

LIVE GREEN! MONTHLY

APRIL 2024



“THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT TOGETHER.”

– JOE ECHEVARRIA

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CAMPUS SUSTAINABILITY UPDATES

Happy Earth Month, Cyclones!

Oh, how I love April! Spring settles in that much more in April – and the whole month is dedicated to celebrating our planetary home. April is also a month to remind us of our fortune in the diversified bounty provided by our home – environmentally, economically and socially – and the opportunities available to us to assist in



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ensuring this bounty now and in the future. A little call to action reminder for the year ahead.

While Earth Month offers prompts and nudges individual opportunities, it also brings so vividly into focus the vitalness and impact of networking, collaborating and unifying action in ensuring a sustainable future. This month's issue of Live Green! Monthly focuses on the possibilities brought about through unity. The April newsletter features communities around the world all unified in celebrating Earth Day through a myriad of celebrations, giveback opportunities and collaborative connections. Student organizations supporting unified impact and accomplishment in sustainability through dedication and focus to food, habitat and landscapes are also highlighted -individually and collectively. In addition, and as always, connection to sustainability opportunities is in abundance in this month's issue – including (but hardly limited to) lectures, exhibits, volunteering, creating and cooking.

In addition to the April newsletter, the Live Green! Team is also offering three additional education, engagement and empowerment celebration opportunities for Earth Month.

First, the April social media campaign – “[Celebrating Earth Month](#)”, featuring an overview WordPress blog and monthlong social media platforms' posting on Facebook and Instagram. Second, the annual [Earth Month Calendar of Events](#) – a thorough listing (currently over 40 pages) of the environmental, economic and social sustainability happenings on campus and within local communities throughout the entirety of April toward ensuring opportunities for everyone to celebrate and support our “blue marble” that personally resonates with what matters most envisioning a sustainable future. Finally, on April 22, Earth Day, the Office of Sustainability hosts Iowa State University's [Earth Day Celebration](#), from 10 a.m. – 2 p.m. on the University Library greenspace.

Also, do not forget to sign up for the One Sustainable Iowa student sustainability conference happening April 26 at ISU. Read more in Olivia's column and on the [conference website](#).

Before us is a month of reflection, appreciation, connection, celebration, empowerment and collective unity in envisioning and ensuring our future... for those we love and cherish (and those we will), the experiences we embrace (and have yet to discover) and the awe-inspiring places, spaces and moments (gifted every day). So many possibilities and opportunities – that together unify with such a vibrant ripple effect. My Earth Month challenge to you: find a new connection, experience a new place, engage in

making a new difference, pause and see something you have never noticed before... and ripple!

Yours in green-ness,
Merry



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Hello Cyclones!

I hope everyone had a fabulous and relaxing spring break!

The Sustainability Committee is winding down now that the official Student Government term is over.

Our big news is to be the event the Sustainability Committee has been focused on planning all semester is just around the corner! The [One Sustainable Iowa Conference](#) will be on April 26th, from 10:30am – 4pm. Conference registration is now \$15 for students and \$40 for faculty and staff and registration closes on the 18th.

I highly encourage anyone interested in social, economic, or environmental sustainability to attend and learn more about sustainability efforts across Iowa. Events of the day include a keynote speech by Ben Jealous, the current executive director of the Sierra Club, a lunch featuring local, sustainably sourced ingredients, and a series of three breakout sessions to choose from. Options include a sustainability-related research panel, a sustainable craft with the Workspace, a campus tree walk, and more. You can register for the conference online via the event calendar link on the



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Welcome to Earth Month!

“When eating the fruit, remember the one who planted the tree.” Vietnamese Proverb

When I think about the Proverb above, I think of the impact of unified action and reminding ourselves of what others have given in their time and lives to provide for us. To be thankful for what we have, even if we don’t know the name of the people who prepared it for us.

As I think about Earth Day, it is a time of reflective gratitude of so many uniting in supporting and encouraging Mother Earth – so that she in return can support us and offer encouragement. What a perfect opportunity, this Earth Day, to commit that much more deeply to the practice of “Bossing Your Toss.” It can be as simple as picking up the piece of paper that was accidentally dropped and now blowing across the campus, a detailed consideration of reducing what goes into your personal trash can or something in between. Every commitment unifies collectively to show gratitude to Mother Earth and perseverance in ensuring a sustainable future.

If you need some “bossing” ideas, read through this month’s newsletter. There is

One Sustainable Iowa Conference website.

As part of the conference, we are accepting submissions for research posters and works of art related to the topic of sustainability. Selected works will be featured during the conference, and the authors and artists will receive free registration. Complete the online submission form by April 18th for consideration. Additionally, financial assistance opportunities are available to assist with registration costs. Complete the online request form to pursue this opportunity.

The conference is going to be awesome, and I hope to see you all there!

A final update item from the Sustainability Committee is that funding was approved for printing magnets that share information on how to recycle on campus and around Ames. They will be available as a giveaway at ISU's Earth Day Celebration on April 22nd. Look forward to celebrating Earth Day with you too!

In Cardinal, Green, and Gold,
Olivia

also a special newsletter feature, just for Earth Month – the [Earth Month Calendar of Events](#). A listing of activities to do all over Ames and neighboring towns to celebrate Earth Month. One great “bossing” option is [Campus Service Day](#) on April 13. Among several give-back opportunities being offered is a College Creek Cleanup event led by The Green Umbrella student organization. Another opportunity is “[Stash the Trash](#),” a trash pick-up event on campus and throughout the Ames community, happening on April 20, along with the [loway Creek Cleanup event](#). The “bossing” is limitless.

Cyclones, so much to celebrate this April! Warmer temperatures, a month filled with activities and events – and just six weeks away until graduation. Enjoy and embrace all the opportunities to unite fun, exploration, giving back and paying forward as we celebrate the 54th Earth Day! Cheers to your Earth Month!

Happy Recycling!
Steve

EARTH DAY CELEBRATION



Join us in celebrating Earth Day with Iowa State University and the greater Ames community! The theme of this year's event, “Our Green Promise, Our Sustainable Future”, reminds us of our collective sustainability contributions (individually, as a campus and as a community) and challenges us to make our next commitment.

ISU's Earth Day celebration offers opportunities to “create sustainably”, win various sustainability-themed prizes and network with campus and community organizations whose missions, goals and initiatives are dedicated to achieving environmental, social, and economic sustainability. Attendees can receive a free bike tune-up from ISU Recreation Services (or repair for skateboards, scooters e-bikes, wheelchairs and rollerskates, at the companion pop-up ISU Repair Cafe event), listen to tunes from KURE 88.5 FM, and enjoy free refreshments!

Interested in a sustainability leadership opportunity? Volunteer at Earth Day! A variety of tasks and assignments are available for any student, faculty or staff, and

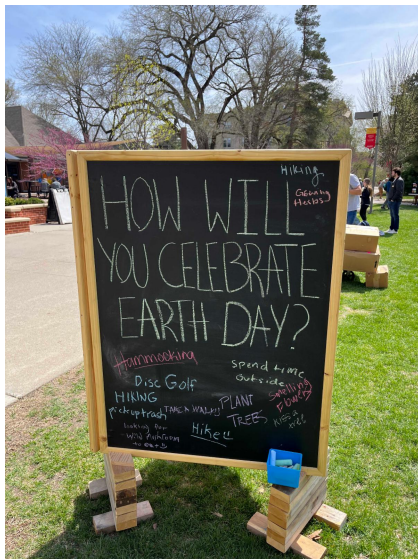
The One Sustainable Iowa conference is an annual event that gathers students, faculty, and staff from all the higher learning institutions in the state of Iowa for a day of networking and learning about current sustainability efforts taking place in Iowa. The conference will be action-packed and full of inspiring, engaging and thought-provoking presentations and activities, including a keynote speech by Ben Jealous. Mr. Jealous is an influential civil rights figure and the current executive director of the Sierra Club. There will be a brief book signing and meet and greet opportunity before his address.

Registration runs from March 30th to April 18th. Regular registration costs are \$15 for students and \$40 for faculty and staff.

An opportunity to [apply for registration scholarship](#) is also being offered through demonstration of financial need or through the submission (and acceptance) of an [application to exhibit](#) a sustainability-related research poster or sustainability-themed artwork.

Connect with Students in Iowa

NOW YOU KNOW | A Deeper Sustainable Dive



Earth Day Around the Globe

Celebrated annually on April 22nd, Earth Day is a poignant reminder of the global commitment to environmental conservation and sustainability. Since its origin in 1970, Earth Day has grown from the United States to a worldwide phenomenon that marks the anniversary of the start of the modern environmental movement. From climate change campaigns to annual festivals, Earth Day reflects diverse cultures and challenges faced by different regions, but most of all, the shared values of environmental stewardship that unite us all.

Read Full Article

LIVE GREEN! MONTHLY CHALLENGE

Step into sustainability with our Earth Month Challenge Calendar! Packed with exciting events and opportunities, this calendar is the perfect guide to making a positive impact on our planet throughout the month. From volunteering locally to educational workshops on financial literacy, there's something for everyone to participate in. Join us in celebrating Earth Month by taking meaningful actions toward a sustainable future.



APRIL

EARTH MONTH CHALLENGE CALENDAR

Take the Monthly Challenge

EARTH MONTH CALENDAR OF EVENTS

In celebration of Earth Month 2024, the Office of Sustainability has compiled a number of opportunities to be sustainably engaged (environmentally, economically and socially) in the Ames community and beyond during the entire month of April.



Explore Earth Month Opportunities

GREEN ENGAGEMENT OPPORTUNITIES

provoking exhibitions, enlightening panels, engaging presentations, vibrant receptions and joyous celebrations. Join in on April 30 and witness firsthand the extraordinary power of creativity shaping the future! For more information, visit the [Events Calendar](#) on the Iowa State University website.

APRIL GREEN EVENTS CALENDAR

April 2, 10 a.m. - 5 p.m. | Student Innovation Center 1118

[Dress for Success](#)

Celebrate style and empowerment with this thrifting extravaganza, Dress for Success, open to all! The event mission is focused on equipping underprivileged women with the perfect professional attire, igniting their confidence and propelling them towards success in their careers. For more information, visit the [Events Calendar](#) on the Iowa State University website.

April 4, 6 p.m. | Curtiss Hall 0127

[Beyond Ecocriticism: Environmental Humanities in the Age of Climate Crisis](#)

Immerse yourself in the thought-provoking Donald R. Benson Memorial Lecture featuring Hunter Vaughan, an esteemed environmental media scholar and cultural historian from the University of Cambridge. Vaughan's renowned work includes his books and leadership in global initiatives such as the Sustainable Subsea Networks project and United Nations Framework Convention on Climate Change's Entertainment and Culture for Climate Action. For more information on this lecture, visit the [Events Calendar](#) on the Iowa State University website.

April 4, 7 p.m. | Gerdin 1148

[Lifting for the Health of it: Beyond Chalk Dust and Weight Belts](#)

Embark on an enlightening journey with Dr. Stuart Phillips, a distinguished figure at McMaster University, delving into the intricate dynamics of exercise, aging and nutrition in skeletal muscle health. Dr. Phillips' prolific research, comprising 488 publications, places him among the global elite in his field. Join to explore the forefront of human physiology and wellness, guided by Dr. Phillips' expertise and passion for transformative knowledge. For more information on this lecture, visit the [Events Calendar](#) on the Iowa State University website.

April 9, 6 p.m. | South Ballroom, Memorial Union

[Optimism Matters](#)

Discover groundbreaking insights at the Barbara Hansen Lecture in Early Childhood Development featuring Steve Gross, renowned for his pioneering work in using playful engagement to counter early childhood trauma. Learn about the transformative impact of initiatives like Project Joy, now The Playmaker Project, which has empowered homeless and impoverished children for over 30 years in Greater Boston. Join for a 60-minute lecture followed by an interactive Q&A session. Reserve your spot now for an inspiring exploration of hope, resilience and the power of play in shaping young lives. For more information, visit the [Events Calendar](#) on the Iowa State University website.

April 12, 6 p.m. | Sun Room, Memorial Union

[Natural and Artificial Intelligence: How Rational Are Humans?](#)

Join renowned scientist and author Steven Pinker for a captivating exploration of human rationality. Discover how logic, critical thinking and probability shape our choices and societal progress. Do not miss this opportunity to gain insights from one of TIME magazine's 100 Most Influential People in the World. Presented by the ISU Bookstore, with copies of Pinker's latest book available for purchase. For more information, visit the [Events Calendar](#) on the Iowa State University website.

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?

RECIPES AND GREEN-IT-YOURSELF (GIY)

As we come together to embrace all that Earth Day has to offer, dive into these recipe and GIY projects, uniting us through upcycling, repurposing and creating unique celebrations throughout Earth Month.



Plastic Bottle Planters

Unite upcycling and functionality to create your own unique cat or dinosaur from plastic bottles - add your favorite succulent to make your planter come to life.



DIY Wind Chime

Transform ordinary household items found in your apartment or home into unique and beautiful wind chimes, uniting upcycling and tranquility to add a touch of personalized charm to your living space.



DIY Herb Garden

Embrace herbal essence in your living space by uniting greenery and homegrown produce with these lighting and indoor garden care tips and tricks.



Rainbow Veggie Wraps

Indulge in this satisfying rainbow creation filled with nourishing vegetables and an herb-filled dressing; perfect for uniting friends and family for an easy lunch or dinner option.



Greek Yogurt Dirt n' Worms

Dive into a unique healthy twist on this nostalgic dirt n' worms unification; perfect for an Earth Day celebratory snack with fellow sustainability enthusiasts.



Smoothie Bowls

Enjoy a nutrient-packed breakfast or snack by uniting your favorite fruits and toppings for a delicious yet nourishing smoothie creation.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!



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.

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