LETTER FROM THE DIRECTOR

Get Your “Green On” Cyclones

Although seemingly white… February is probably one of our greenest months at Iowa State University!! Every year at this time, we hold two signature sustainability events, the Symposium on Sustainability and Sustainapalooza. These are events that help us all to pause, take a look back at the past year, and take some time to openly and vigorously congratulate ourselves on all the greenness we have brought to ISU, Ames, and communities around Iowa, the United States, and the world. Each year, I am impressed all over again with the breadth and depth of our collective commitment to sustainability!!

The theme of this year’s event is Celebrating Our STARS, Charting Our Course and highlights the collective dedication and effort from ISU students, faculty, and staff that helped us achieve gold international sustainability certification (STARS). In addition to a panel presentation and discussion with University leadership about our STARS journey, this year’s events offer two keynote speakers, journalist and author Alan Weisman, and Des Moines, Iowa, Mayor Frank Cownie; a sustainability poster session; GIY (Green It Yourself) Centers; the 2014 Live Green Awards for Excellence in Sustainability; and an open forum discussion and visioning session to “chart our course” as we continue our journey toward a sustainable future.

I look forward to having your join us for the day, for a keynote, for an hour, or whenever you can. This is your celebration, Cyclones… your time to Get Your “Green On.” This is just the tip of the greenness that February and this issue of Live Green Monthly offers!! From green jobs to green art to greening your spring break… it’s all here and more!! Enjoy your read and your February!

Yours in Greenness

Merry Rankin
Director of Sustainability

Introducing the newest member of our Live Green! Team:

Caitlin Deaver
Marketing and Communications Intern, Freshman in Journalism and Mass Communication, cmdeaver@iastate.edu
The Symposium on Sustainability is Iowa State University's annual event dedicated toward celebrating the sustainability initiatives and achievements of students, faculty, and staff during the past year and informing of goals and action items being pursued in the upcoming year.

This year’s event will kick-off on Monday, February 24, with a public lecture, “Countdown: Our Last Best Hope for a Future on Earth?” by author and journalist, Alan Weisman.

Alan Weisman’s reports have been featured in publications ranging from the Atlantic Monthly to Vanity Fair and have earned him appearances on The Daily Show and Colbert Report.

This year’s event will conclude on Tuesday, February 25th with a public lecture, “Climate Preparedness and Resilient Cities: What It Means in Iowa” by Des Moines, Iowa Mayor, Frank Cownie.

Mayor Cownie was one of eight U.S. mayors recently appointed to the State, Local and Tribal Leaders Task Force on Climate Preparedness and Resilience. The group has been charged with making recommendations to the White House for developing and financing tools to improve preparedness at the local level for increasingly frequent extreme weather conditions.

Registration is Open!

Join us for the afternoon, one session, or even an hour. We look forward to having you join us for whatever time you have! Registration is requested but not required and closes at 7pm Sunday, February 23rd. For the Registration Form and event information please visit: www.livegreen.iastate.edu. We look forward to seeing you there!

*Deadline for registration is February 23rd, 2014*
Sustainapalooza is a companion event to the annual Symposium on Sustainability offering a very interactive and activities-based opportunity for students, faculty, and staff to increase awareness and engagement in sustainability initiatives, events, and opportunities on campus and in the Ames community.

The event includes a sustainability poster session (highlighting campus and community initiatives, accomplishments, and opportunities related to sustainability and living (and working) green, four interactive Green it Yourself (GIY) Centers, Live Green! carpet and pledge wall, and sustainability-themed giveaway items.

Green It Yourself Centers

**Bike. Share. Ride. ISU’s Sustainable Transportation Effort**
Come talk to representatives from Cyride and Enterprise Carshare to learn more about green transportation options. The Outdoor Recreation Program will be there facilitating hands on demonstrations and training on bike maintenance and repair.

**Dinner: You Can Grow It**
At this center you can make your own mini herb garden to take home and grow in your apartment, dorm, or virtually anywhere! Learn how to grow fresh produce and herbs in an urban environment to continue expanding your new urban garden.

**Upcycling for a Greener World!**
Upcycling is the practice of taking a product at the end of its useful life and remaking it into a different product that can become useful again. At this center you have the opportunity to learn how to turn an old t-shirt into a functional tote bag (bring your own t-shirt if you’d like) and take old food containers and use them to grow

**Discovering Your 3Rs (Reduce, Reuse, Recycle) Route**
Locate and learn more about your waste reduction hotspots at this center! Find out what, where, and how you can “reduce your wasteprint” around Ames.
Whether you are in a relationship or embracing your friends and family, show your love by adding a little “green” on Valentine’s Day or any day.

Say It with a DIY Card

Rather than running to the department store for mass-produced cards, make your own! Whether it is “I love you,” “I am thankful for our friendship” or simply “Thanks,” use recycled paper or other materials you already have at home and make a fun, uniquely-made card that came straight from the heart. Go here for some homemade card-making ideas.

Flatter with Flowers

Give flowers to your special someone or brighten up a room! Wheatsfield sells fair trade roses for $2.49 a stem or $27.49 a bunch. Wheatsfield is open daily from 7 a.m. to 9 p.m. and is located at 413 Northwestern Ave. in Ames. Ask your favorite florist for sustainable options. Sustainable blooms for any occasion can also be ordered online. Organic Bouquet offers certified organic and sustainably harvested flowers year round.

Indulge Your Inner Chocoholic

Consider sustainable sweets for your Valentine’s indulgence. Worldly Goods at 223 Main Street in Ames offers fair trade and organic chocolate and a whole host of unique gift items from all over the world. You can also check out Wheatsfield Co-op and ask about their selection of fair trade and organic indulgences at your favorite grocery store.

Cook for Your Love

By shopping locally for locally-grown produce, you can benefit your community while eating something healthy. You’re not only impressing your significant other with your kitchen abilities, but also making an impact in your community. Find some recipes here. Look for local products like cheese, honey, wine, meats and bread at your favorite grocer.

Green Your Bling

Sustainable jewelry for him and her are a good way to impress your significant other this Valentine’s Day. Novica is a sustainable option as their homemade jewelry benefits artisans from all over the world. Looking for a sustainable option? Ames has a number of local jewelers, like Ames Silversmithing or Melissa Stenstrom Fine Jewelry, that can offer unique and original creations.
Four Iowa State University students were chosen by the Carrie Chapman Catt Center for Women and Politics to be featured in this year’s “Women Impacting ISU” calendar. These women were chosen because of their achievements in service, teaching, research, administration and various other campus activities for the calendar. ISU Live Green! chose to feature them specifically because of their dedication to and accomplishments in sustainability (economic, environmental and social).

**Erika Vaassen** is a senior in chemical engineering. Vaassen has been a Cyclone Aide that assisted with orientation programs, a teaching assistant in both engineering and computer science, a community advisor and a peer mentor for the College of Engineering. She also worked as a project management engineering co-op for Cargill, where she implemented safety initiatives, supervised site expansion under construction and managed several water and energy projects.

She also hopes to study abroad in Turkey during Fall 2014. After graduation, Vaassen said she is likely to continue working with industry to develop improved processes and better practices to answer issues regarding food and energy.

**Anna Prisacari** is a doctoral student in human-computer interaction and psychology. Prisacari has taught many classes at not only Iowa State, but DMACC and St. Ambrose University, as well, and has led workshops on campus. Being selected for the “Women Impacting ISU” calendar isn’t her first honor, either; she has been honored through organizations such as the Young Leaders Abroad Summit, the Wakonse Conference on College Teaching and the Seliger International Youth Forum in Russia. Prisacari was also voted the Student Union Board Collaborator of the Year in 2011 and 2012, and has also been the president of the Graduate and Professional Student Senate since 2013.

After graduation, she hopes to work in education. She dreams of working in the educational policy-making sector to contribute to the advancement of public education in the United States.

**Afifah Abdul Rahim** is a senior in animal science. She is involved with Student Admissions Representatives (STARS) and has also co-organized fundraisers for the victims of Hurricane Sandy and Hurricane Haiyan, along with the Boston Marathon bombings. Abdul Rahim also initiated a trip to Thailand to study elephant conservation.

Abdul Rahim said she has a genuine love for Iowa State University, as the university gave her a scholarship so she could afford her education. Her involvement in various campus activities is her way of showing dedication in giving back to the university in as many ways as she can. Abdul Rahim’s goal is to be a veterinarian after graduation. Her ultimate dream is to work with Vets with Border and open her own private practice someday.

**Alexandra Gustafson** is a senior, double majoring in political science and environmental science. She has been on the swim team throughout her college career and has served as co-captain since the beginning of this year. To go along with her interest in athletics, she is also employed at the outdoor recreation program, where she is a trip leader. Gustafson is also a member of The Green Umbrella and has served as a teaching assistant in the political science department for several semesters.

After graduation, Gustafson said she will be taking a year off from school. She’s currently looking for internships related to ocean research and ocean conservation. Gustafson is also planning to travel abroad and apply for graduate schools for the 2015 academic year.
This year add some green to your spring break by incorporating sustainable practices into your beach trip, weekend in the city, or wherever you are. No matter how you are spending your break, you can incorporate green ideas with little effort and maximum fun.

**Before You Go**

- Remember to unplug electronics, and turn off all lights before you leave your home. Set heat to 55 degrees or turn it off.
- Pack a reusable water bottle. This is something most people do not think to pack but this will keep you from having to buy bottled water the whole trip.
- Purchase reusable containers for toiletries instead of buying travel sized versions. You can use these in future trips and don’t have to worry about buying different travel products.
- Service your vehicle. Check your vehicle’s tire pressure and oil before leaving on your trip. Gas mileage can improve up to 3.3% with properly inflated tires and the proper grade of motor oil can increase it by 1-2%.
- Pack Light! No matter whether flying or driving, the weight of your bags adds to the amount of fuel it will take to get there. Remember, many items can be shared among friends or bought when you arrive at your destination.

**On the Road**

- Rent a hybrid car. You will not be putting miles on your own car, and the money you save in gas could be more than the cost to rent the car. Plus you don’t have to worry about what to do in case of breakdowns.
- Pack snacks. Fast food uses a lot of resources from the paper wrappers to the trucks delivering the food across the country. Packing your own food will cut down stop times, ensure you are eating the food you want and decrease resources being used. Pack your items using reusable containers, ice packs and utensils.
- Recycle on the go. iRecycle is an app that allows you to find a recycling location closest to you. Collect all your paper, plastic and glass while you’re on the go, and recycle it when you reach your destination.
- Avoid stop-and-go traffic. Traveling through towns with lots of stoplights and stopping at toll stations uses more fuel than driving on an open road. Idling in a traffic jam is even worse! Try to avoid cities and heavily populated areas during busy rush hours, and if a highway looks clogged, look up a different route.
- Slow down. Did you know anything over 60 mph reduces your mileage? Driving fast also means sudden starts and stops, which uses more fuel.
- Get the apps. There are many other apps that can help your roadtrip go smoothly and sustainably. Food Tripping is an app that locates farmers’ markets, juice bars, artisan shops, and other food alternatives to the standard fast food. Find an app that is right for your adventure.
- Stay in Eco-Friendly Lodging. Many hotels are beginning to conserve resources. Find a green hotel here: www.greenhotels.com, or consider camping if you are going to a warm destination.

**Enjoying Your Destination**

Leave No Trace – As many spring breakers will be spending time outdoors, it is important to make an effort to leave an area just as you found it. Collect items and recycle them before you leave. Leave the beach, cabin, or city just as it was when you got there.
Stress Free Outdoors
Don’t have a lot of time or money to put into planning an awesome and green spring break trip? Let someone else do the planning with the ISU Outdoor Recreation Program. ORP is offering NINE spring break trips including surfing in California, skiing in Wyoming, exploring national parks in Colorado and many more! The trips range in price from just $170-$424 for students and pass holders. Registration ends between March 3rd and 10th, but be sure to take advantage of this wonderful opportunity fast as there are limited spots. For information on these trips, stop by the Outdoor Recreation Program located in State Gym or go to: www.recservices.iastate.edu/outdoors.

ALTERNATIVE OPTIONS

The Ultimate Staycation
The greenest option of all! With a friend or on your own plan each day with something fun or relaxing, or theme each day with multipule activities.

Cultural: Check out a local museum, art gallery, performance or park. Shop small downtown businesses and eat at locally sourced restaurants. Supporting local culture and businesses helps the local economy!

Sporty: Go skiing, take a kickboxing class, or rent a pair of snowshoes. There are infinite possibilities to suit everyone’s tastes. Afterwards relax at the gym's hot tub or sauna. Consult local gyms and recreational centers for classes, rentals or even day trips.

Hibernate: On a day the weather is just too cold or you’re just too tired to get out of bed, curl up inside with movies or a book, hot chocolate and a blanket fort.

Service: Give back to your community by volunteering at a local business or center, helping neighbors or at home making blankets or care packages. Check out local volunteer sites for opportunities.

Pinterest/DIY: You finally have time to try that recipe you saved on pinterest three months ago or do home improvement tasks. Take the day to add some sustainable upgrades or repairs to your house to make it run more efficiently and save money.

Spring Cleaning: Take a day before going back to the real world to refresh your mind and surroundings. Find new homes or purposes for things you no longer need and organize the things you do. Be sure to organize your calendar and tasks so you feel confident and are ready.

Total Relaxation: Have a day of DIY spa treatments, yoga, clean eating and rest. Check out homemade spa treatments just one way you can relax green.

Living Land & Water’s Alternative Spring Break Trip in Memphis, TN
This is a great opportunity for students to assist with cleaning debris along the Mississippi River. Students will traverse the Mississippi River both on foot and in boats while working with the LL&W crew and other college students to remove debris that is polluting the rivers and impairing the habitat of indigenous fish, birds, and wildlife. Founder, Chad Pregracke, grew up along the Mississippi River and created LL&W at age 23 to take the initiative upon himself to clean up the trash on shores and in rivers. He recently received a 2013 CNN Hero Nomination. For more information, please contact Nora Coyne-Logan 309.236.0728. Estimated cost of trip is approximately $212. To sign up, go to www.livinglandsandwaters.org.
EDUCATION AND RESILIENCY THROUGH HORTICULTURE “EARTH’ PROGRAM
Each semester, fall, spring, and summer, students from ISU spend 8-12 weeks at St. John as service learning students as part of the EARTH Program. They have the opportunity to integrate and apply everything they have learned while at ISU to teach horticulture, environmental science, and culinary arts classes to K-12 classes. Students also build facilities that will benefit the school for years to come, work with local experts to learn more about tropical horticulture and plant ecology, and assist with community development projects on the island.
To learn more, attend an EARTH Program meeting March 10th at 5:30pm in Horticulture Hall Room 110.
For more information and to apply, go to: http://www.agstudyabroad.iastate.edu/Internship/Virgin%20Islands%20Internship.html

BECOME PART OF A GREEN TEAM
American Packaging Corporation is looking for an intern to be part of their “green committee.” This position’s responsibilities include: Assisting with sustainability efforts, working directly with Engineering and Manufacturing to identify, research and implement projects throughout the facility. This position is available immediately with the opportunity to continue through multiple school years and summers. Apply by emailing a cover letter and resume to hr@ampkcorp.com. For more information visit: www.AmPkCorp.com

MAKING CONNECTIONS - SOLVING PROBLEMS
This year’s Iowa Water Conference will take place March 3-4 in the Scheman Building at Iowa State. The conference will consist of plenary and breakout sessions, workshops and poster and oral presentations from water professionals. Discounts are available for students and with early registration before February 21st. The conference will also offer a poster competition for students. Students entering the competition will submit there posters on March 4th between 9:45 and 10:15am and awards will be announced at lunch that day. To register and for more information, go to: www.aep.iastate.edu/iwc

GET YOUR VINE ON
Think you can show how to make our campus more sustainable in just 6 SECONDS? The GREENHOUSE GROUP is sponsoring a contest to do just this by making a vine and tagging it #sustainapaloozaghg to enter. Results will be revealed at Sustainapalooza on February 25th!

WHAT IS YOUR VISION TO CHANGE THE WORLD?
The Odebrecht Organization invites students to join in the search for innovative projects to promote sustainable and responsible development that can be implemented in real-world situations with measurable results and significant positive impact. Projects may be submitted by an individual, or in groups of less than three students and include an overseeing advising professor. Registration for this event is currently open with a submission deadline of May 31st. For more information, go to: www.odebrechtaward.com

IN SEARCH OF BIORENEWABLE ART
Entry forms are now being accepted for the 2014 Biorenewables Art Competition. The artwork submitted should reflect the Bioeconomy Institute’s mission of advancing the development of biorenewable resources for the production of materials, fuels, energy, and chemicals. Students submitting artwork are required to provide a 150 to 300 word artist statement describing the life cycle of the materials used in the work of art or the life cycle of the subject matter depicted.
Entry forms are due before turning in work on March 7th. Access the Entry form at: www.engineering.iastate.edu/brl/art
Winners will be announced at an Earth Day reception on April 22nd.

JOIN THE FELLOWSHIP
Apply for the Department of Energy’s Energy Efficiency and Renewable Energy Science and Technology Policy Fellowships! The fellowship will help you develop as a leader in energy efficiency and renewable energy. This is an opportunity for scientists and engineers with energy technology experience to participate in research, development, demonstration and analysis projects at Geothermal Technologies Office in Washington, D.C.
To view eligibility, requirements and additional information, please visit the Oak Ridge Institute for science and education website at: http://orise.orau.gov/science-education/internships-scholarships-fellowships/description.aspx?JobId=14572
Green Travels to Turkey!

Lucas Mutti, a member of the Live Green! team and a graduate student in Mechanical Engineering is about to travel across the globe to Harran, Turkey to complete research for his thesis. Mutti and professors Ulrike Passe from Architecture and Baskar Ganapathysubramanian from Mechanical Engineering, will be going to complete a study on the vernacular architecture of the Middle East, focusing in Turkey.

In Harran, they will be studying domed houses built by nomads. The houses have been preserved for cultural value, but Mutti’s team is more interested in the natural ventilation system the nomads developed in these houses. Harran is a desert climate where it is very hot during the day and cool at night. The houses have a circular opening at the top of the dome and other square openings on the sides of the structure that control air movement within the home. These houses provide thermal comfort the entire day and night.

The objective of their study will be to analyze the natural ventilation of the structure and find a way to apply it to buildings in similar climates. The motivating factor of the study being to find a way to reduce resources used by buildings in the heating and cooling process.

The team has developed a building energy model to simulate how the external and internal surface temperatures behave during a 24-hour period. The model was validated by experimental data and used as boundary conditions for computational fluid dynamics (CFD) simulations to help predict how different dome configurations affect internal house temperature.

To learn more about what Mutti has been working on, contact him at: lramutti@iastate.edu
With your personal car...  

...you pay for gas.  
Every time you need to fill up your vehicle, that is money out of your pocket. Depending on the type of vehicle you own, that amount can add up over time. Filling up could be equivalent to dinner out with friends or weekly groceries.

...you pay for insurance.  
Even more money comes out of your pocket when you pay for car insurance. You also have to pay for any damage to your vehicle with maintenance fees. Especially for students, the stress of insurance can take its toll.

...fuel-efficiency isn’t guaranteed.  
Is your car a “gas guzzler”? Do you cringe at the phrase “gas mileage”? Depending on the age and type of vehicle you own, you could be emitting a considerable number of pollutants and leaving behind a hefty carbon footprint.

With a CarShare car...  

...save your gas money.  
Basically, you don’t have to pay for gas. With a CarShare car fuel costs are included in your rental costs. You can use the pre-paid gas card found in the glove box when you need fuel and to fill up for the next driver.

...insurance is included.  
Whenever you rent a CarShare car, rental rates include both damage and liability protection. If you have any questions or concerns while renting, you can call Enterprise Rent-A-Car for 24/7 assistance at (877) 599-3227.

...go “green” in style.  
On ISU’s campus, there are three eco-friendly CarShare vehicles -- two Ford Focus sedans and a Chevrolet Captiva SUV. Enterprise’s full rental fleet ranges from hybrids to electric models. Go green by renting a green vehicle.

If interested in joining the ISU program, visit Enterprise’s CarShare webpage to sign up. To apply, you need a credit card, be 18 years old and have a valid driver’s license. International licenses are accepted.

PROCESS  
1. Reserve  
Use your member ID and password to log in. Choose your rental time and car. Confirm your reservation by email.

2. Unlock & Go  
Hold membership card over the card reader on the windshield. A light on the card reader will turn yellow and then green, unlocking the doors. The keys are in the glove box.

3. Return  
Return the car to its parking spot. Place the key in glove box. Hold membership card over reader until it turns red to lock doors.

RATES  

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Anneshia Watson, a junior in marketing at Iowa State University, is the new intern for Enterprise's CarShare program.

Watson was initially hired by Enterprise in October 2013, but did not really get to start the job until this past December.

"There [were] a lot of things that I had to learn before I could really jump in and get my feet wet," Watson said.

Her responsibilities include being a connection for students interested in the CarShare program, monitoring the three cars (cleanliness, ready to go for drivers) on campus so members have a clean car to drive. She also plans different activities with the Office of Sustainability to promote the CarShare program.

Watson is excited about her involvement with the program, as well.

"I think the program has a lot of potential to grow and I'm grateful that I get to be a part of that," Watson said.

She also thought the CarShare program impacted Iowa State because "'going green' is the new black."

"Once students realize how many benefits there are to joining this program compared to having their own cars on campus, they will jump on this idea," Watson said.

Watson is also associated with the Delta Sigma Pi, a professional business fraternity on campus. She is also a Multicultural Vision Program (MVP) scholar. According to the Dean of Students Office website, the MVP award "grants fully-paid tuition for eight semesters of full-time study to one hundred incoming students of color each year."

A career after graduation is definitely on Watson's mind, too.

"I would like to be the marketing director of a company and help promote products that are new and haven’t really left the ground yet," Watson said.

Watson also believes her internship with Enterprise's CarShare program at Iowa State will help her reach the goals she has set for herself.

"This is a great first project that I get to help start and get off the ground," Watson said. "What I learn here, I will be able to take with me in the future for other jobs. I couldn’t ask for a better opportunity than this one."

If you have any questions about Iowa State's CarShare program, Watson can be found every Monday from 2-5 p.m. on the first floor of the Memorial Union at an informational table by the revolving door. She can also be reached at: acwatson@iastate.edu.
Staying active in our Blue Zone community can be quite challenging during these cold, winter months. Being blue without turning blue can also be surprisingly easy and also sustainable. You not only help yourself, but also help your community and the Earth through these “get active” and “live green” opportunities.

**Downsize**
Like the saying goes, “Things won’t get done on their own!” If you’re stuck at home, do some prep for spring cleaning. Go ahead and clean out your closet and take your unwanted clothes to your favorite thrift shop or donation center. You’ll save space in your home and help your community stay warm this winter. Some local options include Goodwill, the Salvation Army, and Random Goods (a consignment store that sells new, used and vintage goods), among many others located in Ames.

**Give Back**
It is never too late to volunteer to help your own community. In Ames, there are countless volunteer opportunities. Visit the Volunteer Center of Story County’s website to find opportunities for every day of the month. A current volunteer opportunity is with Mary Greeley Medical Center. Current openings include assistance with their Meals on Wheels program and their ICCU Information Desk. Go to Mary Greeley’s volunteer page on their website for more information on how you can help.

**Learn Something New**
Are you often stuck at home wondering what you could be doing with your time? If so, why not try learning a new skill, or try something different for a change? To really be active this winter, you could join either the Cyclone Swing Society or the ISU Ballroom Dance Club for one of their weekly dance lessons. You could also go to The Workspace in the East Basement of the Memorial Union, which is open six days a week, as it offers a variety of classes, as well as supplies for individual activities.

**Green Your Home**
There are plenty of quick, easy, inexpensive, and sustainable ways to keep out the cold while making sure your house is leaving behind a greener footprint. Keeping your home cozy and green will surely help you through these cold, winter months. Greening your home could mean anything from opening the blinds during the day to let in some natural heat, or keeping water flowing through your pipes to prevent freezing during a cold snap.
Alternative Breaks: Not Just for Spring Break!

Alternative Breaks has been a popular program at Iowa State for the past seven years offering multiple service trips over spring break. This year, to build on the program’s previous success, two trips were added during the last week of Iowa State’s winter break, resulting in 92 applicants for the 18 students spots. Students first had to send in an application then went through an interview process to be chosen for the very coveted spots.

Two trips were organized, one to Campus Kitchens in St. Louis, MO and another to Chicago to work with the Misericordia organization. The students chosen for the trips met regularly during the semester prior to the trip to learn more about what they would be doing on these trips, why it matters and how to make a difference not only on the trip but in the future.

Campus Kitchens is a national organization that works with universities and student leaders to build a more sustainable approach to food on campus. The kitchens are student-run and keep food from going to waste by turning it into nutritious meals for those struggling with food insecurity. The St. Louis trip worked with Campus Kitchens to prepare meals for the elderly, low-income, and people with disabilities.

The students who journeyed to St. Louis also collaborated with Food Outreach, an organization that provides food and nutritional services to people with HIV/AIDS or cancer, and Karen’s House, a shelter for homeless women.

Misericordia provides a variety of services to persons with mild to profound developmental dishabilles. The 31-acre Chicago campus provides community integrated living arrangements, on-campus apartments, group homes and a skilled nursing residence. The trip to Chicago worked with Misericordia to help facilitate activities for the residents.

Look for news about the ISU Alternative Spring Break trips in our April newsletter! Although it is too late to apply to take part in an ISU alternative break this year, check out our Alternative Options article for ideas on creating your own alternative break.
FEBRUARY
Click on an event for more information!

For more sustainable events, or to put your event on the calendar go to the:

Live Green! Calendar

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