from peer wellness]. If I want to learn a new skill or a new topic, I just dive into that," Pingel said. She also gets to share these new skills and knowledge with both her coworkers and other students.

Williams also actively embraces sustainability as a PWE. Last semester, she created plans to

put body positivity signs in locker rooms and to offer an accessible green space on campus for students to grow their own food.

No matter the individual focuses of PWE, collectively, they are all anchored and balanced.

"They're all interconnected. They're important because they're all connected in one way or another. We're social beings, so we need one another. We need ourselves," Williams said.

Through projects and conversations, both Peer Wellness Educators and The Green Umbrella embrace sustainability and educate, engage and empower their peers through offering connections.

Copy and layout by Krishaun Burns

**Lia Gomez**  
*The Green Umbrella  
Co-president*



**Aviana Pingel**  
*The Green Umbrella  
Co-president  
Peer Wellness Educator*



**Satoria Williams**  
*Peer Wellness Educator*



# NOW YOU KNOW

## EMBRACING DIVERSITY, EMBRACING COMMUNITY

In our globalized society, and especially in an international university community at Iowa State, diversity surrounds us.

### What is diversity?

Put simply, diversity is difference and it exists in the lives of all people.

Difference can be found in the variety of foods, cultures, ideas, stories, experiences, personalities and beliefs we have, as well as in the videos, articles, books, movies and hobbies we spend time enjoying. It also exists in the differences between seasons, animals and landscapes on our planet.

### Why is diversity important?

Embracing difference in all that surrounds us offers incredible personal adventures to people which can help them live enriched, balanced and (socially, environmentally and economically) sustainable lives.

Opening ourselves up to new places, discussions, activities, recipes or ideas brings new perspectives, new opportunities and life-changing memories. The existence of — and millions of views and comments on — travel, food, lifestyle and movie websites, blogs and vlogs reflect this.

Additionally, embracing diversity especially as a lifestyle choice also inspires people to feel they have a more holistic understanding of and involvement in life and with people, supporting a socially sustainable future.

Ideas in a RefineThe Mind [blog post](#) on embracing diversity describe how in appreciating the value of difference in people, one can learn to empathize with all types of people; inspiring support of global equity and



nurturing a culture of inclusion.

According to the same post, learning to appreciate the differences among us is like any new journey. It takes time, effort, practice and requires a welcoming and inclusive mindset.

Stereotyping is a non-inclusive practice where one makes an assumption about the differences of others. Stereotypes can include assuming somebody's income based on their clothing, or assuming that somebody's age/gender/sex/race/ religion/weight/color/orientation/ability/ etc. determines their worth, personality, mental or physical abilities.

Eliminating assumptions and embracing difference can create environments that are more inclusive to others, which can open doors for developing and sustaining relationships while creating a more welcoming, equitable and resilient community.

A community that supports a welcoming atmosphere can also encourage other forms of personal and societal sustainability.

Decades of research have shown that groups of different people with unique experiences and expertise create high levels of innovation and complex problem solving in their communities, according to the [Scientific American](#).

With more innovation and problem-solving skills in a community, group and individual goals involving progressive environmental, economic and personal wellness can be pursued and achieved.

For example, innovation with renewable energy has enabled Iowa to generate [more than 36 percent](#) of its electricity with sustainable wind energy. This has reduced Iowa's carbon footprint and has helped Iowa employ [8,000-9,000 people](#) while generating [\\$20 million to \\$25 million](#) annually in lease payments to landowners.

A welcoming atmosphere can also encourage the sharing of skills within a community,

such as language skills, which can increase a community's economic sustainability.

Speaking a second language is a skill that only 22 percent of U.S. residents have and one that employers are actively seeking.

Job listings obtained for [a report](#) by Burning Glass Technologies show that listings aimed toward bilingual workers had rocketed up from 240,000 postings in 2010 to 630,000 postings by 2015.

In supporting a community that welcomes diversity among people and ideas, one also opens their senses to enjoying the different sites, tastes and feelings of life.

In fully exploring the senses and opportunities the world has to offer, we not only more fully appreciate and explore our natural environment and value its care and sustainability, we place value and reverence on our cultural environment and a socially sustainable future.

Through embracing difference in all aspects of life, one empowers a legacy of understanding among people that strengthens us all.

Copy, layout and graphics by Paige Anson

## Diversify Your Adventure at Iowa State

**Join a sustainability-minded student organization.**

**Explore classes that focus on or relate to social, economic or environmental sustainability.**

**Discover study-abroad opportunities.**

**Attend a sustainability event: learn about opportunities on pages 10, 11, 15 and 16.**

**Volunteer and help sustain the community.**

**Learn more about opportunities at the [Live Green website](#) and [ISU Study Abroad website](#).**



## 10 Opportunities for Embracing Community

**1** *Open up. Look at new experiences as opportunities.*

**2** *Be brave. Challenge the uncomfortable to become comfortable.*

**3** *Break routine. Discover new experiences, places and ideas.*

**4** *Pause. Take a moment to notice everything that surrounds you.*

**5** *Immerse in new ideas. Explore blogs, vlogs art and podcasts.*

**6** *Listen. Be intent in hearing what others are saying.*

**7** *Seek understanding. Dig deeper and ask questions.*

**8** *Empathize. Relate to the experiences of others from their perspective.*

**9** *Be patient. Allow others time to fully express their ideas.*

**10** *Embrace positivity. Be a change agent for your community.*



# EMBRACE LOVE IN ALL ITS LANGUAGES

## BECOME FLUENT IN A NEW LANGUAGE

Traditionally, Valentine's Day is a holiday for those in a relationship. Gifts are exchanged and date nights are planned. Valentine's Day is considered the fourth most expensive holiday in America. This year alone, 53 percent of Americans will spend a collective amount of \$30 billion.

This Valentine's Day, embrace love in all its dimensions. Share your love with family, friends, coworkers, pets, the Earth and anything else you want. When we show love to each other, we not only reap benefits, but also show love to our future.

There is no one way to celebrate love. Similar to expressing gratitude, everyone does it differently.

According to Gary Chapman, the author of Five Love Languages, there are five primary ways people give and receive love: words of affirmation, quality time, physical touch, gift giving and acts of service.



### Words of Affirmation

Actions don't always speak louder than words. People whose love language is words of affirmation value communication the most. This includes hearing humble apologies, appreciation, encouragement and admiration.

Saying things such as "I love you," "I believe in you because..." and "I'm proud of you," are some examples of communicating through words of affirmation. This also includes self-talk. Show yourself love through writing daily affirmations in a journal, on a mirror or on little notes you'll see throughout the day.

### Quality Time

Quality time is the second love language. Speaking this

language requires cognizant effort. This could be putting away your phone during meal times and conversations, committing to a scheduled date night or connecting with family on a regular basis. Showing that you are present — and not just physically — is the key to speaking this language.

### Physical Touch

High-fives, fistbumps and extending a hand to congratulate or offer assistance are all ways to communicate in the third love language: physical touch. People who speak this language value physical proximity and closeness.

### Gift Giving

Another love language is gift giving. Through this language, gift giving is based on thought and effort, not expectations. There are many types of gifts to give; some are tangible, others are not. For example, you can gift kind words, pass on a family recipe or donate to someone in need. (Find more thoughtful gift giving ideas in our December newsletter.)

Although exchanging gifts is associated with major holidays and special events such as Christmas and birthdays, sharing something that says "I thought of you" can be done at any time.

### Acts of Service

Acts of service is the last love language. It builds upon words of affirmation through actions. To speak this language, you can volunteer, donate, pay it forward and commit random acts of kindness (especially on Random Acts of Kindness Day on Feb. 17).

For example, you can offer to cook for a friend after a long day at work, buy extra non-perishable items and donate it to The Shop at ISU, shovel snow for an elderly neighbor or pick up trash to show appreciation for the Earth.

Love is a universal language that can be expressed in many different ways. Learning and understanding what language you and the people close to you speak can make sharing life — vibrant. Valentine's Day is one of 365 days a year to embrace love.

Copy, graphics layout by Krishaun Burns

# Opportunities to practice your language skills



# CELEBRATING 10 YEARS

## COUNTING DOWN OUR FINAL THREE MONTHS

It has been a great year of celebrating the 10-year anniversary of Iowa State University's Live Green! Initiative. We have celebrated all things green in moving, dining, learning, creating and giving so far. And we still have three months left and lots of celebrating to do! We look forward to having you join us!

### COFFEE CONVERSATIONS ON SUSTAINABILITY

Embrace "green" this month and take a break with free coffee and Insomnia Cookies during our "Coffee & Conversations" event! Enjoy dialogue with sustainability experts during this open-house coffee chat, and learn and share information about a variety of sustainability topics impacting our local community and the world. Learn more about the event, on the Live Green! [blog](#).

**When:** Wednesday Feb. 13, 3:30 - 5:30 p.m.

**Where:** Room 198 in Parks Library

**Admission:** Free



### All-Iowa Student Sustainability Conference

**When:** March 8, 9 a.m. - 4:30 p.m.

**Where:** Memorial Union

**What:** Join college students from around Iowa to discuss sustainability connections and opportunities.



### 10-Year Finale Celebration

**When:** April 25, Time TBD

**Where:** Central Campus

**What:** Celebrate the Live Green! Initiative's 10 year anniversary with food and sustainability-minded giveaways and activities.

### Learning Green Lecture Series Part III

**When:** March 7, 8:15 pm

**Where:** Great Hall,  
Memorial Union

**What:** Attend "We Rise: Building a Movement that Restores the Planet," a lecture featuring Earth Guardian's Youth Director, Xiuhtezcatl Martinez.



IOWA STATE UNIVERSITY

**LIVE GREEN!**

2008-2018 CELEBRATING 10 YEARS



Learn more about the Live Green!  
10-Year Anniversary Celebration  
on [Facebook](#).

# 2019 SYMPOSIUM ON SUSTAINABILITY

## ENVISIONING OUR NEXT SUSTAINABLE DECADE

### KEYNOTE LECTURE : THE SKY IS NOT THE LIMIT

Seize the opportunity to hear the 2019 Symposium on Sustainability keynote speaker, Capt. Scott Kelly during his lecture "The Sky Is Not the Limit." Capt. Kelly is a retired U.S. Navy captain, former military fighter pilot and test pilot, an engineer and a retired astronaut. Capt. Kelly captured the imagination and interest of the world with his photos on global pollution during his record-breaking year spent living on the International Space Station in 2015.

**When:** Monday Feb. 18, 7 p.m.

**Where:** Stephens Auditorium

**Admission:** Free



### February 18, 2019

#### Juried Poster Session and Art Show

**When:** 5:30 p.m.

**Where:** Goldfinch Room, Stephens Auditorium

**What:** Enjoy a poster session and a multi-media art show.

#### Keynote Speaker: Capt. Scott Kelly

**When:** 7 p.m.

**Where:** Stephens Auditorium



### February 19, 2019

#### Sustainability Engagement Activities

**When:** 5 p.m.

**Where:** Memorial Union, Great Hall

**What:** Enjoy a clothing swap, sustainably-minded activities and a sustainability student organization tabling event.

#### Awards & Panel Discussion

**When:** 7:30 p.m.

**Where:** Memorial Union, Great Hall

**What:** Celebrate the Live Green! Awards for Excellence in Sustainability and engage with a panel discussion on ISU's Next Sustainable Decade.



# SUSTAINABLE BREAK HIGHLIGHTS

## CLASSES STOP, DEADLINES DROP, SUSTAINABILITY ROLLS

Embracing sustainable habits, events and opportunities is not a practice that ends with each semester. Explore how the ISU and Ames community continued to embrace "green" over the 2018 winter break!



### **LIBRARY ADDS ADJUSTABLE-HEIGHT TABLES**

Parks Library installed 10 adjustable-height tables on the southwest part of the third floor. The tables, which support physical wellness and easier accessibility, were made possible thanks to an ISU Student Government and Parks Library collaboration.

Photo courtesy of Parks Library

### **HUB OPEN, OFFERS SPACE TO DINE AND CHAT**

Finding foodstuffs just got easier as The HUB reopened after six months of construction. New venues in the 125 year-old building include: The Roasterie and Heaping Plato. The HUB now offers Flex Meals and features local ingredient, ISU-made gelato, courtesy of ISU Dining.



Photo courtesy of ISU Daily



### **TWO ICE RINKS CREATED IN AMES**

More opportunities to enjoy outdoor recreation this winter in Ames expanded with the opening of two new public ice rinks at South River Valley Park. Donated by the Iowa Wild hockey team and Wells Fargo, one rink is for hockey, the other for open skating. Admission is free, though skaters must bring their own skates.

Photo courtesy of pixabay.com

### **ISU EARNS 2018 TREE CAMPUS USA® RECOGNITION x3**

Over break, ISU earned its third consecutive Tree Campus USA recognition for promoting healthy trees and environmental conservation on campus. ISU is one of seven universities in Iowa with this recognition. Tree Campus USA, an Arbor Day Foundation program, honors universities that have established a tree advisory committee, implemented a campus tree-care plan, dedicated annual plan expenditures, observed arbor day and sponsored student service-learning projects.



Image courtesy of Arbor Day Foundation



### **CAMPUS TURNS DOWN HEAT AND SAVES**

Over break, several buildings on ISU's campus turned down their heat to 65 degrees, closed their doors and helped campus save \$10,555 per day. Over an 11-day shutdown period, this equated to a savings of over \$116,000, which could heat between 58 and 77 average American households during the winter.

Photo courtesy of pixabay.com



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# MONTHLY CHALLENGE

In the spirit of love, embrace new challenges this month by immersing yourself in opportunities to engage, educate and empower in sustainability.



## Educate

Become a leader in sustainability by learning and then educating others about local and national green initiatives. Take [free online courses about sustainable development](#) (for [more](#)), [listen to lectures](#) and network with professionals in the industry. Not only can this [empower you](#) to continue sharing your voice, it can also [increase the quality of learning and engagement](#) people have about sustainability efforts.

## Engage

Sustain yourself by being present. Reflect on what has happened in your life, around your community and in the world. When you are mindful, you [broaden your perspective](#) and [develop an attitude of gratefulness and appreciation](#). Setting aside your cell phone when you are with others, journaling and practicing yoga are simple ways to become more present. Being present sustains others as well as yourself.

## Empower

Empower your experiences and perspectives by immersing yourself and connecting with different cultures, ideas and activities this month. Join a new club or organization (ISU has [more than 850 clubs](#) and Ames has a variety of [community organizations](#)), take up a new hobby or expand your social and professional networks. Participating in new experiences [increases productivity, adaptability and creativity](#). (Read more on pages 6 and 7.)

# GREEN-IT-YOURSELF

CREATE THESE ITEMS TO EXPRESS YOUR LANGUAGES OF LOVE

## THOUGHTFUL JENGA

**Supplies:** Jenga, pink (or your favorite color) paint, paint tray, paint brush, fine-point pen, pencil or marker

**Directions:**

1. Write on your Jenga blocks (adjectives, quotes, thoughtful sayings, words of appreciation, compliments, etc.)
2. Stack the blocks and choose the ones you want to paint. To create a pattern, mark the blocks you need to paint to achieve your design.
3. Paint the blocks according to your desired design and let them dry fully. Draw hearts on the ends.
4. Use as a game or unique art piece.

## ROLLED PAPER ROSES

**Supplies:** paper (card stock, newspaper, etc.), scissors, hot glue gun, pencil, stem options (toothpicks, wooden skewers, chopsticks, pencils, etc.)

**Directions:**

1. Cut a sheet of paper to a 6" x 6" square. (Optional) Write a note, favorite poem or song on one or both sides.
2. Draw a spiral on one side with a pencil. Cut along the pencil lines to cut out a spiral.
3. Roll the cut-out spiral around a pencil.
4. When the spiral is rolled all the way, allow it to loosen a bit to form a rose shape.
5. Add a generous amount of glue to the end of the spiral and attach to the bottom of the spiral to form a base. Hold until it's dry.
6. Glue the stem to the bottom of the paper rose and hold it upside down until dry.

**Additions:** Mix and match colors and types of paper to get a colorful array of roses.

## FOLDING HEART ENVELOPES

**Supplies:** thin paper (wrapping paper, newspaper, construction paper, etc.), scissors

**Directions:**

1. Cut a big heart from a sheet of paper.
2. Write your Valentine on the blank side.
3. Lay the heart with the patterned side down and fold the outer edges 1/3 of the way in.
4. Rotate the heart so the pointed flap is at the top and fold the bottom of the heart up to the middle.
5. Fold the flap down to finish the envelope.
6. When your recipient opens the envelope, they will discover their heart-shaped note.

**Additions:** Seal the envelope with a sticker.



# GREEN OPPORTUNITIES

## DISCOVER VICTORIAN LOVE



Learn about love in the Victorian Era (1837-1901) by attending the Farm House Museum's newest exhibition: "Timeless: Love and Romance in the Victorian Era." An era before online dating sites and social media, Victorian-era love consisted of different methods for finding and expressing affection. Those wishing to visit this installation can access Farm House Museum weekdays (M-F) from noon to 4 p.m. Admission is free. More information about this and other exhibits is available on the Farm House Museum [website](#).

## TAKE CHAARG



Develop friendships and explore new self-wellness practices through ISU's Changing Health, Attitude + Actions to Recreate Girls (CHAARG) chapter, a new student organization at ISU that helps college women explore new ways to live a happier, healthier life. The CHAARG community (on over [50 college campuses](#)) creates social events and workouts that aim to inspire women to get off of the elliptical and get involved with more fun, engaging exercise activities. To engage with CHAARG at ISU, visit the ISU chapter [web page](#).

## SUPPORT RECYCLING



Looking for a scholarship that rewards you for sustainable actions? Apply for the Iowa Recycling Association's \$500 scholarship for the 2019-2020 spring school year. The scholarship will be awarded to a student who demonstrates interest in environmental action, especially related to recycling and waste reduction. The application deadline is April 1. Interested students can find more information and the application for the scholarship on the Iowa Recycling Association's [website](#).

## SUSTAIN AN ORGANIC FARM



Make memories and friends this summer as a [Mustard Seed Farm](#) agro-ecology intern. Mustard Seed Farm is an organic vegetable farm that also raises poultry for eggs and keeps bees for honey. Share meals, contribute to community engagement and learn a variety of skills, ranging from farming to carpentry, food preservation and candlemaking. Interested students can learn more on [the application](#) and can apply by sending a cover letter, resume, two references and internship-related goals to [mustardseedbee@gmail.com](mailto:mustardseedbee@gmail.com).

## "GREEN" OUR SUMMER



Help sustain the local environment and your economic sustainability this summer as a Story County seasonal employee. Open positions include [Park Ranger Aide](#), a [Vegetation Management Aide](#), a [Summer Naturalist](#) and a [Conservation Aide](#). Duties vary for each position, though all applicants must be 18 years old and have a valid driver's license. All positions begin May 20, 2019 and last throughout most of the summer months. For more information on the positions and how to apply (also linked above), visit the Story County [website](#).

## TRAIN TO SUSTAIN



Apply to become a GREEN CORPS student and have a chance at participating in a paid, year-long program that engages students in training to become environmental organizers. Training is conducted by environmental advocates and leaders from a range of organizations and campaigns: including 350.org, The Wilderness Society, Oceana and Mighty Earth. The also include competitive benefit packages, campaign training and access to future job opportunities. To learn more, and apply for the program, visit the [GREEN CORPS website](#).

## HIGHLIGHT GREEN WITH UNH



Apply to be a University of New Hampshire Sustainability Fellow and work to create videos, photos and podcasts documenting an initiative to advance sustainable food systems in New England. This fellowship is 10 weeks long (June 3 - Aug. 16), takes place in New England (with available travel scholarships) and is paid. Graduate, undergraduate and recently graduated students with exceptional content-creating skills are encouraged to apply by Feb. 7. Learn more on UNH's [online call out](#).

## READY FOR RUNNING



Train to become a woman leader in politics by participating in a nonpartisan campaign training program, "Ready To Run," offered by ISU's Catt Center. The program addresses topics unique to women while teaching how to organize, fund, gain support for and launch political campaigns. The first training session, including lunch, costs \$25 and will take place Feb. 15, 9 a.m. to noon in the South Ballroom of the Memorial Union. To learn more and register, visit the [program's website](#).



# FEBRUARY CALENDAR

# 06

## 1 Million Cups Ames

**The M-Shop, MU | 7:30 - 9 a.m.**

Attend the inaugural meeting of 1 Million Cups Ames, a program designed to educate, engage and inspire entrepreneurs, for a morning of coffee and networking. Magic Tees will also be hosting a Q&A session. Open to anyone. Cost: free

## Green Architecture for Ames/Story County

**Design Hall, Room 116 | 6:30 - 8 p.m.**

Learn about opportunities for innovative, green and affordable housing in Ames and Story County from Mark Clipsham, owner of Architecture by Synthesis. Open to everyone. Cost: free.

## Winter Hike with Outdoor Alliance

**Soper's Mill South | 1:30 - 3:30 p.m.**

Explore a local Story County park with other outdoor enthusiasts for the last time this winter with Outdoor Alliance. Cost: free, no registration required.

## Paint Your Own Pottery: Valentine's Day Gifts

**Workspace, Memorial Union | 4 - 8:00 p.m.**

Walk in and paint your own Valentine's Day pottery for your best friend, significant other or yourself. All ages are welcome. Cost: \$4 for ISU students, staff and faculty, \$5 for the public; cost of bisque not included.

## Food at First

**320 South 17th St. Ames, IA | 3:30 - 7:30 p.m.**

Volunteer to serve a free community meal on the second Sunday of February. Help set up and cook from 3:30-5:30 p.m. or serve and clean up from 5:30-7:30 p.m. E-mail [philpampen@gmail.com](mailto:philpampen@gmail.com) to sign up. Other volunteer opportunities are also available, [sign up here](#).

## Horticulture Club's Annual Rose Sale

**West Spiral Staircase, MU | 10 a.m. - 4 p.m.**

Create your own bouquet using roses (\$5), carnations (\$2.50) and alstroemeria (\$2.50) from the Horticulture Club's Annual Rose Sale. The sale will be Feb. 12-14. Complimentary greens will be provided to help complete the bouquet.

## Coffee and Conversations: Embracing Green Parks Library, Room 198 | 3:30 - 5:30 p.m.

Take a break from studying and chat with sustainability experts about topics affecting and being addressed by the Iowa State community. Free coffee and Insomnia Cookies will be provided. Bring your own cup. Cost: free.

# 07

# 08

# 10

# 12

# 13

# 16

## Nature of Light

**McFarland Park | 7:00 p.m.**

Gaze through telescopes and binoculars as you listen to the president of the Ames Area Amateur Astronomers, Charlotte Bronson, talk about the Nature of Light as related to astronomy and life on earth. Cost: free

## Ames Home + Garden Show

**Hansen Agriculture Center | 10 a.m. - 4 p.m.**

Be inspired to improve your space at the two-day (Feb. 16-17) Home + Garden Show. Chat with local professionals, participate in adult and kid-friendly activities and enjoy the food and beverage trucks. Cost: free

# 18

## Day One - Stephens Auditorium

5:30 PM - Poster Session and Art Show

7:00 PM - Keynote Speaker, Capt. Scott Kelly

## Day Two - Memorial Union

5:00 PM - Clothing Swap, Sustainable Organization Tabling and GIY

7:30 PM - Live Green Awards Presentation and Sustainable Decade Panel

# 23

# 25

# 26

## Cross Country Ski in Ames

**Meet at State Gym | 1 - 4 p.m.**

Enjoy some fresh air with the Cyclones this month during a ski trip hosted by the ISU Outdoor Recreation program. Cost: \$14 for non-pass holders; \$8 for pass-holders. Register by Feb. 18.

## Climate Crisis: Facts to Action

**Ames Public Library | 6:30 - 8:30 p.m.**

Gather with community members to learn about using legal action to fight climate change. There will be a film shown and a lecture from Attorney Channing Dutton. Bagels will be provided. Cost: free.

## Student Government Presidential Debate

**Campanile Room, MU | 7 - 9 p.m.**

Learn more about candidates for the 2019-2020 ISU Student Government and get to know their platforms during the campus-wide debate.

See more sustainability events on  
the [Live Green! calendar](#).

# LIVE GREEN! MONTHLY



**"EXPLORATION  
REALLY IS THE  
ESSENCE OF THE  
HUMAN SPIRIT."**

- FRANK BORMAN

**EXPLORING  
GREEN: CYCLONES  
PUBLISHING NEW  
PERSPECTIVES**

**BREAKING GREEN:  
SUSTAINABLE TIPS  
AND OPPS FOR  
ANY ADVENTURE**

**BEHIND THE SCENES:  
THE TEAMS  
ENSURING YOUR  
CAMPUS ADVENTURE**

# WHAT'S INSIDE

04 >>

## Students Living Cardinal, Gold & Green!

Meet ISU students dedicated to exploring and sharing ideas and perspectives.

06 >>

## 10-Year February Recap

Catch up on last month's events and see how February embraced "green."

08 >>

## Sustainable Spring Break Guide

Add some sustainability into your spring break explorations.

10 >>

## Now You Know

Look behind the scenes at the teams ensuring the daily adventure at Iowa State.

12 >>

## Green-It-Yourself

Explore new ways to repurpose commonly used items in your home.

13 >>

## Recipes

Try new recipes this month, just in time for National Pack Your Lunch Day.

14 >>

## Monthly Challenge

Broaden your horizon and explore "green" through your five senses.

15 >>

## Green Opportunities

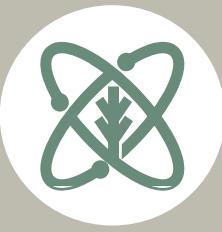
Discover events and opportunities for exploring "green" this month.

16 >>

## March Calendar

Check out sustainable events happening this month.

Learn more about sustainable initiatives on campus and engage with student leaders at SciNite, an educational event hosted by the Student Government Sustainability Committee. It will be held on March 29 from 7 - 10 p.m. in the Campanile Room in Memorial Union. Different student organizations will present and perform with a focus on sustainable projects on campus. Refreshments will also be served.



IOWA STATE UNIVERSITY

LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS

One Sustainable Iowa

Toward a sustainable future and beyond



Graphic by Molly Breen

Happy March from the Live Green! Team.

Iowa State University is excited to welcome students representing more than 10 Iowa colleges and universities for a one-day student conference on sustainability!

The conference, One Sustainable Iowa: Toward a Sustainable Future and Beyond, is taking place March 8 from 9:30 a.m. - 4 p.m. in the Memorial Union. It will feature student sustainability, engagement and empowerment opportunities; strategizing applicability and transferability of several sustainability case studies among and campuses; collective visioning; goal setting and informing an all-Iowa student sustainability network.

Xiuhtezcatl Martinez, environmental activist, hip-hop artist and youth director of Earth Guardians, will be the keynote speaker.

*Not able to join us on the 8th?*

Visit the Live Green! Initiative's website for post-conference connection opportunities or email us for more information at [livegreen@iastate.edu](mailto:livegreen@iastate.edu).

Show us how you explore "green" this month by sharing your experience on social media and tagging @ISU\_LiveGreen!

Follow Us!



# DIRECTOR'S MESSAGE

Welcome to March, Cyclones!

Spring Break, NCAA Bball Tournaments and SPRING are here!! And so is our next celebratory month in our 10-year celebration of the Live Green! Initiative at Iowa State University.

March celebrates exploring green and the many ways students, faculty and staff "enjoy their adventure at Iowa State." While we often think of adventures as being through travel and experiences that lead to destinations off campus, this month celebrates exploration — both here and afar. Study abroad opportunities, internships and alternative spring break brings new sights, smells, tastes and experiences. Lectures, events, research and class projects bring new discovery, perspective, insight and knowledge. Every day is an opportunity for exploration, no matter the location.

Within each exploration is a sustainable connection, whether environmental, social or economic. With each connection comes awareness, engagement and empowerment in sustainability. Awareness in understanding our impact on, and opportunity in, the world around us. Engagement through being involved and being the difference we want to see in the world. Empowerment toward our individual and collective opportunity to support, enhance and ensure a sustainable future — in our own time, in our space and through our own adventures.

This issue of Live Green! Monthly celebrates our multi-faceted adventure of sustainability exploration at Iowa State. From a diversity of internship opportunities and an all-Iowa student conference on sustainability to making the daily trek to classes where every day offers new ideas, theories and formulas. Adventure and exploration always awaits!

Wishing you a March overflowing with exploration!

Yours in Green-ness,



## DIRECTOR'S UPDATE

Happy midterms everyone! Applications for the Green Initiatives Fund (GIF) are still open. If you or your organization have a sustainably minded project for campus or the Ames community and you are searching for funding, consider applying for the GIF. Information about the GIF and the application process can be found on the Office of Sustainability's website and on Student Government's website.

The Sustainability Committee is also looking forward to our upcoming SciNite! (More information can be found in the [monthly calendar](#).) We recently sent out a survey about recycling and waste management on campus. This survey provides a unique opportunity for the Committee, as well as the new recycling coordinator for Facilities Planning and Management, to hear students' perspectives on recycling initiatives and areas you think we can improve. The survey will be open until April 26 so please take time to [fill out the survey](#). Feel free to reach out to me if you have any questions or suggestions for the Sustainability Committee!



Photo by Paige Anson

**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.

**TONI SLEUGH** is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

The Live Green! Newsletter 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 sustainable.

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## EXPLORING SUSTAINABILITY THROUGH STUDENT VOICES

Iowa State University offers many opportunities to "Explore Green." From sustainability degrees, to clubs and immersion education in new countries, options to explore abound.

Though exploration often conjures thoughts of physical travel to new places, student organizations at Iowa State are demonstrating how exploration is also found in the mere turn of a page.

In this month's issue, the Live Green! Monthly is emphasizing the beauty of exploring green at ISU as we feature two of the many semesterly student publications on campus that take readers on unique and diverse journeys exploring ideas touching on all aspects of life: social, economic and/or environmental.

## ETHOS Magazine

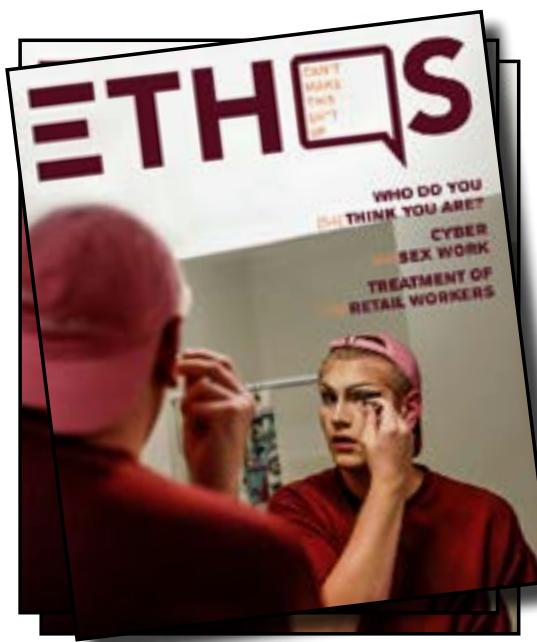
Offering readers opportunities to explore ideas at ISU since 1947 is ETHOS Magazine.

Since its beginning, the student-run, general-interest publication has offered the opportunity for Iowa State University student writers, photographers, copy editors and designers to practice their skills while promoting a community of shared ideas, according to the magazine's editor in chief (EIC), Rachel O'Brien.

"We cover the culture of Iowa State," O'Brien, a junior in journalism and mass communication, said, "[and] we literally let anybody pitch any idea. There is no such thing as a stupid idea."

O'Brien began working with ETHOS in Fall 2017 as an editor and became EIC in the Spring of 2018.

Since her start with the magazine, O'Brien's experience and interest in brainstorming, investigating, researching, editing (and later, writing) articles flourished and blossomed into a passion, she said.



What inspired her to join ETHOS involved her interest in the magazine's theme of highlighting content involving unusual or "risky" perspectives.

"I love risky journalism. That's what drew me to ETHOS."

Sometimes it is challenging pursuing such stories, O'Brien noted, but ETHOS staff are persistent as they aim to share community voices.

The value of persisting with stories touching on sensitive topics people may not want to think about, O'Brien explains, involves such stories' abilities to sustain and encourage a community of understanding.

Some "risky" stories that ETHOS has covered in recent issues include articles on: sex workers, sexual harassment, awkward hookup stories, counseling, cat calling, drag queen terms and challenging wasteful lifestyles.

These and similar content in ETHOS, like their "Don't Be The Person Who" section, where pop-culture and social-issues are debated by staff and designed to be debated by audiences, set the theme of ETHOS' content as a platform for sharing perspectives and peaceful debates and exposing people to new lifestyles and ideas, O'Brien said.

This mission, empowering community voices, articulating ideas and engaging audiences in discussion, is not a one that ETHOS' pursues alone.

## SIR Magazine

Established in 2012, SIR is a publication that appeals to the sharing of expression and voice primarily through art and article-based content; covering topics involving style, food, culture, music, technology and health, the magazine's EIC, Brandon Spencer said.

Spencer, a junior in apparel, merchandising and design has been affiliated with SIR since his freshman year in Fall 2016, when he began working as a photographer for the magazine.

Coming in with only a camera and little photography experience, Spencer's content-creation skills from his freshman year to his junior year grew leaps and bounds, he said.

Since becoming SIR's EIC in the Spring of 2018, Spencer's ability to photograph, write, edit copy and bring together people and ideas for a united, artistic vision has grown, he said.

This expansion of skill, along with the magazine's ability to encourage the sharing of diverse voices and experiences, is what ultimately drew Spencer into working with, and later into leading, SIR Magazine.

"We offer an opportunity for people to develop their skills ... [and] we push limits," Spencer said, "we say some stuff that people don't like to hear, but need to hear. We make you think."

The magazine's message has not always been as inclusive as it is today in sharing voices, Spencer described.

An increase in the diversity of voices expressed in words, images and fashion in SIR expanded from previous EIC and staff influence and contributions to the magazine, Spencer said.

Spencer today works to ensure that SIR continues to evolve as a hub for sustainable community expression.

## SIR Editor In Chief Brandon Spencer

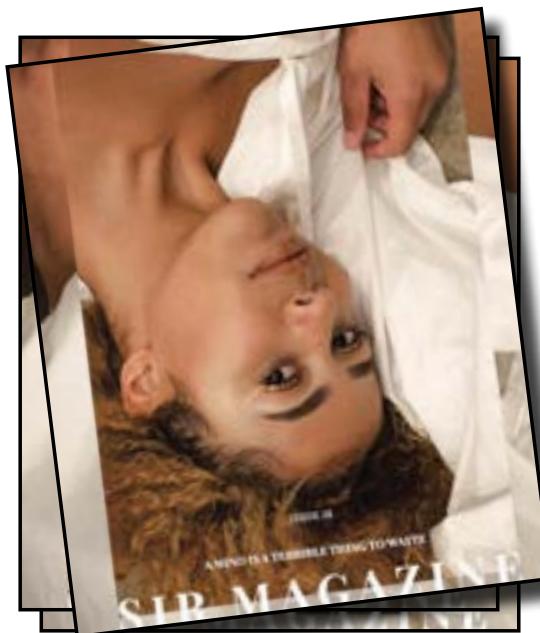


*Want to read more from ETHOS or SIR? Browse previous issues at ISSUU.com*

**Want to join ETHOS or SIR?  
Contact the editors!**

*bspencer@iastate.edu  
robrien@iastate.edu*

"We are here to voice the voices of the commonly unheard ... We want people to see themselves in their work. That is a strong component of diversity," Spencer said, "[which] is not just having models of color ... It's about showing real life, and having diversity in the sense that we have this beautiful set of different ideas wrapped into one."



SIR shares voices within a theme for every issue that builds off of themes of the past. Their latest theme showcased in their Fall 2018 issue "A Mind Is A Terrible Thing To Waste." This issue, with the cover photo upside down, was intended to get people to think more critically about what they were reading.

SIR's fall issue evolved from their previous issue titled "The Future Is Upon Us," which focused on engaging people in thought about the present and future.

The importance of having publications like SIR involves the ability of people to find themselves in the shared work and experiences of others, Spencer said.

"I am from the west side of Chicago ... With the magazine, of course they go around campus, but I make sure that I also take some back home and put them in the corner stores and little shops," Spencer said, "representation is important. Sometimes you need something to kind of push you."

Be it discovering new viewpoints or finding motivation to express oneself, SIR and ETHOS offer unique opportunities for diverse exploration.

## ETHOS Editor In Chief Rachel O'Brien



# 10 YEAR FEBRUARY RECAPS



For more Coffee and Conversations highlights, visit our [10 Years of Living Green Facebook page](#).

## COFFEE AND CONVERSATIONS



The Live Green! Initiative continued its 10-year celebration by hosting [Coffee and Conversations](#) on Feb. 13. Iowa State students and the Ames community came together to enjoy free coffee, cookies and conversation with 10 sustainability experts about topics impacting our local community and communities beyond ours.

Experts represented all facets of sustainability (environmental, economic and social) – offering attendees an opportunity to pull up a chair, ask questions, share perspectives and enhance their awareness and understanding.

### STUDENT ENGAGEMENT IN SUSTAINABILITY

**Toni Sleugh,** Director of Sustainability, ISU Student Government  
**Casey Cunningham,** Former President, Ivy Business Council

### ZERO WASTE/RECYCLING

**Ayodeji Oluwalana,** Recycling Coordinator, Facilities Planning and Management  
**Amy Lodes,** Graduate student, Family and Consumer Sciences

### HEALTH AND WELLBEING

**Brian Venderheyden,** Assistant Director, ISU Student Wellness  
**Jazzmine Brooks,** Violence Prevention Coordinator, ISU Student Wellness

### AMES PLANNING AND DEVELOPMENT

**Kelly Diekmann,** Planning and Housing Director, City of Ames Planning  
**Eloise Sahlstrom,** Planner, City of Ames Planning

### DIVERSITY AND INCLUSION ON CAMPUS

**E. Jacob Cummings,** Equal Opportunity Specialist, ISU Office of Equal Opportunity

### ENERGY IN OUR DAILY LIVES

**Jeff Witt,** Director, ISU Utility Services, Facilities Planning and Management



Coffee & Conversations featured coffee from ISU dining, cookies from Insomnia Cookies, sustainable-minded giveaways of locally roasted, mini-bags of coffee from the Roasterie and reusable coffee mugs from the Office of Sustainability.

Copy, graphics, layout and photos by Krishaun Burns

# 2019 SYMPOSIUM ON SUSTAINABILITY

ENVISIONING THE NEXT SUSTAINABLE DECADE

Iowa State students, faculty and staff and Ames community members joined the Office of Sustainability for the 10th annual Symposium on Sustainability. Held on Feb. 18 and 19, the two-day event featured a keynote speaker who has literally seen the entire world, local food, a sustainability panel and more.

Capt. Scott Kelly kicked off the first day of the symposium with a keynote lecture. Kelly is a retired U.S. Navy captain, former military fighter pilot and test pilot, engineer and retired astronaut.

During his presentation, "The Sky Is Not the Limit," Capt. Kelly detailed his growth from being someone who didn't like school to being an astronaut with over 520 days in space (340 of them consecutive, setting a world record) and witnessing firsthand an aerial view of the impacts of climate change. Kelly remarked that while inhabiting another planet may seem logical and easy, it's actually quite complicated with our best option being to work together to protect the planet we have.

Day two of the Symposium on Sustainability featured local food refreshments; a clothing swap; Green It Yourself (GIY) Centers featuring essential oil pendants and key chains with ISU Peer Wellness Educators and upcycled keyboard keys and other scrap industrial and construction pieces; community sustainability-themed posters; and 10-year celebration giveaways.

A panel discussion, Envisioning Our Next Sustainable Decade, consisting of ISU faculty, staff and alumni closed the 2019 symposium. Six panelists reflected on the past decade of sustainability commitment and accomplishments at ISU, as well as envisioning opportunities for the next 10 years.

The panelists included: Kerry Dixon, sustainability coordinator for design and construction services for Facilities Planning and Management (FP&M); Casey Fangmann, environmental engineer for Schneider Electric; Roger Graden, associate director of residence for ISU Department of Residence; Randy Larabee, assistant director of utility distribution services for FP&M; Chandra Peterson, trial attorney for Federal Defenders of San Diego; and Jerry Zamzow, assistant vice president for the ISU Office of Vice President for Research.

For more 2019 Symposium highlights, visit the [Live Green! website](#).



# SUSTAINABLE SPRING BREAK GUIDE

## HOME OR AFAR, ADD SOME GREEN TO YOUR BREAK

It has been a busy semester. Projects, studying, test taking and navigating the snow are finally wrapping up and clearing the way, however, for some much needed downtime. Before unplugging and plunging into break, review these green tips that can help you save money while supporting people, places and the planet.

### Tip 1



#### **Go Biking**

Going somewhere? Use your feet to power the wheels as you get place to place and save on cash and carbon emissions while gifting your mind and body with rewarding exercise.

### Tip 2

### Tip 2



#### **Bring Reusable Bottles**

Pack a reusable bottle instead of a plastic one for your beverages and save money while avoiding contributing to the 6.9 billion tons of plastic waste already on the planet.

### Tip 3



#### **BYOB: Bring Your Own Bag**

Bring your own reusable bag to use as you shop and save money with store discounts while helping reduce the estimated 500 billion to 1 trillion plastic bags used worldwide yearly.

### Tip 4



#### **Buy Local**

Explore local shops for food, supplies or souvenirs and discover unique items that will help you and the community thrive. Learn more about shopping local benefits at [sustainableconnections.org](http://sustainableconnections.org).

### Tip 5



#### **Remember The Three Rs + 1**

Keep in mind that reducing, reusing, recycling and refusing waste can help you reduce your waste footprint; which you can calculate online at [footprintnetwork.org](http://footprintnetwork.org).

### Tip 6



#### **Hike Marked Trails**

Hiking is a fun way to explore nature, however, one should always stick to clear paths. Doing so helps prevent large-scale erosion, damaged vegetation and disruption to wildlife in the area.

# THREE STEPS TO GREEN YOUR STAYCATION

## 1 Explore



### ***Be a local tourist***

Be a local tourist and visit local attractions. Biking at Ada Hayden Park, walking at Reiman Gardens, hiking at McFarland Park or trying out a local coffee shop, specialty shop or restaurant you haven't explored yet are great places to start.

## 2 Reconnect



### ***Sustain local relationships***

Decompress any stress by spending time with your friends and family in the area. Speaking with someone you haven't seen in a while is a great way to boost your endorphins and happiness.

## 3 Revive



### ***Take Time For You***

Engage in everything you wish you could have done before this break. Read that book, watch that movie, try that new recipe, journal, catch up on sleep and indulge in self care.

#### **Need a car this break?**

Zipcar has cars available by the hour or day and is offering discounts for spring break. Offered in rental costs are insurance and gas coverage. Learn more about Zipcar at ISU online. Zipcar is available to anyone 18 or older.



# NOW YOU KNOW

## BEHIND-THE-SCENES OF ENSURING YOUR DAILY ADVENTURE

Each year, nearly 35,000 undergraduate, graduate and professional students choose to "enjoy their adventure at Iowa State" – an adventure made possible because of more than 450 staff members at Facilities Planning and Management (FPM), a university service department that works year-round to enrich, support and preserve Iowa State University's campus.

FPM supports a sustainable campus through providing a wide-range of direct and indirect services to students, faculty, staff and visitors.

Services range from the administrative side such as accounting and communications to skilled trade professions.

"People hear facilities and tend to think [only] buildings and restrooms. They don't think about all the other things that are going on: groundwork, snow removal, road maintenance and small and large construction projects. There's literally not a corner of this campus we do not touch," said Amy DeLashmutt, FPM communications specialist.

Ensuring a safe, clean and accommodating adventure requires time. Because of this, many FPM employees dedicate time and energy 24/7, 365 days a year toward providing the best on-campus adventure possible.

Campus Services Manager Les Lawson and his 59-member groundskeeping team work daily to ensure all 1,900 acres of land at Iowa State gets taken care of. That's the same as managing 560.5 Jack Trice Stadiums. Within this area is 34 miles of sidewalk, which is the equivalent of driving Ames and Des Moines.

Lawson noted that within his 35 years, "everyday provides a unique challenge."

"We take care of the grounds – mowing, tree and shrub planting, pest control and management of recycling, compost and trash services," said Lawson. They also support campus events and activities, including Odyssey of the Mind, ClubFest, Destination Iowa State, Special

Olympics, Homecoming Week, celebration weeks hosted by all seven colleges at ISU and new student orientation.



Photo Courtesy of Iowa State

Barb Steiner, supervisor for campus services, is one of the 59 groundskeeping team members working with Lawson.

She notes her reason for staying at FPM for 25 years is being able to apply her passion in horticulture. Steiner enjoys taking care of the environment and upkeeping the grounds at ISU, which has been recognized as one of the most beautiful campuses in the United States.

"The beauty of our campus is not a small project. These people [FPM groundskeeping employees] are working behind the scenes to make sure we have that ongoing beauty," said Merry Rankin, director of sustainability.

Maintaining Iowa State's beauty is more demanding and challenging than meets the eye, particularly this winter when the snow arrived.

When the snow began, efforts of all 59 groundskeeping members turned to snow safety and removal.

"We kind of had an easy winter until January. We've been here every weekend from January 12 until this past weekend [Feb. 22-24]. Everybody is here, giving their all," said Steiner.

To put into finer context, on a normal day the team begins work at 4 a.m. However, in the case of a snow event, teams report to work by 1 a.m. to ensure clear paths for a safe adventure to work or class.

In January, when the snow began to fall, Lawson's team of 59 people worked 5,223 hours, removing snow. As of Feb. 25, they worked 7,152 hours in a three week period.

After snow removal the work continues with the team assessing conditions and distributing salt and sand (an average of 200 ton a year) to ensure continued safe routes.

Even after a full day of work, in the chance of impending snow, it is not uncommon for team members to remain on site.

"They have cots [at FPM]. They sleep in the shop,



Photo Courtesy of FP&M

break rooms – wherever they can find space,” said Steiner.

There are also options made available for team members to stay in local hotels.

When the snow melts, winter work does not end as teams clean up salt and sand from streets, sidewalks and grounds.

Sustainable actions are taken as most of the sand gets repurposed, which saves money and resources, as a soil additive for plantings and grounds repair.

Also helping with the snow and sand clean-up efforts in building entryways are the 130 plus custodial team members, as they work to keep the adventure going inside the general university buildings.

Custodial members work hard to keep buildings clean and functional from top to bottom: sweeping, dusting, mopping, sanitizing, scrubbing and emptying trashes and recycling bins.

Yes. These are the people who renew the library after 2 a.m., who clean the classrooms used for late-night study sessions, who clean the art studios, and ultimately, who restock and refresh buildings for thousands of students every day.

**“[Custodians] take a lot of pride making sure buildings are clean and presentable. Some of [them] have been working in these buildings for years. It’s like they’re home and the people in that building are like family they’re taking care of. They are invested,” said DeLashmunt.**

As well as keeping classrooms clean, Facilities Planning and Management is also responsible for keeping them available and equipped for use.

Katie Baumgarn, coordinator of instructional facilities and classroom scheduling, approaching her 27th year with FPM in June, helps manage the 207



Photo Courtesy of Iowa State Daily

general university classrooms and auditoriums on campus, those supported by state funds.

As part of the Space, Planning & Management team, Baumgarn assigns classes to locations that meet the needs of students and faculty; schedules rooms for student organizations and departments; works with Student Disability Services; manages budgets and schedules for renovation projects; and collaborates with Lawson and his team to help facilitate campus, student and faculty events.

Serving as a communications specialist for all of these teams, developing and ensuring communication channels between the campus, community and FPM is DeLashmunt.

She manages all communication media for FP&M and responds to media requests, providing outlets for information exchange. She also is part of a team who works on regular website updates and maintenance: enabling platforms where people can report grounds, custodial or maintenance problems on campus.

“The jobs we do, maybe you don’t see us all the time, [but] they’re very important. Remember there’s a human aspect behind it and there’s people who work very hard that care a lot about the people on campus and about the campus itself,” said DeLashmunt.

Each job at FPM is integral in ensuring adventure continue at Iowa State. No matter what the service, each person makes the difference.

“[The FPM teams are] truly passionate. They’re humble and quiet, but within minutes, you see how proud they are of what they do. They don’t expect any recognition or praise. They want to come in ... do their job and make sure people are able to get from point A to point B,” said DeLashmunt.

A pure testament to committed service and a passionate work ethic.

**Help FP&M ensure your adventure!**  
If you see a problem or concern with any facilities on campus, call 515-294-5100 (24/7, 365) or [report online](#).

# GREEN-IT-YOURSELF

## EXPLORE GIVING PURPOSE BACK TO OLD ITEMS



### ALTOID-TIN LIP BALM

**Supplies:** 3 tbsp shea butter, 1 Tbsp beeswax, 1tbsp olive oil (food-grade oil), 4 drops food grade essential oil (lemon or minty), small tin (or jar) with lid, glass bowl, pan and water (or double boiler)

**Directions:**

1. Melt beeswax and shea butter in a glass bowl over boiling water and combine.
2. Add in the olive oil and remove from the heat.
3. Add four essential oil drops (or more) to mixture and combine ingredients.
4. Carefully pour into measuring cup and then pour into tins.

**Additions:** Add in a capsule of vitamin E to help promote lip health.

**Note:** Lip balm lifespan varies.



### SOCK MUG COZIES

**Supplies:** old sweater, needle and thread, fray checker (optional), scissors, a few buttons (identical or variety)

**Directions:**

1. Cut about five inches of a sweater's sleeve off (or cut to fit your favorite mug).
2. Use a needle and thread, or a fray checker, to create a stronger seam on the cut edge of the sleeve to help avoid fraying.
3. Sew your buttons onto the sleeve in a centered line, starting at the top and working your way down with buttons to the bottom. Be careful not to sew together the sleeve.

**Additions:** Try different cozies accessories and make multiple cozies out of one sweater sleeve to style all of your reusable drinking containers.



### CARDBOARD STORAGE BOX

**Supplies:** two kinds of fabric, craft knife or scissors, spray adhesive, yard stick, empty cardboard box

**Directions:**

1. Measure the bottom of the box, add 1/2 inch all sides and cut a matching fabric square.
2. Use spray adhesive to attach cloth to bottom of box, press leftover cloth up the sides.
3. Measure and cut two long strips of the same fabric, again slightly larger, to wrap along the inside of the box. Attach with adhesive, press fabric in place.
4. Measure the height and width of the outside of your box. Double the width measurement and add an inch of fabric onto your height before cutting out two pieces of fabric with these measurements.
5. Use the adhesive to add the cloth to the outside of the box, wrapping both cloths around. Wrap leftover edges under and into the box. Use scissors to fit corner edges.

**Additions:** Decorate your box with buttons or other materials.

For more GIYs, visit our Pinterest.  
Copy and layout by Paige Anson



# RECIPES

**PACK THESE EASY SALADS FOR NATIONAL PACK YOUR LUNCH DAY (MARCH 10)**



## ANTIPASTO MASON JAR SALAD

**Ingredients:** olive oil and vinegar dressing, cherry tomatoes, artichoke hearts, roasted red peppers, pepperoncini, sandwich meat (salami, sandwich pepperoni, turkey and ham), provolone cheese and arugula

**Supplies:** wide-mouth, quart-size mason jar

**Directions:**

1. Add one and a half Tbsp of olive oil and vinegar dressing to the mason jar.
2. Add the tomatoes, artichokes, roasted red peppers, pepperoncini, meat and cheese to the jar. Add the arugula last, as to ensure it stays crisp.
3. Refrigerate the salad for five to six days.

**Substitutions:** Adapt the recipe to your dietary needs by removing or adding ingredients!



## APPLE WALNUT SALAD IN A JAR

**Ingredients:** water, lemon, tart apple, honey mustard dressing, red onion, goat cheese, walnuts, dried cranberries and baby spinach or kale

**Supplies:** wide-mouth, quart-size mason jar, small bowl

**Directions:**

1. Pour one cup of water and squeeze a fresh lemon into a small bowl.
2. Dice one apple and add the slices to the lemon and water mixture. Coat them well. Once coated, remove the apple slices from the mixture.
3. Pour two Tbsp (or to your discretion) of honey mustard dressing into your mason jar. Add the apple slices on top of the dressing.
5. Add the remaining ingredients, making sure to put your greens last to keep them crisp.
6. Store in the fridge for up to five days!

**Substitutions:** Try a different salad dressing for a unique taste!



## ZUCCHINI NOODLE SALAD

**Ingredients:** golden balsamic vinegar, olive oil, salt, pepper, medium zucchini, farro, fresh mozzarella, grape tomatoes, basil leaves

**Supplies:** wide-mouth, quart-size mason jar, knife or spiralizer

**Directions:**

1. In the bottom of a mason jar, add one tsp vinegar, three teaspoons olive oil and salt and pepper to taste. Shake or stir to combine.
2. Cut half the zucchini into strips or spirals. Add it to the mason jar.
3. Boil farro in water for 25-40 minutes on stove top, coffee maker or microwave.
4. Add one cup cooked farro, a half cup of fresh mozzarella and half a cup of tomatoes to the mason jar.
5. When ready to serve, tear basil leaves to desired size and add to the mason jar.
6. Refrigerate as long as the basil stays fresh.

**Substitutions:** Try it with noodles instead!

For more recipes, visit our Pinterest.



# MONTHLY CHALLENGE

## OPEN YOUR SENSES AND EXPLORE THE WORLD AROUND YOU

### Touch

Enjoy the textures of life. Try yoga, self-meditation, Healing Touch therapy, or simply enjoy the fresh air on your skin during an afternoon stroll.

### Hear

Listen to a speech, song, perspective, or instrument you have never heard before. Try a lecture this month ([page 16](#)) or listen to a podcast on a topic of interest, such as: wellness, history, money and the environment.

### See

Explore the rich colors, shapes, depths and contrasts around you. Watch a new documentary or film, or take notice of details in your day. Appreciating the visual world around you is a great way to practice mindfulness.

### Smell

Ever consider smelling more in life? This month, you should. Breathing scented essential oils, like lavender, can help reduce stress and encourage restful sleep.

### Taste

Expose your taste buds to new flavors. Try new home-cooked meals, restaurants and ingredients. Don't be afraid to try something that initially looks unusual.

Feeling stressed, unfocused or upset? Take five minutes to try this "Five Senses Mindfulness Exercise" from Clayton University.

# GREEN OPPORTUNITIES

## LOAN AN EXPERIENCE



Sign up to volunteer at the Ames Eco Fair, an annual event focused on conservation and sustainability. It will be on April 20 from 9 a.m. - 1 p.m. in the City Hall Community Center Gym. Volunteers can sign up for two-hour shifts. Each volunteer will receive a City of Ames t-shirt to wear during the event, as well as be able to talk with City of Ames staff, interact with vendors and learn about energy-saving products and services. To sign up, email Kristy Marnin at [kmarnin@cityofames.org](mailto:kmarnin@cityofames.org) or call the City of Ames Public Relations Office at 515-239-5204.

## EXPLORE SUSTAINABLE TOURISM



Contribute to the social and economic well-being of at least 10 million people in travel and tourism locations around the world by volunteering with Sustainable Travel International. Apply to be a Graphic Design and Communications Intern or Partner Development Intern for six months with the possibility of extending. Applications are accepted on a rolling basis until they are filled. Submit a cover letter and resume to Neota Webb at [neotaw@sustainabletravel.org](mailto:neotaw@sustainabletravel.org) to apply. Include the title of the position in the subject line.

## COMPETE IN RECYCLING



Up your recycling game and get involved in Recyclemania at Iowa State University this semester, a national competition for recycling achievement on college campuses. ISU is participating in the "Per Capital Classic Category" for the first time, competing to collect the largest combined amount of paper, cardboard, bottles and cans on a per person basis. The competition runs from Feb. 3 to March 30. [Learn more on the Recyclemania website.](#)

## SHARE MARINE SCIENCE



Join Common Tides for four weeks this summer offering no-cost marine science and sailing programs to underserved local children in the U.S. Virgin Islands. The program will last from July 3 to 29. Participants will live on a 40' Catamaran boat and will have time to explore the different islands when not learning or teaching. No previous experience is required. Program fees will cover food, lodging on the boat and training. For more information and to see other trip options, [visit commontides.org](#).

## CATALOG NATURAL HISTORY



Help catalog the collections of organisms found in Ames with Lori Biederman, an adjunct professor in ecology, evolution and organismal biology at Iowa State. Create a free account on the website Zooniverse.org, select the project "Lakeside Dark Data" and choose the organisms you would like to catalog, such

as birds, butterflies and moths and non-vascular plants. Cataloging one organism will take a few minutes with 10 to 12 questions being asked. Once each collection of organisms is cataloged, they will be uploaded to the ISU database for other scientists to use.

## EDUCATE BY THE LAKE



Share your passion and knowledge for nature with learners of all ages as an Environmental Educator at Iowa Lakeside Laboratory this summer. For 12 weeks, live and work on the 140-acre Lakeside campus and nature preserve and interact with learners in the science outreach programs, other college students, faculty, researchers and writers/artists. Apply by March 29 by submitting a resume, two references and a one-page paper to Jane Shuttleworth at [jane-shuttleworth@uiowa.edu](mailto:jane-shuttleworth@uiowa.edu). [Learn more about the position and application online.](#)

## INTERNS WITH THE LIVE GREEN! TEAM



Become a member of Iowa State University's Live Green! Team next school year (2019-2020). Apply by April 12 to become a Campus and Community Engagement Intern, Smart Business Challenge Intern or Sustainability Coordinator Graduate Assistant. As a team member, you will be involved in a variety of sustainability efforts and opportunities on campus and in the Ames community – socially, economically and environmentally. Be a part of the green difference at Iowa State University!

## BE A FELLOW TO THE ENVIRONMENT



Apply to be an intern (undergraduate), fellow (recent graduate) or full-time staff member at Environment America, a collection of state-based environmental advocacy organizations. Work to mobilize support for more solar wind power, reduced global warming pollution, protected wildlife and more. Semester internships are available nationwide. Fellowships can be completed in one of the 11 U.S. offices and last for two years, beginning August 2019. Applications are accepted on a rolling basis.

# MARCH CALENDAR

07

## Human Library Event

Parks Library, Rm 198 | 4:30 - 8:30 p.m.

Contribute to a community of understanding by stopping by and checking out a human book for conversation. Cost: Free

## "We Rise" with Xiuhtezcatl Martinez

Great Hall, MU | 8:15 p.m.

Hear the experiences and call to action from 18-year old and hip-hop artist global climate activist Xiuhtezcatl Martinez.

Cost: Free

08

## All-Iowa Student Sustainability Conference

Memorial Union | 9:30a.m. - 4 p.m.

Explore green initiatives and opportunities at Iowa colleges and universities while strategizing state-wide opportunities to network and engage in sustainability. Walk-up registration: \$30 students, \$55 faculty and staff.

10

## National Pack Your Lunch Day

United States | Working Hours

Set your clocks forward for daylight savings and pack a healthy lunch for work or school Monday in honor of this "green" holiday. For recipe inspiration, visit [page 13](#).

11

## ISU Blood Drive

Memorial Union | 10 a.m. - 5 p.m.

Donate blood and help save lives through the ISU Blood Drive, March 11 - 14. All donors at the drive will receive a special Red Cross T-shirt (while supplies last).

14

## Rapid Global Warming & Human Violence

Pioneer Room, MU | 7 p.m.

Listen to ISU psychology professor Craig Anderson as he outlines three ways global warming increases the risk of human violence. Anderson's lecture replaces Federico Rosei's lecture ["Energy and Society"](#) which is rescheduled for the fall semester. Cost: Free.

21

## Tree Day On The Hill

Iowa Capitol Building | 7:30 a.m.- 9 a.m.

Advocate and learn about the importance of healthy trees with local conservation organizations at this breakfast and exhibition event. Sign up to attend [online](#). Cost: Free

25

## Secret Book Safe Walk-In Craft

Workspace, MU | M-F 2 - 10 p.m.

Gather with friends and hollow out a secret place to stash your treasures in old books. All ages are welcome; kids won't be able to use box knives. Cost: \$8

## Systems, Sustainability and Policy

Campanile Room, MU | 7 p.m.

Explore the balance between public health and food policy while listening to former executive director of the USDA Center for Nutrition Policy and Promotion, Angie Tagtow. Cost: Free.

27

## Changing The World Through Food

Sun Room, MU | 7 p.m.

Discover how environmentally and socially responsible food service practices are creating a more sustainable food system during a talk by Fedele Bauccio, co-founder of Bon Appetite Management Company. Cost: Free.

28

## Vermicomposting Info Session

Town Engineering Building, Rm 280 | 6 - 7 p.m.

Learn how to compost with worms with the Compost Team from the ISU student organization "Engineers for a Sustainable World." Also enter to win your own batch of worms. Cost: Free.

29

## Volunteer Spring Kick Off

McFarland Park | 3:30 - 4:30 p.m.

Join the Iowa Natural Heritage Foundation to help kick off their Spring 2019 volunteer season with a hike and dinner. Families welcome. [RSVP online](#). Cost: Free.

## SciNight

Campanile Room, MU | 7 p.m. - 10 p.m.

Enjoy sustainability presentations and performances from Iowa State students during this three-hour event hosted by ISU Student Government's Sustainability Committee. Cost: Free

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

Paige Anson | pmanson@iastate.edu  
Krishaun Burns | koburns@iastate.edu

Find more sustainability events on the [Live Green! calendar](#).

# LIVE GREEN! MONTHLY

"CELEBRATE  
WHAT YOU  
WANT TO SEE  
MORE OF."  
-TOM PETERS

CELEBRATING  
STUDENTS  
SUSTAINING  
OUR FUTURE

DO YOU KNOW:  
WHAT'S IN  
YOUR PRODUCTS

FINISHING OUR  
CELEBRATORY YEAR:  
JOIN US AT OUR  
FINALE EVENT

# WHAT'S INSIDE

- 04 >> **10 - Year Celebration March Recap**  
Catch up on previous events and see how we "Explored Green" in March.
- 06 >> **Earth Day Every Day**  
Celebrate Earth Day this month and every day with these "green" ideas.
- 07 >> **Monthly Challenge**  
Make a "green" difference by taking on the #Trashtag challenge.
- 08 >> **Students Living Cardinal, Gold & Green!**  
Celebrate and discover sustainability efforts among ISU engineering students.
- 10 >> **Now You Know**  
Empower "greener" purchases by taking a closer look at your daily products.
- 12 >> **Earth Day Recipes**  
Celebrate Earth Day and National Picnic Day with these fun recipes.
- 13 >> **Apartment Composting 101**  
Turn waste into WOW with these small space composting methods.
- 14 >> **Green-It-Yourself**  
Turn trash into treasures with these "green" crafts and repurposing ideas.
- 15 >> **Green Opportunities**  
Discover events and opportunities for "Celebrating Green" this month.
- 16 >> **April Calendar**  
Check out sustainable events happening this month.

## JOIN OUR TEAM!

The Live Green! Leadership team wants you on the (2019-2020) team.

Apply through April 12 to become a Campus and Community Engagement Intern, Smart Business Challenge Intern or Sustainability Coordinator Graduate Assistant.

IOWA STATE UNIVERSITY

**LIVE GREEN!**

2008-2018 CELEBRATING 10 YEARS



Graphic by Steve Kohtz

Happy April from the Live Green! Team.

Finishing up our 10-year anniversary this month, themed "Celebrating Green," we look forward to celebrating the Earth and sustainability with the community—especially during our **"Live Green! 10-Year-Anniversary-Celebration Finale"** on April 25.

The event will take place on the South Library Lawn from 10 a.m. - 2 p.m. Enjoy snacks and refreshments (including leaf-shaped cookies from ISU Dining and fruit-infused water), lawn games, bike and long board tuneups and more at the event as we celebrate the Earth and sustainability and look forward to another decade of living green at Iowa State University.

*Not able to join us on the 25th?*

See page 15 and visit the [Live Green! Initiative's website](#) or email us for more information at [livegreen@iastate.edu](mailto:livegreen@iastate.edu) or other green opportunities.

As we finish the 10-Year Celebration of the Live Green! Initiative at Iowa State University, what's next?

We're excited for the next 10 years! Share your vision for our next sustainable decade on [Live Green! website](#).

Follow Us!



# DIRECTOR'S MESSAGE

Happy Earth Month, Cyclones!

April brings SO much to celebrate with trees budding, flowers blooming, gardens growing and all the incredible bounty that emerges during Earth month — so appropriately themed around our planetary home. With this in mind, how fitting that our celebratory theme for April, our final month of our year-long celebration of the 10-Year Anniversary of ISU's Live Green! Initiative, is "Celebrating Green."

As we round out this last month of our celebration, this issue of the Live Green! Monthly celebrates both accomplishment in and dedication to creating a more sustainable world. Inside, you can read about the impressive focus and achievements of the student members of the National Electric Contractors Association and Engineers for a Sustainable World and about personal opportunities to give back to our home and pay forward to the generations that follow us. Some opportunities include: empowering your label-reading skills, transforming food waste, taking the #Trashtag Challenge and connecting through the One Sustainable Iowa Student Network and our Earth Month Calendar of Events — which is brimming with empowering opportunities to connect with all facets of sustainability (environmental, economic and social).

Topping off all of this is our Earth Month/10Year Anniversary Grand Finale event on April 25. Tabling, games, refreshments and sustainably-minded giveaways await you at our final sustainability event for the 2018-2019 academic year.

What a fantastic month to celebrate our cardinal, gold and green!! Wishing you an April BURSTING with celebration!!

Yours in green-ness,



## DIRECTOR'S UPDATE

Happy spring! This past month has been eventful for the Student Government Sustainability Committee.

On Wednesday, March 27, senate passed the Climate Commitment Plan, a resolution encouraging the university to transition to 100% renewably sourced electricity or carbon neutrality by the year 2035. Please sign this petition to show support for the resolution.

Also, Friday, March 29th, SciNite was a huge success! Thank you so much to our performers and presenters, Jill Kurovski and Andrew Mota for planning the event, and everyone who came out! Hopefully this event will continue to happen for years to come.

As I transition out of my role as Director of Sustainability for Student Government, I want to say thank you all for allowing me to serve in this position. It has been such an incredible learning experience! Applications for cabinet positions are now open, so if you're interested in applying for this position, you can do so at this link. Feel free to contact me ([tsleugh@iastate.edu](mailto:tsleugh@iastate.edu)) if you have any questions about the position, or anything else!



Photo by Paige Anson

**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.

**TONI SLEUGH** is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

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 sustainable.

# 10-YEAR CELEBRATION MARCH RECAP

March marked another fantastic month in continuing our 10-Year-Anniversary celebration of Live Green! Initiative at Iowa State University, highlighted by college students across Iowa exploring together and the long-awaited completion of our October "Learning Green" lecture series. March's theme focused on all the many ways Iowa State University explores and offers unique exploration opportunity related to all facets of sustainability: through coursework, research, service learning and extra-curricular opportunities as well as all the consideration that goes into daily operations to ensure each Cyclone's "adventure at Iowa State."

## **LEARNING GREEN LECTURE SERIES**



Live Green! wrapped up its "Learning Green" Lecture Series with a talk by 18-year-old environmental activist and hip-hop artist Xiuhtezcatl Martinez. During his speech, Martinez described his experience growing up as an environmental activist and exploring current sustainability issues throughout the nation and world. Martinez encouraged students to educate and engage themselves in creating a healthier planet for themselves and the world community. Martinez' book "We Rise" was available for purchase at the event and is still available at the Iowa State University Bookstore.

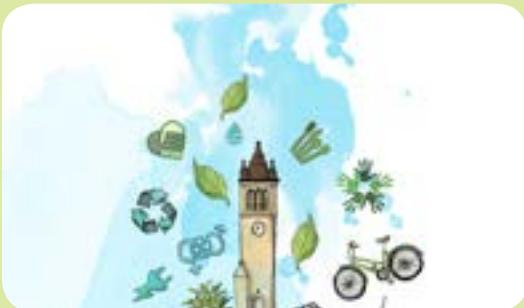
Martinez's environmental sustainability-focused message rounded out our "Learning Green" celebratory-themed month featuring speakers representing each facet of sustainability. Printmaker and artist Andrew Kozlowski provided a look at social sustainability and Mike Draper from Raygun provided a look at economic sustainability.



Copy, photos and layout by Paige Anson

# **ONE SUSTAINABLE IOWA STUDENT CONFERENCE**

Photo Credit: Iowa State Daily



Iowa State University welcomed students representing more than 11 Iowa colleges and universities for the first ever "One Sustainable Iowa Student Conference" on March 8.

With a focus on envisioning a sustainable future – and beyond – for Iowa, this one-day event focused on peer-to-peer sharing, collaboration, networking, engagement and empowerment and included strategizing applicability and transferability of sustainability opportunities and case studies as well as dialogue and visioning toward establishing a student sustainability network for communication, sharing and partnering. As well as providing the March 7 keynote, Xiuhtezcatl Martinez kicked off the student conference.

Event feedback has resulted in this becoming an annually-held event. The University of Northern Iowa has confirmed hosting in 2020 and the University of Iowa in 2021.

Visit the One Sustainable Iowa Facebook Group for conference highlights and post conference connection opportunities.



## **Thank you for attending!**

1. Central College
2. Des Moines Area Community College
3. Drake University
4. Grinnell College
5. Iowa State University
6. Luther College
7. Mount Mercy University
8. Simpson College
9. University of Iowa
10. University of Northern Iowa
11. Wartburg College

Photo Credit: Iowa State Daily



# CELEBRATE EARTH DAY, EVERY DAY

## TAKE CARE OF THE EARTH NOW, ENJOY IT EVERY DAY

On April 22, 1970, 20 million Americans gathered in streets, parks and auditoriums across the United States to demonstrate for a healthy, sustainable environment.



Forty-nine years later, Earth Day is bigger than ever. It is now the largest non-religious observance in the world, with more than a billion people in 192 countries celebrating each year.

### Limit Energy Usage

Implement energy-saving measures and shrink your carbon footprint in your home to not only save money, but show your appreciation for the Earth. In a typical home, heat and cooling uses 39 percent of energy. Counteract that by closing your window blinds during the day on hot days and opening them during cooler days. Saving energy is also accomplished through washing clothes in cold water, using the correct size burner for your pan when cooking and using fans instead of air conditioning.

### Protect Our Species

In support of the 2019 Earth Day theme, speak up and out about protecting endangered and threatened species in the world, including bees, whales, giraffes, insects, trees, coral reefs and the ecosystems they call home. Though a call to action for Earth Day 2019, it is not limited to one day. Challenge yourself to consider those we depend on and share the planet with everyday with every action you take. This includes spring flowers we plant, items we purchase (see pages 10-11), products we use and opportunities we seek to volunteer and give back.

### Reduce Waste

The average American produces 7 pounds of trash daily. With almost 327.2 million people in the U.S., that equals about 836,000 tons of garbage produced daily, the equivalent of 124,776 elephants. Become active in your waste creation and challenge yourself to reduce the amount you produce. This can include using a reusable water bottle, refusing straws, going paperless with bills and donating, instead of throwing away, items you no longer want. Also, remember to check your what food you already have and complete a refrigerator/pantry audit/challenge before grocery shopping. Take the challenge to reduce food waste and compost instead of trashing (read more on page 13).

### Connect to Nature

Take in all the Earth's beauty by heading outdoors and interacting with nature, whether that is open land or urban greenspaces. Living close to and spending time in nature has a wide-range of benefits, including increased sleep duration and reduced stress. Even just observing nature around you can increase happiness and wellness.

### Conserve Water

Help preserve one of the most vital natural resources offered to us by monitoring your water usage. This can include turning off the faucet while brushing your teeth and cleaning food in the sink; catching cold water as it warms up and using it to water your plants; and washing your clothes in cold water instead of hot, which helps prevent fading, wrinkling and shrinking certain fabrics.

# MONTHLY CHALLENGE

## JOIN THE #TRASHTAG CHALLENGE AND CLEAN UP A SPACE

Follow these steps to participate in the #Trashtag Challenge:



Find a place to clean — either through plogging or actively scouting out a location.



Begin cleaning up a space, either individually, with a partner or in a group!



Snap a before and after picture of the space you clean. Share it with others using #Trashtag and tagging @ISU\_LiveGreen.



Reap the rewards! Interacting with a clean space provides many benefits, including increased mindfulness and productivity and decreased stress.

### Work Space



before



after

Whether you work in a cubicle, corner office or co-working space, take some time to tidy up. This can include creating a new filing method, deleting unneeded files on your computer and donating items to coworkers. Eliminating clutter at work can help you stay present and minimize stress.

### Outdoor Space



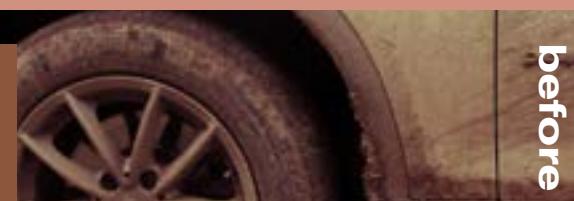
before



after

Show your love for your community by helping to clean a littered space. The U.S. spends about \$11.5 billion cleaning up litter yearly. Help alleviate these costs by grabbing some friends and family, visiting a neighborhood treasure, getting rid of trash and revitalizing the space.

### Vehicle



before



after

Extend the life of your car's exterior and save on gas money this month by spring cleaning your car or truck. Washing and detailing the interior of your car gets rid of the grime from the winter and frees up space. A clean car also provides health benefits, such as decreased allergies.

### Living Space



before



after

Foster calmness and happiness in your home or apartment by cleaning out some or a few of the spaces in it. This can include your bedroom, bathroom, kitchen, living room and garage. Challenge yourself to clean one space out per week, donating, recycling or repurposing all things unused.

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## CELEBRATING STUDENT ACCOMPLISHMENTS IN SUSTAINABILITY

April is a month full of celebration. Everyone around the world is celebrating Earth Day and the Live Green! team is continuing to celebrate its tenth year with the theme of celebrating "green," which includes the accomplishments of ISU's outstanding students.

This month, we feature two student organizations committed to ongoing dedication to sustainability and a sustainable future and whose efforts are celebrated through many achievements and initiatives, locally, nationally and internationally: the National Electrical Contractors Association (NECA) and Engineers for a Sustainable World (ESW).

### NECA

Sponsored as a student chapter by Iowa's NECA, a trade association for the electrical contracting industry, the mission of this student organization focuses on providing guidance and opportunities to students who are passionate about sustainable energy and engineering.

According to Collin Blatchford, president of NECA, much of the guidance and opportunities provided comes from seasoned industry professionals. This happens through presentations at monthly club meetings from industry professionals as well as monthly networking events with established engineering professionals.

The vice president of NECA, Leo Brocka, agreed, adding that these experiences also ensure a diversity of members (construction, environmental and civil engineers) in the organization.

"NECA is a good way to learn about the industry and gain connections [which] you want to have when you are out of college," Brocka said.

When NECA is not networking with industry professionals, they are spending time putting what they learn into action.

This has been accomplished, since 2009, through participation in the Electri International/NECA Green Energy Challenge (GEC), an annual competition between the 36 student chapters of NECA to create unique and relevant energy retrofits for organizations and facilities in their communities, based upon an overarching challenge focus, ranging from campus student use facilities to facilities with demonstrated power needs to facilities providing community services.



"[We] look at current energy plans, make a new energy design and determine the cost and payback period for it. It's a real-world design challenge," Blatchford said.

Proposals are judged initially through review by a panel with the top three proposals presented to peers and industry professionals at the annual Electri International/NECA convention.

Every year between January and October, NECA racks up more than 1,400 hours of group work in preparing their submissions. They have celebrated these efforts through bringing home competition wins for the past five years (as well as placing 5th in 2011 and 3rd in 2012 and 2013).

In 2017, the challenge added a unique addition to the competition with the addition of developing a volunteer plan of action to benefit a community organization's mission as well as completing an energy upgrade proposal.

NECA won the GEC for their proposal for the Boys and Girls Club in Ames and the completion of building storage, relaunching the organization's playground and making blankets. Since 2017, this competition addition has transcended as a permanent piece of the competition and NECA's proposals.

"It is really fun, setting up and volunteering for things. You get to meet a lot of great people and learn a ton — way more than you do in any of your classes," Blatchford said.

This year, the competition focus is designing an energy upgrade for a facility that provides community service to others with specific emphasis on lighting and window treatments, as well as developing a volunteering plan of action.

For the 2019 GEC, NECA is partnering with the Ames community Heartland Senior Home with focus on building storage shelving and providing presentations and information resources to residents about making their spaces more cost-effective and energy efficient. NECA is also focused on retaining their GEC title for a sixth consecutive year.

"MIT competed one year we won, and we've beaten Penn State. It's really cool to walk in there as an Iowa school ... and win five years in a row," Blatchford said.

### ESW

Also a student chapter of an overarching initiative, ESW focuses on a commitment of identifying and

solving technology-based problems and finding sustainable solutions ... as their name implies, improving the quality of life at Iowa State and for the world beyond. They accomplish this through a diversity of events and projects.

Carissa Moyna, treasurer of ESW, notes the foundation for all solutions they pursue is using engineering to increase and enhance campus and community sustainability.

Although ESW has engineering as a foundation for sustainable initiatives, any major is welcome to join.

"If you're looking for a place where you can apply sustainability and your innovation skills while still in college, this club is the perfect place. Everyone can contribute because there's so many aspects to the projects – more than engineering," Moyna said.

These aspects are evident in considering the current project portfolio ESW is pursuing and the goals and vision they have for each. Included in their pursuit of a sustainable world, as well as nurturing a personal commitment to sustainability, are the following:

- Renewable Energy Project – pursued with the goal of pioneering green energy on campus and resulting in the implementation of a mobile solar-powered phone-charging station, The Solar Shack;
- Bee Houses – pursued with the goal of sustaining and increasing the local bee population in Ames;
- EPA Rainworks Challenge – pursued as an annual competitive opportunity, offered by the Environmental Protection Agency, to offer professional development opportunities related to stormwater management – this year's proposal focusing on the ISU Athletics Complex;
- Solar Still – pursued with the goal of offering a system to sustainably purify polluted water using solar and thermal energy; and
- Campus Composting – pursued with the goal of elevating campus awareness, advancing campus expansion, promoting community expansion and securing campus adoption of composting.

While each project has its cause for celebration, the Campus Composting Project has especially impressive cause for celebration, Moyna noted.

In focusing on their goal, specifically tied to



campus, the project team (with Moyna serving as project lead) has committed to partnering with and learning from campus teams in order to diligently work toward the achievement of numerous initiatives. The first being a year-long project researching and testing the effects of compost on weed growth.

Based upon a hypothesis that compost could help kill invasive species seeds in campus planting beds because of a high salt level, resulting from the high ratio of manure Iowa State uses in its compost, the Campus Composting Team connected with Facilities Planning and Management Campus Services Division. This effect the team wanted to test is similar to salt from melting snow killing grass beneath it.

"That could reduce weed growth and [influence] the practices of FPM [Facilities Planning and Management] so they wouldn't have to use as much herbicide," Moyna said.

After monitoring the project for a year, the Campus Composting team celebrated success in having demonstrated effective weed control for a nine month time period.

With a campus application opportunity having been established, the team has their sights now focused on increasing campus awareness and expansion through a three-fold initiative including a workshop series called "Engage Your Green Side", a campaign to match students with the best composting method for their lifestyle; and a composting trial project at Frederikson Court apartments.

It is consistent innovation, team work, vision and passion demonstrated by student organizations like NECA and ESW that promotes, builds and cultivates awareness, engagement, accomplishment and success ... and is always something to celebrate.



Copy by Krishaun Burns  
Photos courtesy of ESW and NECA



Carissa Moyna  
Engineers for a  
Sustainable World  
Treasurer and Campus  
Composting Project Leader



Collin Blatchford  
National Electrical  
Contractors Association  
President



Leo Brocka  
National Electrical  
Contractors Association  
Vice President

# NOW YOU KNOW

## GREEN HABITS TOWARD MINDFUL PURCHASING

In celebration of our beautiful Earth and its bountiful resources this month and every month people are looking to practice "green" habits that sustain them and the planet.

Green habits can include things like saving resources and money by taking shorter showers, turning off the lights and learning to reduce, reuse and recycle energy and products to eliminate waste. They can also include buying locally grown food to support local economies and thinking more about actions' and products' environmental impacts.

Embracing mindful purchasing to better understand how your products are made and what is in them is another practice that can reveal new opportunities for making more sustainable decisions that in turn promote personal and planet health.



### Learning about daily products

A great starting point for learning more about your products (i.e. how far they traveled to get to you, what's in them and potential health impacts) involves paying closer attention to the packaging of products. Lists and labels for ingredients, warnings and manufacturing locations are most often marked there.

Ecolabels on packaging are also helpful in learning more about your product.

These labels help companies promote their sustainable efforts in crafting, sourcing and dispersing products. Hundreds of ecolabels exist today, and can be used to help shoppers identify products that have gone through third-party verification for various socially, economically and environmentally sustainable practices.

### Common Ecolabels



**Forest Stewardship Council (1993)**  
Products come from responsibly managed forests.



**USDA Organic (2000)**  
Certified by the USDA to have been grown without genetic modification.



**Energy Star Certified (1992)**  
Meets EPA standards for reducing pollution emissions and energy costs.



**Rainforest Alliance Certified (1987)**  
Products meet standards protecting environments, people and the planet.



**Fair Trade Certified (1998)**  
Producers certified to provide fair wages and safe working conditions.



**Water Sense Certified (2006)**  
Products meet EPA standards for saving water.



**USDA Certified Biobased (2010)**  
Certified by the USDA to have been made with renewable materials.



**Green Seal Certified (1989)**  
Certified products and services that meet EPA environmental standards.



**Leaping Bunny (1998)**  
Certified to eliminate animal testing from all stages of manufacturing.

For more ecolabels, visit [ecolabelindex.com](http://ecolabelindex.com)

Popular values often emphasized in ecolabels and transparency campaigns include: environmental and public health, economic efficiency, labor rights, non-toxic products and cruelty-free practices.

Taking a closer look at hard-to-pronounce ingredients on the back of product containers and digging deeper in researching potential impacts are other helpful methods for better understanding what you are putting in, on and around you, your family and pets.

For example, it may be surprising to learn that one out of three formulated products sold by major retailers contains chemicals known to pose health risks, according to the Environmental Defense Fund's [website](#).

Bisphenol A (BPA) is one such chemical that has been banned in plastic baby bottles and sippy cups because of health impacts, however, is still found in other products.

Some chemicals in everyday products that are suggested to avoid, also known as the "Dirty Dozen," include: BHA, BHT, coal tar dyes (CI12345), DEA, DBP, formaldehyde, parabens, parfum, PEG, petrolatum, siloxanes, sodium laureth sulfate and triclosan.

Other toxins that pose caution for animal and human health, which are often regulated yet still can be found in some products, include: lead, mercury, radon, formaldehyde, benzene and cadmium.

## Ingredient transparency

Although many products are required to list their ingredients, a challenge consumer's face involves understanding the potential impacts and health risks of ingredients in their products.

Following demand from the public and scientists, federal chemical regulation practices were recently updated as the Toxic Substances Control Act (TSCA) of 1976 was replaced with the Frank. R Lautenberg Chemical Safety for the 21st Century Act in June 2016.

This most recent legislation, signed into law by President Barack Obama, was written with the intent to address issues TSCA had with a lack of safety

## 6 Sustainable Shopping Tips

1 *Pay attention to labels. Look at what is, and is not, stated on the packaging.*

2 *Question. Think about pollution emissions, labor practices, health studies, travel emissions, etc.*

3 *Ponder claims. "Farmer/Scientist-Approved," Doctor recommended.*

4 *Avoid vagueness. Unless defined in detail: "natural," "green," "eco-friendly."*

5 *Examine feedback and reviews of products before making conclusions.*

6 *Investigate. Research and write manufacturers to learn more if needed.*

review procedure, chemical transparency in products, funding and chemical regulation power within the Environmental Protection Agency.

The new act includes provisions to require (and give more power to) the EPA to: review the safety of all existing chemicals with clear deadlines, enforce and do risk-based chemical assessments, increase public transparency for chemical information and explicitly require protection of vulnerable populations (children, pregnant women). Through this act, the EPA was also given a more consistent source of funding for TSCA enforcement.

Supporting similar laws that promote transparency and researching into the effects of chemicals and products are great ways to endorse healthy people and environments.

Researching, buying and even making products that support your health and sustainability values are another great way to promote the healthiest products for you, others and the planet.

In practicing "green" habits like mindful purchasing, know that you are supporting values that are sustaining a lasting celebration of wellness for people and our planet.

Copy and graphics by Paige Anson

# EARTH DAY RECIPES

CELEBRATE EARTH DAY (4/22) AND NATIONAL PICNIC DAY (4/23)



## EARTH DAY COOKIES

**Ingredients:** 1 cup sugar, 1 cup softened butter, 1/2 cup milk, 1 tsp vanilla extract, 1 egg, 3 1/2 cups all purpose flour, 1 Tbsp baking powder, 1/4 tsp salt (or box sugar cookie mix), blue and green food coloring

**Supplies:** one large mixing bowl, large spoon, two smaller bowls, flat baking pan, baking sheets (optional), oven

**Directions:**

1. Preheat oven 350 degrees.
2. Add dry ingredients into bowl, mix, then combine all wet ingredients.
3. Divide dough evenly into both bowls. Add 3-5 drops green food coloring in one bowl, 3-5 drops blue in the other. Combine with spoon or hands.
4. Pull out a handful of dough from each bowl. Roll together into one ball. Repeat until mix is gone, placing each ball onto the baking sheet.
5. Bake cookies for 7-8 minutes or until slightly firm.

**Substitutions:** Adapt recipe to dietary needs by exchanging ingredients for alternatives.



## RAINBOW WHEELS

**Ingredients:** 4 large tortillas, 2/3 cup whipped cream cheese, 1Tbsp dry ranch powder, 1/2 cup thinly sliced (each): red and yellow bell peppers, carrots, spinach leaves, purple cabbage

**Supplies:** large bowl, mixing spoon, clean surface, knife, container for finished wraps

**Directions:**

1. Mix cream cheese and ranch powder until thoroughly combined.
2. Spread cream cheese mixture over tortillas with spoon.
3. Lay out 2 Tbsp of each veggie across a tortilla in even rows, leaving a one inch border on all sides. Roll up tortilla burrito style. Repeat with each tortilla.
4. Start from one end the a wrap, and slice into 1 inch "wheels." Repeat.
5. Store in an airtight container and keep in a cooler on the way to your picnic destination.

**Substitutions:** Try chicken or beans in this recipe. Make less temperature sensitive by exchanging cream cheese for hummus or mustard.

## 10-MINUTE PASTA

**Ingredients:** 1 box (12 ounces) pasta (any), 2 cups marinara sauce (any), 1/3 to 1/2 cup hummus (any), 1/4 cup cooked brussel sprouts or hemp hearts

**Supplies:** large pot, large spoon, colander, hot pot or stove

**Directions:**

1. Add water to pot, boil over high heat. Once boiling add in pasta, stir with spoon.
2. Cook pasta according to package or al dente. When done, drain the pasta in the colander at your sink and pour pasta back in the pot.
3. Stir in the marinara, hummus and brussel sprouts or hemp hearts until combined. Heat until warmed throughout.

**Substitutions:** Try with meat, tofu or beans and/or add your favorite veggies.



For more recipes, visit our Pinterest.  
Copy and layout by Paige Anson



# APARTMENT COMPOSTING 101

## CELEBRATE THE EARTH BY GIVING IT NUTRIENTS

### What is composting? Why compost?

Composting is the process of turning waste into nutrient-rich soil, both reducing what goes into the landfill and greenhouse gas emissions.



Compost captures and eliminates 99.6 percent of harmful volatile organic compounds (VOCs) from the air, reduces landfill food waste (which currently makes up 25 to 50 percent of garbage) and traps carbon in the ground. Composting promotes better health and a cleaner environment and it is an easy and cheap way to go green. By reducing the amount of organics you dispose of, you can also reduce the amount of money you spend on garbage disposal. In addition, organic waste contaminates beneficial materials coming into the city's Resource Recovery Center, resulting in increased landfilling.

### Bokashi Composting

Bokashi, "fermented organic matter," mixes a specialty bran with food waste in an airtight container (with a spigot to drain excess liquid produced in the process).

Unlike traditional methods of composting, Bokash does not require oxygen, allowing dairy and meat scraps to be added.

Bokashi produces compost in one to two weeks and drained liquid can be used as fertilizer.

Follow the steps at Planet Natural to begin Bokashi composting.



### Vermicomposting

Vermicomposting, composting with worms, only requires a lidded bin with holes, sawdust or shredded paper and red wiggler worms (as well as food waste).

A popular benefit of vermicomposting is the convenience of time.

The red wiggler worms can be left alone for three to four weeks as long as moisture levels are maintained and added food scraps are distributed evenly.

Begin vermicomposting by following the steps at [FoodPrint.org](http://FoodPrint.org).



### Blender Composting

Blending composting creates a food waste smoothie for your plants.

This style of composting is quick and easy. Once food waste is blended (using a blender or food processor), the thoroughly liquefied waste can be mixed directly into garden and outdoor planting bed soil. For optimal results, mix the soil every couple of weeks.

Learn how to compost using a blender [online](#).

### Myths Busted

- Composting attracts bugs and rodents.** When compost is mixed correctly, it will not attract flies or rodents.
- Composting is hard to manage.** Depending on your method of composting, there is a process to follow, which allows for easy management.
- Composting takes a lot of space.** Compost practices require various space needs. Choose what works best for you!

### What To Compost

Fruit and vegetables; leaves; newspapers; cardboard; dried flowers; garden waste; coffee grounds, filters and tea bags; egg and nut shells; wood chips and uncoated paper

Cooking oil or greasy foods; liquids; diseased plants; cat/dog waste; colored paper; citrus peels; plastic; foil; metal; glass; bones; meat products and dairy



# GREEN-IT-YOURSELF

## CONNECT TO THE EARTH WITH THESE SUSTAINABLE REPURPOSES

### RECYCLED NEWSPAPER GARLAND

**Supplies:** newspaper or other recycled paper, yellow and blue paint (or your choice of colors), paint brush, circle cookie cutter, heart cookie cutter, pencil, scissors, twine and embroidery needle

1. Paint the newspaper with desired colors and designs. Do not soak the paper, or it may rip.
2. Set the newspaper aside to dry.
3. Once the paint dries, use a pencil and cookie cutters to trace circles and hearts on the newspaper. Cut the shapes out.
4. Thread the twine onto the embroidery needle. Use as much twine as needed, based on the amount of shapes cut out.
5. Poke the needle into the top of the shapes and weave the twine in and out of each one.

**Alternate:** Use colored yarn to hold your garland.



### SELF-WATERING PLANT POT

**Supplies:** 2-liter bottle, potting soil, seeds and scissors or knife

1. Clean the bottle by rinsing out any leftover liquid. If desired, remove the label and leftover glue using a rag and vegetable oil or peanut butter.
2. Cut the bottle about five inches from the bottom using a knife or scissors.
3. Take the top half of the bottle and puncture eight holes around the top, about 1-inch apart from each other.
4. Fill the top half of the bottle with about three cups of damp soil. Do not overfill it.
5. Fill the bottom half of the bottle with water.
6. Place the top half of the bottle neck-down into the water.
7. Plant some seeds in the soil and lightly water.
8. Fill the bottom half of the bottle with more water as needed.

**Alternate:** Add compost to the pot two weeks before planting your seed!



### ECO-FRIENDLY CONFETTI

**Supplies:** Dried leaves, flowers, grasses or other vegetation, scissors, hole punch, a bowl and reusable bags or containers

1. Go outside and gather leaves and flowers (during fall season), or use dried or dying flowers from indoors (during spring and summer).
2. Use your hole punch to create confetti from the leaves and flowers.
3. Make sure to use the hole punch over a bowl to capture all the pieces.
4. Put the confetti into reusable bags or containers.
5. Use in place of paper confetti for celebratory occasions (where allowed).

**Alternate:** Use different shaped hole punches to create the confetti.



For more GIYs, visit our Pinterest.



# GREEN OPPORTUNITIES

## FELLOWS FOR RECYCLING



Apply to be a RecycleMania Graduate Student Research Fellow with the National Wildlife Federation on the Fall Activity Guide Project or Plastics Pollution Toolkit Project. Fellows will be completing various assignments supporting wildlife and the national RecycleMania recycling competition among colleges and universities. Learn more about eligibility, the \$3,000 stipend and each program's details and responsibilities on the requests for applications: [Fall Activity Guide Project](#), [Plastics Pollution Toolkit Project](#). [Applications](#) are due April 7 at midnight.

## SUSTAIN THROUGH FARMING



Farm this summer at the Abbe Hills Farm near Mt. Vernon, Iowa, and contribute to organic community supported agriculture. Abbe Hills Farm is looking for two college interns who can be available for a 7 a.m. (or earlier) to 1 p.m. work day, Monday through Friday. Interns must be able to work in summer heat, lift 40 pounds, have reliable transportation and live near Mt. Vernon. Starting wage is \$9.50 an hour plus take-home produce. For more information about the internship and how to apply, [view the internship request](#).

## GROW AS A FELLOW



Take on a fellowship position for the National Wildlife Federation starting in mid-April 2019! A position for a [2019 EcoLeader EcoCareers Graduate Student Fellowship](#) and [2019 Higher Education Sustainability Graduate Student Research Fellowship](#) are now open and benefits include networking opportunities, possibility of academic credit and a \$3,000 stipend. Learn more about the fellowships, their requirements and about their applications online. Applications are due by April 7 at midnight.

## ZONE IN ON ZERO WASTE



Discover tips, tricks and reasons for living a less wasteful lifestyle during Wheatsfield Cooperative's Zero Waste Lifestyle Earth Week Event April 25, 6 - 7 p.m. The free event will be guided by jewelry designer Elaine Axmear as she provides simple, concise descriptions and handouts of recipes, references and how-to guides on living a less wasteful life. This event is open to all and requires an RSVP. To register and learn more, visit Wheatsfield's [calendar](#) on their website.

## CELEBRATE THE FIRST AMENDMENT



Celebrate your five First Amendment Rights with the Greenlee School of Journalism and Mass Communication on April 9 - 12 during the school's annual First Amendment Days celebration. The celebration's keynote speaker on April 9 (at 8:15 p.m. in the Great Hall of the MU) will be [Simon Tam](#), founder and bassist of the band "The Slants" and a plaintiff in a free-speech Supreme Court case. Live street art will also be performed April 11, 11 a.m. to 3 p.m. by ["iamsloth"](#) a.k.a. renowned graffiti artist Timmy Ham. To learn more about events, visit the celebration's [online schedule](#).

## DEVELOP CLEAN ENERGY CITIES



Expand your knowledge in sustainable energy and transportation this summer with the U.S. Department of Energy during its Clean Cities University Workforce Development program June 10 - Aug. 23. Internships are available for students who in their junior year (or later) and are studying communications, public relations, business, marketing, engineering or environmental science. Interns will work 30 - 40 hours per week and receive a stipend ranging from \$3,600 to \$6,000. Applications are due April 29. [Learn more](#) about the different internships and locations, and apply, [online](#).

## WORK ECOFRIENDLY



Join the Practical Farmers of Iowa through various paid opportunities: as a [strategic initiatives assistant](#), a farmer in their [Labor4Learning program](#) or as a [farmer outreach coordinator](#). SIA roles include agronomic counseling in cover crop consultations, coordinating field work, data collection and writing outreach content on cover crops. SIA applications are due April 8. The FOC position requests a person with journalistic/communication skills who can help farmers tell their stories. Apply by May 15. Labor4Learning farmers will learn farm business. Apply now.

## HONE GARDENING SKILLS



Hone your gardening knowledge and skills and nourish yourself and your space at one of Reiman Gardens' upcoming events! On April 9, learn how to build your own rain garden to encourage a well-drained yard. Learn about vegetable gardening April 16, 6 - 7:30 p.m. and about greenhouse production April 17, 11 a.m. - noon. Each event varies in cost and is open to all. Discount prices are available for members and ISU students. Learn more about these events on Reiman Garden's [website](#).

# APRIL CALENDAR

06

## Stash the Trash

**Various Locations | 8 a.m. - 2 p.m.**

Volunteer at the 20th-annual Stash the Trash and help spring clean our community. Join as an individual, team or plogger. Choose a location or be assigned one at the event. Sign up online and check-in at Reiman Gardens for supplies. All volunteers receive free lunch from 11:30 a.m. - 1:30 p.m., and free admission to Reiman Gardens throughout the day. Cost: free

09

## Gardening Series: Building a Rain Garden

**Reiman Gardens | 11 a.m. - noon**

Learn more about protecting local water sources while adding beautiful plants to your garden from horticulturist Jessie Liebenguth. She will be providing steps and resources to create your own rain garden. Pre-register by April 7. Cost: \$16, members; \$20, general public; \$13.60, students

10

## Eco-Feminism & Sustainable Communities

**Pearson Hall, Room 2158 | 7 - 8 p.m.**

Join speakers Danielle Wirth, ISU Environmental Science Department, and Carolyn Myers, Ames Progressive Alliance, to learn more about eco-feminism and Ames' sustainable community initiative at The Green Umbrella general membership meeting. Cost: free

13

## Iowa Butterfly Survey Network Training

**Reiman Gardens | 9 - 11:30 a.m.**

Take an active role in conservation through the Iowa Butterfly Survey Network and receive training, by entomologists, to monitor butterfly populations. ISBN will teach how to identify potential threats, show effectiveness of habitat restoration efforts and more. Pre-registration is required. Cost: free

14

## Ames Reads Leopold

**Ames Public Library | 2 - 4 p.m.**

Listen to the words of Aldo Leopold, known as the father of wildlife conservation in America, come to life as guest speakers read aloud from his manuscripts at this annual earth month event. Enjoy tabling by conservation organizations and refreshments.

17

## Lecture: Indigenous Food Systems

**Memorial Union, Sun Room | 7 p.m.**

Attend the keynote lecture for the Sustainable Agriculture Symposium, focusing on indigenous food harvest and systems, from Robin Wall Kimmerer, indigenous plant scientist and author. A poster session and reception will precede the lecture. Cost: free

19

## Ready to Run® Iowa Workshop

**Raddison Hotel Ames | 9 a.m. - 4:30 p.m.**

Empower yourself to run for elective office or work on a campaign by taking part in the Ready to Run Iowa workshop, a nonpartisan training program, focusing on running an online campaign and communicating with the media and voters. Lunch, light refreshments and a parking pass will be provided. Register online. Cost: \$25

20

## City of Ames Eco-Fair

**515 Clark Ave. | 9 a.m. - 1 p.m.**

Get your "eco" on at the annual City of Ames Eco-Fair. Talk to city staff and community specialists about becoming more environmentally-aware and engaged. Tabling from city departments, community organizations, student organizations and eco-connected vendors as well as "how-to" informational presentations. Hands-on activities and eco-minded giveaways. Something for all ages. Cost: free

22

## BiCYcle Ames

**Brookside Park | 10 a.m.**

Cycle and celebrate Earth day on an 8- or 10-mile route with Ames Kidical Mass and the Ames Bicycle Coalition. Riders may also select a shorter distance. All ages are welcome to participate in the event. Direct questions to Elizabeth Wentzel at [ewentzel@gmail.com](mailto:ewentzel@gmail.com). Cost: free

25

## Let's Eat: #foodwastematters

**Town Engineering, room 0280 | 6 - 7 p.m.**

Share a homemade meal and fight food waste with the Compost Team of Engineers for a Sustainable World during their next "Engage Your Green Side" workshop series. Dietitian Amy Lodes will also present her latest graduate research about food waste reduction. Cost: free

26

## Reggie's Sleepout – Ames

**Cyclone Sports Complex | 5 p.m. - 7 a.m.**

Spend the night under the stars in support of organizations in Ames' community working to address youth homelessness. Participate as an individual or with a team. Bring a box, small tent or sleeping bag to camp out for the night. Entertainment, activities, music and snacks will be provided throughout the event. Register online by April 25 at midnight. Day-of registration will be available from 5 - 7 p.m. Cost: free

27

## Run for the Trees and Arbor Day Activities

**Iowa Arboretum | 8 - noon**

Celebrate Arbor Day by walking or running a scenic 5K or 1 mile on trails among the trees to benefit the Iowa Arboretum. Additional free activities for the family and children (including tree climbing and tree planting) will begin at 9 a.m. Register online for the run/walk. Cost: \$30, adults; \$20, youth (6-12); free, five and younger; \$65, families

## Yard Waste Free Day

**400 Freel Drive | 8 a.m. - 4 p.m.**

Compost spring clean-up yard waste, including brush, at the Spring Yard Waste Free Day, sponsored by the City of Ames. This opportunity allows for a drop-off option for yard waste since this waste cannot be dropped off at the Ames Resource Recovery Center. Cost: free

## Out of the Darkness Campus Walk

**Central Campus | Noon - 2 p.m.**

Support those who have lost someone to suicide or who are struggling with a mental illness at the Out of the Darkness Iowa State University Campus Walk. Check-in begins at noon. Register online by noon on April 19 or in person before the walk begins at 1 p.m. You can also register as a virtual walker, if you cannot attend the event. Donations are accepted until June 30.

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

Paige Anson | [pmanson@iastate.edu](mailto:pmanson@iastate.edu)

Krishnaun Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)

Find more sustainability events on the Live Green! calendar.

# LIVE GREEN! MONTHLY



**"GO CONFIDENTLY  
IN THE DIRECTION  
OF YOUR DREAMS!  
LIVE THE LIFE  
YOU'VE IMAGINED."**

- HENRY DAVID THOREAU

**ISU SUSTAINABLE  
SENIORS ENVISIONING  
GREEN FUTURES**

**NOW YOU KNOW:  
THE LIVE GREEN!  
ORIGIN STORY**

**CHALLENGE YOURSELF  
TO LIVE GREEN AFTER  
COLLEGE GRADUATION**

# WHAT'S INSIDE

- 04 >> **Earth Day and Earth Month Recap**  
Explore the many different ways Mother Earth was celebrated.
- 06 >> **Farewell Seniors!**  
Join us in thanking our graduating Live Green! team members.
- 07 >> **Monthly Challenge**  
Envision "green" in your life, no matter where you are or what you are doing.
- 08 >> **10-Year Celebration Recap**  
Revisit the sustainable celebratory events and activities during the 2018-2019 school year.
- 10 >> **Now You Know**  
Learn about the history of Live Green!, starting from its genesis to now.
- 12 >> **Sustainable Spring Highlights**  
Reflect on the sustainable accomplishments on campus this semester!
- 14 >> **Students Living Cardinal, Gold & Green**  
Meet graduating student leaders envisioning and pursuing a sustainable future.
- 16 >> **Green-It-Yourself**  
Create a "green" summer environment through these upcycled ideas.
- 17 >> **Summer Recipes**  
Discover summer treats created from farmers' market plunders.
- 18 >> **Green Opportunities**  
Engage in sustainable events, contests, internships and more.
- 19 >> **May Calendar**  
Check out all the sustainable events happening in the last month of spring.
- 20 >> **Summer Calendar**  
Save the dates for activities and events happening throughout the summer.

IOWA STATE UNIVERSITY

LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS



Photo by Paige Anson

Happy May from the Live Green! team. As we bid farewell to the 2018-2019 school year, we want to reflect on all the amazing events held over the past nine months in celebration of the Live Green! Initiative's tenth year. We started in August with our first theme of "Moving Green" and ended last month with the theme "Celebrating Green." Each theme further explored one of the three facets of sustainability, which are economic, environmental and social.

We encourage you to apply what you have learned and experienced from each of these celebratory months into your day-to-day decisions and activities. Sustainability has no limits — you can incorporate it into your home life, work time and time shared with friends. Challenge yourself to connect with each 10-year celebration theme: moving, dining, learning, buying, creating, giving, embracing, exploring and celebrating "green." Revisit our [2018-2019 newsletters](#) and [blog posts](#) to connect with challenge opportunities.

## Follow Us!



The Iowa Recycling Association (IRA), a non-profit that promotes recycling and waste-reduction activities to create a healthier environment in the State of Iowa, is seeking feedback from students about ways to better serve new and potential members. Add your perspective via their survey.

# DIRECTOR'S MESSAGE

It is so hard to believe that the 2018-2019 academic year is already complete – and with it, our 10-year celebration of the Live Green! Initiative at Iowa State University comes to a close. Truly ... what a fantastic year of reflection on the abundance of dedication, commitment, passion and accomplishment in sustainability (environmental, economic and social) that we have embraced at Iowa State since 2008. Congratulations to us all!

And now ... it is time to look forward and envision what our next sustainable decade commits to, strives toward and accomplishes. To assist with this, we have created a vision board on the Live Green! website where the ISU community can share their vision for the next 10 years of the Live Green! Initiative. I encourage you to add your vision, ideas and thoughts on sustainability.

In the journey toward making a sustainable future for all, we know we all must work together, and that our results are only as effective and sustainable as the energy and commitment that supports and nurtures it. With this in mind, now is also time to consider each of our individual opportunities and the contributions we can make toward the collective changes and success we envision for ISU. While we may not all have the same roles and responsibilities, we do share in the ability to make a difference, to be the difference and to collectively make ALL the difference.

There is certainly no template for this. Every commitment, every action and every bit of time and energy adds synergy and impact. No effort is too small, especially in consideration of the alternative of the absence of effort. Progress may come in leaps and or in inches, in months or in years. The focus ... is how we can be a part of ensuring it continues.

The future holds such a vast array of opportunities for connection, collaboration, impact and success. I so look forward to the opportunities that await us in our next 10 years and to "greening" together with you!

Yours in green-ness,



## DIRECTOR'S UPDATE / WELCOME IZZY!

My name is Izzy Wilde, and I am a junior in community and regional planning (CRP) and Spanish from Des Moines, Iowa. I have always been passionate about sustainability and being an advocate for the environment and the different species that call it home. I define sustainability as working to maintain and work with our environment rather than against it, both for future generations and to ensure the longevity of other species.

As the new Student Government Sustainability Director, I plan to continue supporting the recycling and composting efforts in place. I would also like to reduce the amount of plastic waste being produced. I believe we are stronger in numbers, so having the support and input from different ISU sustainability groups as well as Ames' climate groups will be vital.

I came to Iowa State because of the stellar design school, the CRP major and the possibility of getting a master's degree in sustainable environments. I "live green" through all the little actions I do everyday. Ditching plastic water bottles and shopping bags and recycling everything I can are little ways in which I try to make a big impact over time.



Contact Izzy with ideas or questions  
[at iswilde@iastate.edu](mailto:iswilde@iastate.edu).



Photo by Paige Anson

**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.

**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.



Photo Courtesy of Izzy Wilde

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 sustainable.

# EARTH DAY AND EARTH MONTH RECAP

## ISU AND THE AMES COMMUNITY CELEBRATING SUSTAINABILITY



The Live Green! Initiative hosted its finale event for the 2018-2019 school year on April 25, celebrating both the 10-year celebration finale and Earth Day. The event featured student and community organizations and local businesses who support sustainability through actions, events and initiatives.

Attendees were able to:

- Enjoy nibbles and beverages including fruit-infused water, hot dogs and cookies served by ISU Dining and coffee provided by Cafe El Zapote
  - Earn sustainable giveaways by talking to participating organizations
  - Donate non-perishable food items to the on-campus food pantry, The SHOP
  - Receive a free tune up by Outdoor Recreation Program
  - Participate in free yard games
  - Trade in their "pop-out" center of the 10-Year Celebration magnet for a featured "green" giveaway
- (\*Pop-out centers are still being accepted at the Office of Sustainability, 108 General Services Bldg.)
- Declare their "green" pledge and share their 10-year vision for ISU

### Participating Organizations and Businesses

- 88.5 KURE Ames Alternative • Ames Smart Business Challenge • Be the Match On Campus • Cafe El Zapote • Climate Reality Project Campus Corps • Dance Marathon • Engineers for a Sustainable World • Food & Water Watch • Good Earth Student Farm • Global Resource Systems Globe Ambassadors • Iowa Wildlife Center • ISU Recycling • Jax Outdoor Gear • Live Green! Initiative • Marketing Club • Outdoor Recreation Program • Renewable Energy Group • St. Jude Up 'Til Dawn • Society of Women in Physics and Astronomy • Story County Conservation • Volunteer Center of Story County • Wheatsfield Cooperative

Copy, layout and photos by Krishna Burns

Celebrating our planet home is not just restricted to one day. The month of April brought many sustainable events and activities, many annual and some brand new. Here are a few of the highlights of the month. To explore the extensive list of sustainable April highlights, visit our [2019 Earth Month calendar](#).



Photo Courtesy of The International Student Council



Photo Courtesy of the Volunteer Center of Story County



Photo Courtesy of Iowa State Colleges Against Cancer

The International Student Council came together to share indigenous food and performances from over 11 different countries at their annual [International Food Fair](#) on April 14. The countries represented were: Egypt, India, Pakistan, Russia, Thailand, Vietnam, China, Taiwan, Japan, Malaysia and a variety of Latin American and Arab countries. Each represented country had cultural meals, snacks, desert and drinks.

The Ames community hosted its 20th-annual community clean-up, [Stash the Trash](#), on April 6, picking up trash around the City of Ames. Volunteers cleaned up neighborhoods, parks and parts of Iowa State's campus. Some volunteers also participated in plogging, a Swedish trend to pick up trash while running or jogging.

Be the Match at Iowa State and ISU Colleges Against Cancer teamed up to host the first [Cancer Sucks 5K Run/Walk](#). Participants of all ages signed up and finished the run/walk. Benefits went to the American Cancer Society, as well as the Iowa Marrow Donor Program, helping save patients' lives all over the world. Adult donors were also able to join the Be The Match Registry.



Photo Courtesy of ISU Daily



Photo Courtesy of City of Ames



Photo Courtesy of Reggie's Sleepout

The ISU Greenlee School of Journalism and Communication hosted its 17th-annual First Amendment Days. Members of the ISU and Ames community participated in many events hosted over the week, including a keynote speech by Simon Tam, a Supreme Court case winner; a Democalypse March, which allowed participants to experience life without the First Amendment; Depth and Dialogue sessions; and Feast on the First featuring live street and soapbox speeches.

The City of Ames hosted its 9th-annual Eco-Fair with a focus on energy conservation and sustainable practices. The event featured city booths, displays, giveaways and more, including the new Eco Chats, which are mini-talks about a variety of eco-friendly topics. Live Green! Smart Business Challenge interns also tabled at the event. Eco-Fair attendees were also able to drop off unused school supplies for the annual school backpack program at the School Supply Exchange booth.

Members of the Ames and Iowa State community slept under the stars in Jack Trice Stadium during [Reggie's Sleepout](#), an annual fundraiser to bring awareness and raise funds to combat youth homelessness. During the event, attendees decorated boxes, watched local entertainment and enjoyed games, cards and crafts. At the end of the night, Reggie's Sleepout raised [\\$54,635 out of their goal of \\$150,000](#).

Copy and layout by Krishaun Burns

# FAREWELL SENIORS!

## SENDING BEST WISHES TO OUR LIVE GREEN! SENIORS

### Madeline Blandin

Hometown: DeWitt, Iowa

Majors: Marketing & Event Management



Strategic Initiatives Intern  
2018, 2019

### Molly Breen

Hometown: Lakeville, Minnesota

Major: Finance



Strategic Initiatives Intern  
2017, 2018, 2019  
Campus Community Engagement  
2016, 2017

### Taylor Silvestrini

Hometown: Des Moines, Iowa

Majors: Supply Chain Management & Marketing



Smart Business Challenge Intern  
2017, 2018, 2019

Q1

*What do you plan to do after you graduate from Iowa State University?*

Q2

*Do you feel more informed about sustainability since you began college?*

**Madeline:** Product Development Associate for Allsteel in Iowa, which manufactures office furniture and provides holistic solutions that fit businesses and their workplace strategies.

**Molly:** Financial Analyst at Ecolab in Minnesota, which provides water, hygiene, energy technology and services to the food, energy, healthcare, industrial and hospitality markets.

**Taylor:** Supply Chain Leader at PepsiCo Frito-Lay in Wisconsin, which manufactures, markets and sells corn chips, potato chips and other snack foods.

**Madeline:** I have grown a ton since freshman year! I've learned a lot more about what it means to be socially sustainable, and I look forward to continuing to explore that facet of sustainability.

**Molly:** I have learned so much about sustainability since my internship at Live Green! began, especially in social and economic sustainability.

**Taylor:** I have grown a lot in sustainability since the beginning of college to now, especially since becoming an intern for the ISU Office of Sustainability. The biggest thing I've learned about is the three facets of sustainability (environmental, economic and social) and how they all work together.

Q3

*How will you continue to live "green" after you graduate?*

Q4

*What are some things you will take away from the Live Green! Internship?*

**Madeline:** I will be active within my "new" community, start to grow my own produce and try to carpool to work!

**Molly:** I will be cognizant about and limit my trash, use public transportation, volunteer with my community, share my sustainability knowledge with new friends and always learn from others.

**Taylor:** I will take advantage of all the trails and parks around where I'll be living and get involved in sustainable practices and initiatives at work.

**Madeline:** I have thoroughly enjoyed working at Live Green! It has been so fun to share my love for event planning and sustainability in one role. It will be a ton of fun to continue to live sustainably in my next role because my future employer is also very sustainable!

**Molly:** Everyone cares about sustainability, but sometimes you just need to find a way to make it more personal.

**Taylor:** I have had an amazing time working in sustainability, specifically in my internship position, which allows me to get to know local business owners and help them get recognized for their sustainable practices. I really enjoyed having an impact on the City of Ames. It has also been a tremendous opportunity to be part of the Live Green! team.

# MONTHLY CHALLENGE

## LIVE GREEN! AND ENVISION GREEN AFTER GRADUATION

As students (faculty and staff) leave Iowa State University and continue to go in the direction of their dreams, they can continue to Live Green! with social, economic and environmental sustainability practices. No matter your destination beyond your adventure at Iowa State, challenging yourself to stay engaged, mindful and sustained in sustainability can help you fuel a "green," happy and productive future.



### STAY ENGAGED

Stay active in working toward personal and community sustainability, wellness and productivity by engaging in personal, local and global sustainability goals. One effort for sustainable living that applies in all settings involves "greening" a practice. This involves making a practice more socially, environmentally and economically efficient. For example challenging yourself to use a reusable towel instead of paper towels can: reduce the 13 billion pounds of paper towels used each year in the U.S. (saving 110 million trees), can save people money and can support healthy air quality.

### STAY MINDFUL

By being mindful, or giving yourself time to be present and aware of yourself (your habits, actions and values) and your impact on others and the world around you, you can discover new opportunities for "living green." Thinking and acting mindfully with consideration for others and yourself can also help you envision new sustainability goals that can enable you and others to thrive in your personal and working environments. Challenge yourself to practice mindfulness with journaling, meditation, mindful listening and critical thinking.



### STAY SUSTAINED

Staying healthy of mind and body can seem like a challenge after leaving behind campus gyms, clubs and counseling resources; however, opportunities exist everywhere to speak, move, learn and socialize sustainably. Visit a local club, class, shop or park this month where you can meet new people, creatures, ideas, practices and landscapes that can enrich and empower your sustainability game. Self-sustainability and self-wellness can also be achieved by challenging yourself in actions as simple as calling a loved one, giving a compliment, taking a walk, spending time with friends/family and/or carving out time for a power nap.



Copy and Layout by Paige Anson



# LIVE GREEN! 10-YEAR ANNIVERSARY RECAP

## REFLECTING ON A CELEBRATORY YEAR

### August



Live Green! kicked off its 10-year celebration with Yoga on the Lawn, an event under the theme "Moving Green." Students, faculty and staff were invited to participate in a free yoga class guided by Recreation Services and receive health tips from Peer Wellness Mentors. Attendees were also able to take home healthy treats, reusable water bottles and Live Green! giveaways, and were entered into a prize drawing for green-move inspired items.

### September



In collaboration with ISU Dining, Live Green! hosted Dining Green Food & Features, an event to celebrate the 10-year's monthly theme of "Dining Green." Students, faculty and staff were offered an abundance of green dining options, including apples from the ISU Horticulture Center, made-from-scratch cookies from ISU Dining, reusable bamboo spoons and educational opportunities from student organizations committed to food security.

### October



In October, Live Green hosted its "Learning Green" lecture series featuring speakers who represent all three facets of sustainability. Artist Andrew Kozlowski spoke about social sustainability and art; Mike Draper, founder of the clothing company RAYGUN, spoke about economic sustainability in product creation; rapper Xiuhtezcatl Martinez, whose lecture was postponed until March, spoke about environmental sustainability and justice.

### November



In keeping with the monthly theme of "Buying Green," members of the Iowa State and Ames community were invited to head out to local stores for Live Green's Sust-Ames event, which encouraged local and green shopping in the Main Street and Campustown districts. Shoppers received freebies, discounts and specials from over 25 businesses, in addition to entering a drawing for unique gift packages and festive reusable bags.

### December



In December, the Live Green! 10-Year Celebration focused on "Creating Green," with a free, sustainable gift-wrapping event held in the Memorial Union at Iowa State. Volunteers helped wrap holiday packages in sustainable and recycled-wrap, bows and customized name tags. Many packages they wrapped came from the annual Iowa State ArtMart, though others also brought previously purchased gifts to be wrapped.

### January



Live Green! started the spring semester off with the a sustainable food and clothing drive, under the theme "Giving Green." Members of the Iowa State and Ames community were asked to donate gently used clothing, canned food, and household cleaning supplies. Drop-off boxes were placed around the Ames community in local businesses and around Iowa State's campus. Donations went to individuals, facilities and communities in need.

### February



In the spirit of "Embracing Green," Live Green! hosted two events in February. The first was Coffee & Conversations, which featured free coffee, cookies and conversation with 10 sustainability experts. The next was the two-day 2019 Symposium on Sustainability. Members of the community came together to envision Iowa State's next sustainable decade, as well as hear astronaut Capt. Scott Kelly's keynote lecture, "The Sky Is Not The Limit."

### March



Iowa State hosted students, faculty and staff from 11 Iowa colleges and universities who attended the One Sustainable Iowa Student Conference to "explore green." Attendees strategized and collaborated with one another on sustainable opportunities and case studies and enjoyed local-ingredient refreshments. Environmental activist, Xiuhtezcatl Martinez, provided the event's keynote lecture. The conference will be an annual event with UNI hosting in 2020.

### April



For the final 10-year celebration event, Live Green! hosted an Earth Day event on central campus. Students, faculty and staff were invited to participate in games, learn more from and about sustainable campus initiatives, student organizations and local businesses, get free bike tune-ups, grab refreshments and enjoy live programming from KURE and earn uniquely green prizes. Donations were also accepted for the on-campus food pantry, The SHOP.

Copy and layout by Krishaun Burns  
Photos courtesy of Live Green!



# NOW YOU KNOW

## REFLECTING ON THE HISTORY OF SUSTAINABILITY AT ISU

In the last academic year, Iowa State University was ranked as a top-10 performing sustainable campus by the Association for the Advancement of Sustainability in Higher Education (AASHE), was named the Best College in Iowa by Time MONEY magazine and received our third consecutive annual Tree Campus USA certification from the Arbor Day Foundation.

These are only a few of the awards that recognize the dedication and hard work of the students, faculty and staff at Iowa State who made sustainability a priority over the past 10 years since the founding of the Live Green! Initiative (LG!).



In this article, we reflect on how the Live Green! Initiative at ISU began; evolving from the efforts of students, faculty and staff that coalesced into a presidential declaration.

One group especially instrumental in catalyzing discussions, identifying opportunities and creating inertia was the ISU Council on Sustainability (COS).

The COS played a significant role in bringing sustainable initiatives to Iowa State, paving the way for many sustainable student organizations and the Live Green! Initiative.

### Council on Sustainability begins

In 2003, sparked by an ISU lecture titled "The Greening of ISU," a group of six people from a variety of disciplines at ISU came together to establish Iowa State's first sustainability committee. Disciplines ranged from religious studies, philosophy, architecture and agriculture, and included students and staff from Facilities Planning & Management and the Department of Residence.

This assembly became known as the ISU Council on Sustainability and focused and aimed to inspire a community that sustains ecological systems and educates about environmental awareness, local action and global thinking.

"We were idealistic people who wanted to do better. We're at a university where we have all these rules and regulations. We have a lot of what we have to do, but this was a group of people talking about what we wanted to do and how things could be better," Bill Diesslin, associate director of Environmental Health

and Safety at ISU and one of the founding members of the council said.

Not long after forming, the council created the Greening of ISU Coalition and laid out goals to further sustainable initiatives throughout campus.

"We described The Greening of ISU Coalition as individuals committed to protecting and enhancing the environment through our teaching, research, service and administrative operations," founding member and former Program Leader for Ecology at the Leopold Center for Sustainable Agriculture Jeri Neal said.

The Council then began to talk about how sustainability could be improved in all disciplines



as well as other areas on campus — not just environmentally, but also socially and economically.

"At the very beginning, it was maybe a little frustrating because you had all of these entities saying what they thought sustainability was, [but] we were all wrong. Sustainability was all of those things, collectively ... something much bigger than all of us," Diesslin said.

### Strategic plan adds environmental goal

In April 2004, the COS officially developed their mission and vision statement and proposed to former Senior Vice President and Provost Benjamin Allen an environmental goal to "promote a university that conserves resources and enhances environmental quality." This goal was adopted within the Iowa State University 2005-2010 Strategic Plan.

### Council presents at inaugural AASHE

In 2006, five COS members attended the first AASHE conference to collaborate with other higher education schools and highlight sustainability efforts at Iowa State. At the conference, ISU presented a summary of sustainable activities and initiatives and was the only Midwestern university to attend. Presentation highlights included:

- Student projects from an honors seminar course, "Reduce, Recycle and Redesign –The Basics of Campus Sustainability."
- A "Campus Sustainability Day" webinar hosted by the Council and featuring case studies from campuses integrating sustainability in operations, policy, resource planning and curriculum.
- A campus Green Bike Tour, led by former legislator and Iowa Policy Project Director David Osterberg.



Students from the honors seminar course.  
Photo courtesy of the ISU Council on Sustainability.

Following the conference, Iowa State was invited by AASHE to join a small group of colleges to beta test the Sustainability Tracking Assessment and Rating System (STARS). STARS later was established as the internationally recognized sustainability certification system for colleges and universities.

### Advisory committee is established

Through a commitment to make ISU a model of energy efficiency and to reduce the university's carbon footprint, ISU former President Gregory Geoffroy formed a 16-member advisory committee to pursue that vision. The president's Advisory Committee on Energy Conservation and Global Climate Change in turn developed recommendations to be implemented at Iowa State University.

### Live Green! Initiative is created

In June 2008, President Geoffroy announced the university's Live Green! Initiative. As a part of that initiative new programs were announced, including:

- An Office of Sustainability.
- A \$3 million Energy Conservation and Global Climate Change Revolving Loan Fund (Live Green! Revolving Loan Fund) to provide interest-free capital to campus projects that incorporate sustainability and offer a return on investment.
- A goal to achieve Leadership in Energy and Environmental Design (LEED) Gold Certification on all new campus construction and major renovation projects.

The president encouraged all students, faculty, staff, alumni and friends to join this overarching commitment to sustainability individually and collectively.

### Director of Sustainability hired

To guide ISU's sustainable commitment, a Director of Sustainability position was created to oversee the Live Green! Initiative. Priority responsibilities included development of a university-wide plan for sustainable practices and coordination of environmental activities on campus. Merry Rankin was hired as the inaugural director of sustainability in 2009.

### Symposium on Sustainability established

A Symposium on Sustainability, with the intent to identify sustainability initiatives the university could and should pursue in becoming a model sustainable campus through engaging the ISU community, debuted in 2009.

The annual Symposium on Sustainability (now in its tenth year) offered students, faculty and staff an opportunity to celebrate and learn more

#### ISU Council on Sustainability Founding Members

Bill Diesslin • Roger Graden  
• Janet Krengel • Jeri Neal  
• Whitney Sanford • Clark Wolf

about sustainability at Iowa State and included: a keynote address, faculty and student discussion panels, facilitated break-out and poster sessions.

### COS continues greening

Following the establishment of the Live Green! Initiative, the COS has continued to remain active in sustainability, moving away from a leadership role and becoming a community of interest in sustainability. The council's mission to promote sustainability as a core value at ISU and to help develop a community that promotes and sustains sustainability can be seen today through a diversity of campus sustainability initiatives, events, programs activities and opportunities.

### A decade of living green

From all of these accomplishments have resulted in a decade of sustainability at Iowa State University and has been the focus of our celebration this past year.

Through monthly-themed events (see page 9), Live Green! has encouraged students, faculty and staff to be fully committed to and engaged in making our campus, its operations and initiatives as "green" as possible—whether through moving, dining, learning, buying, creating, giving, embracing, exploring or celebrating.

For all the details on the past year's celebration, read more in our newsletters and blog posts.

Now ... before us is the challenge of envisioning what the next sustainable decade at Iowa State will look like. Share your vision with us on the Live Green! vision board.

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# SUSTAINABLE SPRING HIGHLIGHTS

## LOOKING BACK AT SUSTAINABLE SPRING ACCOMPLISHMENTS

When envisioning a more sustainable planet and community, it is important to look back and appreciate all of the sustainable accomplishments that have already been made. Here are some 2019 sustainable spring semester highlights, featuring many (though not all) of the sustainable steps forward people in the community made involving campus experiences, student impacts and operations and systems this last semester at Iowa State.

### CAMPUS EXPERIENCE



Photo Credit Iowa State Daily

#### Bon Appétit Management Co. CEO and Founder Discusses Sustainability

Fedele Bauccio gave the Iowa State community an inside look at what a chef-driven sustainable food business looks like. Bauccio described his experience creating Bon Appétit and gave many insights as to foods that sustain people and our planet.

#### Astronaut Scott Kelly Connects Sustainability and Outer Space

Sustainability and life in space were topics Kelly, a retired U.S. Navy Captain and an astronaut that lived a year on the International Space Station, discussed during his keynote speech for the Live Green! Sustainability Symposium in February.

#### Robin DiAngelo Examines White Fragility and Racism

Author DiAngelo shared her thoughts on racism among white Americans. She also emphasized perspectives and skills she feels white people need to build on to engage more constructively with race issues.

#### Speaker Explores Green Affordable Housing

Mark Clipsham shared his vision for affordable and sustainable housing in Ames and Story County on Feb. 6.

#### ISU Hosts Human Library Event

University Library hosted its first "Human Library" event March 7. The event facilitated a respectful environment where people could act as "human books," while making themselves available for sharing personal stories advancing conversations on topics of prejudice and discrimination.



Photo Credit ISU Office of Sorority and Fraternity

#### Iowa State Celebrates Denim Day

For the first time, Iowa State University participated in Denim Day, a nationally observed day promoting healing, community, resources and awareness for sexual assault survivors. Denim Day took place April 24, during sexual assault awareness month.

#### ISCORE Unveils an Action Plan During 19th Annual Conference

Creating, sharing and applying new knowledge on issues of race and ethnicity was given a platform during the annual Thomas L. Hill Iowa State Conference on Race and Ethnicity in February.

### STUDENT IMPACTS



Photo Credit Inside Iowa State

#### Socks Help End Childhood Hunger.

ISU agricultural education student Rebecca Lyons created her own entrepreneurial medium supporting food security among children: "Lunchsox." For every pair sold, they give back to programs that provide nutritious meals for children in need.



Photo Credit Iowa State Daily

#### Iowa State Hosts Student Sustainability Conference

Iowa State University and the Live Green! Initiative debuted the "One Sustainable Iowa Student Conference" in March. The conference offered students opportunities for connecting and sharing initiatives and achievements and welcomed more than 11 Iowa colleges and universities.

### **Supply Chain Students Follow Product Lifecycle**

Supply chain students spent their spring break following a product from Target in Ames back to where it was manufactured in China.

### **Student Government Passes Sustainability Plan Resolution**

Student Government Senator Courtney Beringer proposed and received a unanimous vote from student government passing a Climate Commitment Plan resolution at ISU. This plan follows a 2017 Faculty Senate resolution on climate change.



Photo Credit Iowa State Daily

### **Greeks Take The Polar Plunge for Special Olympics Funding**

Ames' 23rd annual Polar Plunge fundraising event supporting Special Olympics Iowa took place in April and served as one of the closing events for Greek Week at ISU. Funds from the event raised more than \$220 thousand for Special Olympics.

### **Interior Design Projects Win Top 10 Recognition in Steelcase NEXT Student Design Competition**

Two ISU students placed in the top 10 at the 6th Annual Steelcase Next Student Design Competition. Winning designs promoted art, creativity and productivity in the workspace using socially sustainable designs.

### **Alpha Tau Omega Joins Forces With ACCESS**

Alpha Tau Omega fraternity teamed up with Assault Care Center Extending Shelter and Support (ACCESS) to bring awareness to assault with their new "Building up Brothers" program.

## **OPERATIONS & SYSTEMS**



Photo Credit Iowa State Daily

### **Pitch Me ISU Launches**

ISU President Wendy Wintersteen sent a call out for all and any life changing, world shifting student ideas in her Pitch Me ISU project. Students can submit their 60-second video pitches online at [pitchmestate.com](http://pitchmestate.com).



### **ISUPD Launches New Safety App**

Accessing emergency and non-emergency contact numbers, receiving push notifications about campus activity and crime and learning tips for easy submissions to the ISUPD became a mobile option on campus as the "Rave Guardian" phone app launched in March.

### **ISU Dining Kicks Off "Give A Swipe" Program**

Giving a swipe, or donating Flex Meals or Dining Dollars, became an option this spring for students looking to help support food security on campus.



Photo Credit Recyclemania.org

### **ISU Competes in RecycleMania**

As a first-time competitor, Iowa State participated in "RecycleMania" a collegiate recycling competition managed by the National Wildlife Federation. ISU placed 23 out of 32 participating schools, recycling 209,100 pounds, or 5.2 pounds per person.

### **Pronoun Use Expands**

Starting April 1, ISU employees can add pronouns to university-branded items such as business cards, name tags, desk nameplates and email signatures. Misidentifying gender identity is a driving force for this change.

### **Parks Library Pilots App**

Working to make library services more understandable and accessible, Parks Library piloted their "Parks Libro" smart assistant (Alexa) app on the Amazon Skill Store in February.

### **ISU Provides CyDeas**

In February, in effort to grow and enhance campus communication, ISU President Wendy Wintersteen revealed to the campus community "CyDeas," a new online platform for students, faculty and staff to share ideas and suggestions.

# STUDENTS LIVING CARDINAL, GOLD AND GREEN SENIORS ENVISIONING GREEN FUTURES

As the school year ends, many sustainably-minded individuals are leaving campus and diving into new chapters of their lives that continue to orient around making a "green" difference. In this month's issue of Live Green! Monthly, we are highlighting a few "green" graduating student leaders that are committed to continuing to envision "green" and a sustainable future beyond Iowa State University.

## JULIAN NEELY



**Hometown:** Johnston, Iowa

**Major:** Journalism

**Minor:** Sociology

### Iowa State Adventure

- Student Government President
- Black Student Alliance  
Vice President  
FAT (Freshman Action Team) Delegate
- Community Adviser
- Cyclone Aid
- Co-Chair Student Advisory Community
- Student Representative on Athletics Council
- McNair Scholar
- Apex Scholar
- Early Outreach Summer Counselor Ames High School
- Alpha Phi Alpha Fraternity  
Chapter President for Omicron Pi Chapter  
Assistant Director  
Director of Photography and Videography

### Thoughts on Living Green

"I like to say you can't do this by yourself. You have to have a team alongside you."

### Living Green! After Iowa State

Pursuing a masters degree in media studies at Syracuse University in New York. Will continue to advocate for teamwork, equity and social sustainability. Aspires to create documentaries that feature perspectives that promote understanding and equity.

### Advice For Students

"Take your college experience as a learning experience. Make it your own and be open to trying new things. It is a process where you are not going to start as an expert. Take every challenge and downfall as an opportunity to learn ... And enjoy the experience."

## COURTNEY BERINGER



**Hometown:** Dubuque, Iowa

**Major:** Mechanical Engineering

**Minor:** Energy Systems

### Iowa State Adventure

- Student Government  
Diversity and Inclusion Committee  
Green Initiatives Fund Committee  
Engineering Senator  
\*Introduced and passed Climate Commitment Plan
- Community Adviser
- Cardinal Swing Society
- Research Assistant
- Undergraduate Teaching Assistant
- Honors Program Leader  
Solar Power Backpack Research
- Circle K International  
Treasurer and 5K Race Organizer

### Thoughts on Living Green

"Sustainability will last ... When you think about the word sustainable, it means to be sustaining. So when we think about sustainable energy, it is something that won't run out. Sustainability is also about creating less waste using the three Rs and about putting in place programs that will help people in situations not for a week or a day, but their whole lives."

### Living Green! After Iowa State

Pursuing a PhD with renewable energy research. Continuing to strive for sustainable lifestyle choices "[and] encouraging renewable energy and investing in companies that promote renewable energy."

### Advice For Students

"Balance is very important. You can't get too caught up on your academics or social life ... Go to lecture programs outside of your study area. Go to ISCORE. Really, just diversifying your experience. College is like a mini-world. You can explore a lot while you're here."

***"Don't be afraid to try something completely different. Especially classes in the sustainability minors. There are a lot of really cool ones. People are always surprised at how sustainability applies to all things." - Colin Welk***

## COLIN WELK



**Hometown:** Ames, Iowa  
**Major:** Environmental Science  
**Minor:** Geology, Sociology, Geographic Information systems

### Iowa State Adventure

- Environmental Science Club
- Food Recovery Network  
President
- Volunteer  
College Creek Cleanup  
Stash The Trash  
Trail Cleanups
- Story County Conservation  
Mad River Stewardship Program

### Thoughts on Living Green

"It ties into every single possible career and every aspect of life. No matter what you care about, you can incorporate sustainability into your life. It is [also] our collective future ... If we don't choose to think and breath sustainably, then we are going to not be in a good place down the road. Take action now to make sure the world we live in is inclusive, equitable, healthy and safe for everyone."

### Living Green! After Iowa State

Taking a breather this summer. Will attend graduate school at University of Michigan to study natural resources and the environment.

"I don't plan to stop doing anything. I am going to continue reading things and learning ... and continue to involve myself in my community through service, clubs and organizations at University of Michigan."

### Advice For Students

"Don't be afraid to try something completely different, especially classes in the sustainability minors. There are a lot of really cool ones. People are always surprised at how sustainability applies to all things."

## ZOEY MAUCK



**Hometown:** Des Moines, Iowa  
**Major:** Community Regional Planning, Landscape Architecture

### Iowa State Adventure

- The Green Umbrella  
Secretary, Treasurer, President
- Student Society of Landscape Architects  
Sustainability and Social Chair
- Community Regional Planning Club
- Bike Group Co-Leader
- Design Core Program Peer Mentor
- ISU Cycling Club

### Thoughts on Living Green

"I think a big part of sustainability is understanding why you are doing something and how actions impact the environment ... [Landscape Architects and Community Regional Planners] work together with the community to design and build projects people can be a part of. Ensuring people are a part of your process to be more sustainable is really important."

### Living Green! After Iowa State

Working in Oklahoma City with Team Better Block; an organization dedicated to bringing sidewalk spaces to life to show people they don't need a car to get where they are going. Will continue living "green" through lifestyle choices, including biking from place to place.

### Advice For Students

"Biking and walking is so much more sustainable than driving. Paying for gas, taking up parking lot space that could be a park ... I don't think people think about that. Networking [too]. Don't being afraid to ask a question. Embracing my networks helped me move forward."

Copy and layout by Paige Anson



# GREEN-IT-YOURSELF

## ENVISION GREENER PROJECTS AFTER TRYING THESE GIYS

### LEMON PEEL CANDLES

**Supplies:** lemons, beeswax, double boiler, lemon oil, wick, cool and undisturbed flat surface for solidifying wax

1. Cut a lemon in half and remove insides (make [lemonade](#)) and save the peel halves.
2. Use a double boiler to boil down 1/4 cup beeswax. for each peel half.
3. Mix 1 drop of lemon essential oil per peel half into melted beeswax.
4. Place lemon peel halves onto a cool flat surface that won't be disturbed.
5. Place wick into halved lemon peels, then pour mixture into each half (1/8 inch of wick sticking out of wax).
6. Allow wax to harden, usually 4-5 hours with soy wax and 6 hours with beeswax.
7. Light candles and fill your home with the natural, lemony aroma.

**Alternate:** Use different essential oils or try with orange peels.



### TOILET PAPER ROLL PLANTER

**Supplies:** toilet paper rolls, potting soil, tomato seeds, scissors or knife, water

1. Fold the toilet paper roll to give it a squared shape.
2. Cut roll into two parts. Make 3/4 inch cuts on each bottom edge of squares, making flaps.
3. Fold and unfold all of the flaps. All flaps fold in to create base.
4. Fold flaps [cardboard-box style](#) to create a small starter pot.
5. Fill pot 3/4 full with soil and sprinkle in a few seeds, sowing them according to packaging instructions.
6. Place in a well-lit place and water lightly. Plant into larger container or directly into the ground.

**Alternate:** Try these tiny toilet paper roll planters with other seeds.  
Paper towel rolls can be substituted for toilet paper rolls.



### BEE BATH SANCTUARY

**Supplies:** a shallow dish, enough small marbles to cover bottom of dish, plant pot, fresh water

1. Select a shady spot outside by flowers.
2. Turn pot upside down and use as the base of your bath.
3. Place the shallow dish on top of the overturned plant pot.
4. Add small marbles to the shallow dish.
5. Fill the dish with fresh water, adding just enough so the marbles are not submerged.
6. Change bee bath water daily and thoroughly rinse with warm water every other week.

**Alternate:** Use small rocks instead of marbles.



For more GIYs, visit our Pinterest.  
Copy and layout by Paige Anson



# SUMMER RECIPES

## ENVISION "GREEN" MEALS MADE WITH LOCALLY GROWN FOODS



## ZUCCHINI PANCAKES

**Ingredients:** 2 medium zucchini (3/4 lbs), 2 Tbsp grated red onion, 2 large eggs (beaten), 7 Tbsp all-purpose flour, 1 tsp baking powder, 1 tsp salt, 1/2 tsp black pepper, 1/2 Tbsp butter (unsalted)

**Supplies:** grater, whisk, spoon, measuring spoons, saute pan, burner, spatula, large bowl, sheet pan

**Directions:**

1. Grate zucchini into bowl. Then immediately stir in the onion and eggs with a spoon.
2. Stir in the flour, baking powder, salt and pepper (add 1 Tbsp flour if runny like water).
3. Heat skillet over medium heat, melt 1/2 Tbsp butter in pan.
4. When butter melts and starts to sizzle bring to medium-low heat, drop a heaping spoonful of batter into the pan.
5. Cook pancake batter about 2 minutes on each side, until browned. Repeat with all batter. (Yields about 10 pancakes around three inches in diameter).
6. Serve and enjoy! Keep pancakes warm in a 300 degree oven for up to 30 minutes.

**Substitutions:** Adapt recipe to dietary needs by exchanging ingredients for alternatives.

## SUN TEA WITH FRUIT

**Ingredients:** 1 teabag for each jar, 1/4 C fruit for each jar (strawberries, blueberries, etc.), distilled water (enough to fill each jar), mint (or your favorite herbs)

**Supplies:** mason jars with lids (any size), hot water and soap, scissors, timer, tongs, a large tub or cooler with ice (or a refrigerator)

**Directions:**

1. Wash jars and lids thoroughly.
2. Place 1 teabag in each jar, cutting off string if desired. Pour distilled water into jar, leaving 1 1/2 inch clearance under the rim (for fruit). Screw on lids tightly.
3. Place jars out to brew on a flat surface in direct sunlight.
4. Leave to brew for one hour, or longer if stronger taste desired. Brewing can be done indoors or outside in cool temperatures. Brew then for 3-4 more hours.
5. Unscrew jar lids and use tongs to place fruit and herbs into jars. Screw lid on tightly.
6. Chill tea in an ice bath (in a cooler/tub) or refrigerate. Serve any time.

**Substitutions:** Explore caffeinated and caffeine-free tea.

## BERRY HAND PIES

**Ingredients:** premade pie crust (or make your own), 1 jar of strawberry jam (or your favorite jam), 1 large egg (beaten), 1 C of flour

**Supplies:** fork, tablespoon, 3-inch round cookie cutter, baking sheet, oven, flat surface, rolling pin, refrigerator, plate, parchment paper, knife, pastry brush (optional)

**Directions:**

1. Preheat oven to 375 degrees F.
2. Roll out dough on a clean and well-floured surface. Use cookie cutter (or draw circles with a knife) to cut out about 10 circles from dough.
4. Use rolling pin to roll circles into 1/8 inch thickness. Put on plate, refrigerate 1 hour.
5. Remove circles from fridge, place on parchment paper lined on a baking sheet.
6. Place 1 Tbsp of jam in the center of each circle. Lightly brush the edge of one side of crust with beaten egg. Fold crust in a half circle. Press gently to seal jam inside crust.
7. Use fork tins to press edges together. Repeat process. Brush egg on tops of circles.
8. Use knife or fork to slice small air vents into each folded circle.
9. Bake for 15-18 minutes until golden brown.

**Substitutions:** Adapt recipe to dietary needs by exchanging ingredients for alternatives.



# GREEN OPPORTUNITIES

## PROTECT THE WORLD'S RESOURCES



Make an impact and view the importance of your work while interning with the World Resources Institute this summer. A variety of internships are available for people of all majors, including, but not limited to, public relations, economics, computer science and environmental science. [All internships](#) are paid and are based in Washington D.C..

Graduates can also apply for [full-time jobs worldwide](#). Applications are open on an ongoing basis. To apply and learn more about the internships, visit the World Resource Institutes's [website](#).

## BECOME A CONSERVATIONIST



Explore nature this summer by interning with the Student Conservation Association. Internships range from 3-12 months, and can be done as an individual or team internship, special program or gap-year, all of which vary with their [start dates](#), [locations](#) and [types of work](#). Interns will receive a one-time travel allowance, weekly living allowance, housing, on-the-job training and educational and recreational opportunities. A few internships are also eligible for the Americorps Education Award. [Learn more about the internships](#) and [apply online](#) (until positions are filled).

## WRITE A LETTER TO YOUR BODY



Read almost 200 self-love letters from Iowans, May 5-11 during the [week-long exhibition of Letters To My Body](#) in the Ames Public Library. It will feature letters from the campaign created by Monsoon Asian and Pacific Islanders in Solidarity to fight against sexual violence and harassment, discuss body image and gender identity and promote body positivity and acceptance. On May 8, there will be a letter-writing workshop from 7-8 p.m. If you want your letter to be featured, contact Leah Soweid at [leah@monsoonihowa.org](mailto:leah@monsoonihowa.org).

## FIND HIDDEN TREASURES



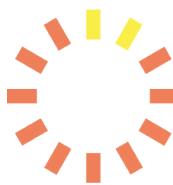
Give new treasures from your home and find new ones at the annual Rummage RAMPage, a collaborative event between the City of Ames and the ISU Office of Sustainability. From July 26 to Aug. 3, drop-off household items you no longer want at 129 Hayward Ave., Ames, Iowa, and pick up items at bargain prices. All profits go to community non-profits. [For more information](#), to learn what [can be donated](#) and to [volunteer](#), go to the City of Ames' [website](#).

## CREATE ART FOR WATER



Showcase the vital role of water through two-dimensional artwork by entering into the City of Ames Water and Pollution Control Department's annual public art contest and exhibition. Enter up to three pieces of artwork, showcasing this year's theme of "Water for All." Submit your artwork by [email](#) or by dropping it off at 1800 E. 13th St., Ames, Iowa, by Aug. 23 at 5 p.m. Selected artists will be notified by Sept. 13, and the exhibition and voting will last from Oct. 14 to Nov. 1. [For more information](#) visit the City of Ames' [website](#).

## SOAK UP NATURAL DAYLIGHT



Turn off all non-essential lights for an hour this June to raise awareness about the use of natural light in offices and energy efficiency. On June 21, 2019, many buildings around the United States will be lit only by natural light from noon-1 p.m. Last year, more than 820 offices participated, representing 33 million square feet in 24 countries.

Get your summer internship, job or school involved in [Daylight Hour](#) by going online and [pledging to turn off as many non-essential lights](#) as you can. Have participants share the act using #DaylightHour on social media. [Learn more on daylighthour.com](#).

## BUY LOCAL AT FARMERS' MARKETS



Support local farmers and producers by purchasing homegrown and homemade products (produce, art, jewelry, baked goods, etc.) this summer by heading to one of the two farmers' markets in Ames. Ames Main Street Farmers' Market will run every Saturday (8 a.m. to 12:30 p.m.) through Oct.

12. For more information, [visit their website](#). North Grand Mall's outdoor Farmers' Market will also run every Saturday (8 a.m. - 12:30 p.m.) and Wednesday (3-6 p.m.) from May 4 - Oct. 31 in JCPenny's parking lot. For more information, [check out their Facebook page](#).

## GRAB YOUR BIKE HELMET



Celebrate National Bike Month and Bike to Work Week (May 13-17) with the City of Ames through these opportunities. • Attend a [community breakfast](#) (May 13, 7-9 a.m.). The breakfast will take place in front of City Hall (515 Clark Ave.). • Join the second annual [Ames Mayor and City Council Bike Ride](#) (May 18, 9a.m.) The 9-mile ride will begin at City Hall. • Take part in the [Crushed Rock Classic](#) (May 18, 10a.m. - 4p.m.). The five, four and one loop races will take place at Breakfast Farm (17641 Templeton Rd.). All proceeds go to the Boys and Girls of Story County.

# MAY CALENDAR

08

## 1 Million Cups Ames

**225 Main Street, Ames | 7:30 - 9 a.m.**

Innovate and discuss entrepreneurship with community members over cups of coffee every Wednesday of the month. Startup Ames, a nonprofit, brought the 1 Million Cups national initiative to Ames in March 2019. Cost: Free.

## Art Mart

**Campanile Rm, MU | 4 - 8 p.m.**

View and purchase one-of-a-kind art that could be the perfect graduation or Mother's Day gift. This art sale, made possible by Workspace artists, will comprise of: upcycled and glass jewelry, watercolor quotes, handmade soaps, functional pottery and more. Sales continue May 9, 10 a.m. - 6p.m. Cost: Free.

## Landscaping A Women's Prison

**Reiman Gardens | 12 - 1 p.m.**

Bring a lunch and learn about a variety of projects Julie Stevens (Assistant Professor in Landscape Architecture at ISU) and Iowa State students have created for the Iowa Correctional Institute for Women. Cost: Free with admission.

## Plant Sale Extravaganza

**Reiman Gardens | Varies**

Flex your green thumb and explore the plant sale extravaganza at Reiman Gardens May 10 - 12. Members may purchase plants May 10, 3 - 7 p.m. Sales open to the public May 11, 9 a.m. - 6 p.m. and May 12, 10 a.m. - 3 p.m. Cost: Free admission.

## We-Cycle

**Reliable Street | 11 a.m. - 3 p.m.**

Learn about basic bike maintenance and help refurbish bikes for community members in need of transportation and support the YSS Youth Ride program. Enjoy at the event snacks, live music and a silent auction. Bring your own snack to share or bike to decorate or "reinvent." Cost: Free.

## Mother's Day at Reiman Gardens

**Reiman Gardens | 9 a.m. - 6 p.m.**

Enjoy Mother's Day with the moms you know and love at Reiman Gardens. Cost: Free admission to all mothers, ISU students and members.

## Campus Art Walk

**LeBaron Hall, ISU Campus | 12 - 1 p.m.**

Pause to explore the rich history and fun facts behind some of Iowa State University's art and buildings. University Museums will lead the tour. Participants should meet at the west entry of LeBaron. Cost: Free.

## A History Of The CCC In Iowa

**Ames Public Library | 7 - 9 p.m.**

Look back in history at the Civilian Conservation Corps and learn about their public service projects in Ames as author and historical researcher Linda McCann shares the stories and experiences of 21 men who were in the CCC during the Great Depression (1933 - 1942). Cost: Free.

16

## Composting With Worms

**Wheatsfield Co-Op | 6 - 7:30 p.m.**

Empower yourself in sustainability by learning how to compost with worms at a Wheatsfield Co-Op class. Vermiculture (composting with worms) works great for smaller spaces. RSVP required. Cost: Free.

17

## ICA Zero Hunger 5K

**Ames Middle School | 8 - 10 a.m.**

Support food security in Iowa by running, or walking, in this 5K fund raiser hosted by the India Cultural Association of Central Iowa. Must register by May 16. All are welcome. Cost: \$30.

## Free Admission Reiman Gardens

**Reiman Gardens | 9 a.m. - 6 p.m.**

Join a celebratory day of nature and art at Reiman Gardens as the gardens waive admission fees in celebration of National Public Gardens Week. All are welcome. Cost: Free.

23

## Special Olympics Summer Games

**Iowa State University | May 23 - 24**

Attend Iowa's Special Olympics, with more than 2,600 athletes, 1,200 coaches and 2000 volunteers. Events take place May 23-24. Cost: Free.

## History of American Popular Music

**Ames Public Library Auditorium | 7 p.m.**

Listen to radio host, Michael Lasser, as he presents American popular music as a social history. Cost: Free.

24

## Boone River Valley Festival

**Boone Iowa | May 24-26**

Go camping, listen to Grand Funk Railroad on their "50 Years of Funk" anniversary tour, eat great food and engage in activities with Boone County Conservation this Memorial Day weekend. Named one of the top ten best outdoor festivals in Iowa, and with a growing list of free events, the festival is sure to please. Open to all ages. Learn more on the event's Facebook page. Cost: Varies.

30

## Scone Baking Class

**Wheatsfield Co-Op | 6:30 - 8:30 p.m.**

Learn some helpful techniques in scone making with Becky at Wheatsfield. Featured recipes will include a savory parmesan-herb scone. RSVP required. Cost: Members \$10, public \$12.

31

## Ames on the Half Shell

**Durham Bandshell Park | 5 - 8 p.m.**

Enjoy music, beverages and fun today as Wikid Likir performs on the Half Shell at Durham Bandshell Park. Join in on more summer-concert fun at four more concerts on the Half Shell in June. Cost: \$5 admission, \$4 adult drinks, \$1 water and soda.

# SUMMER CALENDAR

## June

01

### Music At The Market

**Main Street, Ames | 9 a.m. - 12 p.m.**

Dance, sing and shop sustainably at the Ames Main Street Farmers' Market. Opportunities to purchase locally-raised and grown fruits, veggies, meats, cheeses, as well as baked goods, flowers and other hand-made items abound. All ages are welcome. Cost: Free.

### Summerfest

**Campustown, Ames | 3 - 9 p.m.**

Gather you friends, family and dogs for this summer-fun event! Face painting, family-friendly activities, a root beer "garden," a petting zoo and more await. A Cutest Dog Contest will also take place at the event. Learn more at Campustown Action Associations [Facebook page](#). Cost: Free

### Art Walk

**Downtown Ames | 5 - 8 p.m.**

Take some time on the first Friday in June to explore the creativity and artwork of over 60 artists, including: painters, jewelry makers, photographers, woodworkers, potters, sculptors, musicians and more. All are welcome. Want to display your own art or business? Register online. Cost: Free.

### Rose Fest

**Reiman Gardens | 9 a.m. - 4 p.m.**

Stop and smell the roses during Reiman Gardens' annual Rose Fest. The Iowa Rose Society Annual Rose Show will be in the Garden Room at the gardens. Cost: Free to members and ISU students.

### Foodies & Brew

**Ames Municipal Airport Hangar | TBA**

Listen to live music, enjoy food and samplings from local restaurants. Purchase tickets to the event online. Price: \$30 advance. \$34 at the door. Designated drivers at the event pay \$15 in advance, \$20 at the door.

### Build A Healthy Life Center

#### Locations and times vary

Join in building a Healthy Life Center for residents of all ages in Ames. Attend additional sessions June 12, 13, 17, 20 to learn more about how to get involved. Cost: Free.

### College Creek Cleanup

**College Creek ISU Campus | 10 a.m.**

Volunteer with friends and family to pick up trash along College Creek during the annual College Creek Cleanup event at ISU. Volunteers should register in advance and check in at the Forker Building parking lot on campus. Cost: Free.

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

Paige Anson | [pmanson@iastate.edu](mailto:pmanson@iastate.edu)

Krishawn Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)

17

### Annual Herb Walk

**Emma McCarthy Lee Park | 6 - 7:30 p.m.**

Join the Wheatsfield Co-Op as they host their annual "Herb Walk." Learn about the weeds, trees and plants in your local ecosystems. All ages welcome. Will be walking off trail. RSVP required. Cost: Free.

22

### Pollinator Fest

**Reiman Gardens | 10 a.m. - 2 p.m.**

Celebrate National Pollinator Week with Reiman Gardens as they host bee-related educational and fun events! All welcome. Cost: Free.

07

### Iowa Able Run, Kids Run

**Ada Hayden Heritage Park | 8 a.m. - 2 p.m.**

Support the elderly and disabled by registering for the 5th Annual Iowa Able to Run fundraising event. Non-profit "Iowa Able" will host the event, and will donate gathered funds to products and services for those in need. All ages welcome. Cost: Varies.

08

## July

04

### 4th of July Celebration

**Downtown Ames | All Day**

Don your red, white and blue and celebrate Independence Day in Downtown Ames at this family-friendly event. Enjoy Ames' annual 4th of July Parade and come early for a free pancake breakfast at City Hall from 8:30 a.m. - 10:30 a.m. An Independence Day firework show precedes this celebration July 3 in ISU parking G7, 9:30 p.m. - 10 p.m. Cost: Free.

10

27

### Summer Sidewalk Sales

**Downtown Ames | All Day**

Stroll through Downtown Ames and reap the discounts at local businesses during this summer sale event taking place July 25 - 28. This semi-annual sale supports the local economy and is a great way to get out and have fun while saving money on local goodies. Cost: Free.

15

## August

08

### Iowa State Fair

**Iowa State Fair Grounds | Aug. 8 - 18**

Celebrate the animals, plants, produce, creations, innovations, businesses, foods, fun, people and communities of Iowa during the 2019 Iowa State Fair, Aug. 8 - 18 at the Iowa State Fairgrounds. While there, visit the Iowa State booth in the Varied Industries Building. Cost: \$11 adults, \$5 (kids 6-11), free (kids 5 and under).