As the Fall 2011 Semester is coming to a close, it has been VERY exciting for the Live Green! team to take time and reflect on all the “greening” that has taken place since classes kicked off in August. This issue of Live Green! Monthly is focused on three main topics: celebrating our accomplishments, keeping your “green-on” during the holidays, and some of the GREAT sustainability opportunities that await you when you return to campus in 2012.

As you will read, because of your interest, dedication and commitment we have saved energy, reduced coal consumption, kept tons of materials out of the landfill and kept campus clean and green this fall. And, we will start the spring semester with a new on-line sustainability course directory and the opportunity to pursue a minor in sustainability.

Well done, Cyclones!!!

As you finish up your final exams and prepare for break, I would encourage you to add just a few more items to your check-off list to ensure all of your good work keeps “greening.”

- **Check around your office, house, room, and apartment for appliances and electronics that can be unplugged while you are away.** Microwaves, coffee pots, game consoles, computers, cell phone chargers all use energy just by being plugged in. And why should they use energy if you are not using them?

- **Set back your thermostat.** Adjusting by just one degree can make an incredible difference to energy consumption as well as your heating bill. You can do this at home and on campus. If you have not already done so, check with FP&M to see how your building’s settings can be adjusted for even more impact.

- **Divert through donation.** If you have food or other items that you cannot use and need to get rid of, divert them from your trash can and choose a donation or reuse option. If you need donation outlet ideas, contact us livegreen@iastate.edu.

Thank you for your ongoing support and all that you have done, individually and collectively, to make Fall 2011 that much “greener.” Happiest of holidays! And have a wonderful break!!

Chandra, Corrin and I are looking forward to working with all of you next semester! See you in 2012!!

Yours in greenness,

**Merry Rankin**,  
Director of Sustainability
We’re nearly halfway through the 2011-2012 school year already, and plenty of sustainability progress has been made thus far. Read on to learn about some exciting highlights!

Way to go, Cyclones! Keep up the “greening!”

<table>
<thead>
<tr>
<th>11.92</th>
<th>tons of football gameday waste recycled during the 2011 Cyclone football season, equaling about 14 percent of total waste produced</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>credits required to earn a minor in sustainability at Iowa State University; you can sign up now</td>
</tr>
<tr>
<td>888</td>
<td>sustainability-related courses offered by ISU; check out the new online directory now</td>
</tr>
<tr>
<td>17.4</td>
<td>tons of recyclable materials collected in residence halls and campus apartments</td>
</tr>
<tr>
<td>131</td>
<td>tons of food waste composted instead of landfilled</td>
</tr>
<tr>
<td>75</td>
<td>bags of litter students have collected on campus through clean-up events</td>
</tr>
<tr>
<td>2,920</td>
<td>tons of coal not consumed by using wind power</td>
</tr>
<tr>
<td>7,000</td>
<td>kilowatt-hours Birch-Welch-Roberts residence halls have saved during fall 2011 compared to fall 2010</td>
</tr>
</tbody>
</table>

Sigma Pi “Altruistic Campus Experience” Project

The men of Iowa State’s Sigma Pi fraternity dedicated approximately 25 volunteer hours Nov. 13 cleaning and maintaining various campus trash receptacles, including the solar trash compacters.

International Student Council Campus Clean-Up

The International Student Council held a Campus Clean-Up on Nov. 6, picking up litter across campus.

Around thirty volunteers, consisting of both international and American students and community members, helped make Iowa State’s campus clean and green, in a great way to kick off International Week!
As finals and colder weather draw nearer, the aroma of steamy coffee fills the air. 160 million Americans are regular coffee drinkers. Are you one of them? Do you know you can leave a “greenprint” by the coffee you drink? If so, coffeehabitat.com has some tips when looking for a sustainable coffee choice. Sustainable coffee can be a great holiday gift, so keep these suggestions in mind when shopping! Do coffee certifications have you confused? Read on to understand what each label means.

The Rainforest Alliance label requires a number of ecological standards, and also provides recommended criteria to growers and importers. Look for a proportion of certified beans within the package. Thirty percent is the requirement for certification. Click here for a list of certified farms.

This label is certified by the Smithsonian Migratory Bird Center. These coffees must be certified organic and are subject to the most stringent habitat regulations, such as a canopy of at least 12 meters. Find out where to buy bird-friendly certified coffee here.

This label is available only to goods produced in democratic organizations of small producers, not privatized profiteers. Fairtrade International certifies supporters of local economies. Many Ames businesses offer fair trade coffee, such as Worldly Goods and ISU Dining. For a full list, click here.

The Rainforest Alliance label requires a number of ecological standards, and also provides recommended criteria to growers and importers. Look for a proportion of certified beans within the package. Thirty percent is the requirement for certification. Click here for a list of certified farms.

The USDA certifies organic coffees through the National Organic Program. This label guarantees that no synthetic pesticides, herbicides or fertilizers are used during production. Additionally, the program emphasizes sustainable agriculture and the prevention of soil erosion. Look for this label on coffees at any grocery store or coffee shop.

Not sure you’ll remember the difference between all these certifications? Snap a quick picture of this code with your smartphone, and you’ll have an abridged version to take with you!

UTZ Certified Good Inside focuses on both sustainable agricultural practices and efficient, transparent supply chains. Highlights include the minimization of water usage and the reduction of pollution. Visit this website for a full listing of certified brands and providers.

The USDA Organic label guarantees no synthetic pesticides, herbicides or fertilizers are used during production. Additionally, the program emphasizes sustainable agriculture and the prevention of soil erosion. Look for this label on coffees at any grocery store or coffee shop.

Some countries are naturally inclined for better coffee-growing practices. Countries producing shade coffees grow within the natural habitat and use less chemicals. Countries producing sun coffees, on the other hand, usually grow within a deforested habitat, and offer less diversity. Check the label to see where your coffee was produced, and keep those naturally suited coffee production locations in mind for future java hits and java gifts.

Countries producing mostly shade coffees
- Mexico
- El Salvador
- Nicaragua
- Honduras
- Bolivia
- Papua New Guinea
- Ethiopia
- India

Countries producing mostly sun coffees
- Costa Rica
- Brazil
- Colombia
- Vietnam
Does holiday shopping have you stumped this year? Here are some ideas that are sure to please and make a difference!

**CONSIGNMENT**

![Dorm Dumpster](image1.png)

This free website gives anyone with a .edu e-mail account the opportunity to use this campus-centered marketplace. Post items you no longer use, and shop for items you or someone on your holiday list could use. Pick-up is then arranged via e-mail. Prices are very affordable, and this service keeps reusable items from ending up in the dumpster!

![Random Goods](image2.png)

Located at 2410 Lincoln Way in Ames, this store offers everything from new and vintage clothing to furniture, books and “ugly” Christmas sweaters! Random Goods also pays you for bringing in your gently used items. If you’re looking for holiday decorations, Random Goods can help! Visit their Facebook for more information.

![FreeCycle](image3.png)

Similar to Dorm Dumpster, Freecycle is an online marketplace message board serving counties throughout the United States, including Story County. The best part? All items listed on Freecycle are completely free! Users can also list items they are looking for. Registration includes multiple clearances, which guarantees a more secure experience.

**LOCAL, FAIR TRADE**

![Worldly Goods](image4.png)

Worldly Goods is a non-profit store that sells goods produced in countries all around the globe. Located at 223 Main St. in Ames, its products are all subject to fair trade practices, meaning workers were not exploited in production, and also help support developing economies. Many of the items are handcrafted by artisans, and buyers can be assured that both workers and the environment were not harmed in the creation of their purchases.

**ENERGY-SAVING**

![Energy-Saving](image5.png)

Encourage your family and friends to think about energy savings by giving energy-saving gifts! Five compact fluorescent light bulbs can save about $33 per year in electricity costs. Smart power strips save energy by intuitively cutting off power to electronics that are plugged in but not in use. These strips save an average household $50 per year. Not only can you save money on your utility bill, many utility companies, including the City of Ames Electric Services, also offer rebates for many energy efficient items.
Sustainable GIFTING

Still looking for gift ideas? Consider alternative sources, instead of big-box stores. For example, give the gift of family togetherness or your own time/expertise.

Keep reading to find out some of our favorite charitable causes that double as great gifts!

Give Your Time

Share your expertise with someone who needs it! Give your own time and make helping your gift. Read on for some ideas, or come up with your own!

- Complete or help with some yard work or a home improvement
- Install updates or help with other computer maintenance
- Bake cookies or another treat
- Babysit kids or pets
- Clean out the garage, a storage room, a junk closet or drawer
- Make your own gift certificates so your recipients have them when it is most convenient for them!

Charitable Gifts

Consider giving a gift in your recipient's honor that will help a greater cause. Today, there are multiple organizations that offer this service, ranging from causes like world hunger to wildlife protection, to providing school and recreation supplies in the United States and internationally. Many of these organizations will also send a personalized card to your recipient, explaining how the money given in their honor will be used.

- **Ames Area Alternative Gift Market:** Affiliated with Alternative Gifts International, this organization allows Ames residents to give easily, and more locally. The Downtown Market Day this year will be held Dec. 10 from 10 a.m.-5 p.m. at Wheatsfield Grocery Cooperative in Ames. Orders will also be taken at the Unitarian Universalist Fellowship of Ames on Dec. 11 and 18.
- **World Vision:** Similar to the Alternative Gift Market, this organization donates to the needy around the globe. Givers can choose from many categories, including education, animals, where most needed and many more.
- Find your favorite or your recipient's favorite cause here.

Togetherness

Guarantee that your loved ones will get to spend some quality time together! Think about buying gift certificates to participate in activities the whole family enjoys, such as the zoo, the movies, the science center, the water park or bowling!

- **Ames Area Alternative Gift Market**
- **World Vision**

Still looking for gift ideas? Consider alternative sources, instead of big-box stores. For example, give the gift of family togetherness or your own time/expertise.

Keep reading to find out some of our favorite charitable causes that double as great gifts!
“Green” in the Holidays

The Low-down on LED Lights

Is your trusty strand of holiday lights beginning to burn out? Consider replacing them with light-emitting diode lights, or LED lights. Using 10 strands of lights for six hours per day, the average home will save $15 from November-January! You can purchase LED lights just about anywhere, and their cost is not much more than the price of regular holiday lights. Most boxes of 60-count colored lights sell for around $12.

LED bulbs also last 10 times longer than even compact fluorescents, and their energy efficiency leaves regular incandescent bulbs in the (snowdust with a 75 percent reduction in energy consumption. LED lights are also less prone to breakage, preventing a trip to the store every year. Find out how much you and your family could be saving this holiday season with Alliant Energy’s helpful LED Holiday Lights calculator.

Iowa State University “saw the light” in 2003 and replaced the 5,000 incandescent lights on the campus holiday tree to LED lights. This saves the university more than $250 every year.

Make Your Own Holiday Decorations

This simple craft requires only one pinecone, two feet of ribbon and hot glue. Glue one foot of ribbon into a loop. Glue the other into place as a pretty bow and connect to a pinecone you can grab outside!

Create your own holiday stockings by reusing old or worn-out gloves. Just remove the fingers, turn the gloves inside out and sew the ends closed. Then, stitch a loop or attach a hanger onto the back for easy hanging!

For more do-it-yourself crafting ideas, check out DIYNetwork or FamilyFun.

Remember that most secondhand stores also sell holiday decorations. In Ames, try visiting Random Goods, Salvation Army, Goodwill or another of your favorite places to find reusable purchases! Traveling over the holidays? Check out local secondhand stores in your hometown or other travel destination. There are all sorts of fun and useful things to be found for the holidays and beyond.
Looking for an Internship?

Harvard University Research Program in Ecology

Harvard University is offering 30 undergraduate students the opportunity to collaborate with scientists who are conducting ecological research via a summer program. Application deadline: Friday, February 3. For more information, click here.

Campustown Action Association Internship

The Campustown Action Association (CAA), the business association for Ames’ Campustown district, is seeking an energetic and creative intern for the spring semester. CAA’s membership base is dedicated to improving and promoting the business, cultural, spiritual, entertainment, housing and physical environment in Campustown.

For a copy of the application and a further description of duties, please e-mail Chandra Peterson, Campustown Action Association Secretary, at chandrapeterson27@gmail.com.

Parks Library Marketing and Communications Internships

Parks Library is offering three sustainability internships. Each internship requires work with technical communication and marketing as it relates to the library’s sustainability efforts.

- These internships are unpaid opportunities, averaging 5-10 hours per week and allowing for flexible schedules.
- Internships will begin on or before the week of Jan. 9 and end the week of April 23. Start and end dates are flexible.

Research Guide Development Intern (Two Internships):

- Design and completion of a sustainability guide highlighting local and regional resources.
- Design and completion of a sustainability guide covering a few sustainability topics in-depth. Here are some examples.

Resource Video Production Intern (One Internship):

- Design and completion of a creative video that highlights specific sustainability resources found at the library and is focused on specifically engaging a student audience.

For more information or to apply for a position, contact Sarah Passonneau, Parks Library Assistant to the Dean, spassonn@iastate.edu or 515-294-2117.

WeCar ISU Car Sharing Program Internship

WeCar, Iowa State University’s car sharing program, is offering an on-campus internship opportunity related to sales, marketing and public relations.

- This internship pays $9.00/hour with bonus pay opportunities and is based upon a minimum of 15-20 hours/month.
- Internships will begin on or before the week of Jan. 9 and end the week of April 23. Start and end dates are flexible, and the internship can extend through multiple semesters.

Responsibilities/Expectations:

- Weekly on-campus marketing
- Schedule informational meetings and presentations with campus organizations
- Participate in and/or organize special promotions events
- Network and collaborate with Live Green! and the Director of Sustainability
- Maintain a sales and marketing journal
- Complete a final intern report

For more information or to apply, contact Breanne Bolin at WeCar, Breanne.D.Bolin@ehi.com or 515-251-5215.
Mark your calendar

02.28.12
sustainapalooza
Celebrating Our Cardinal, Gold and Green

Tuesday, February 28, 4-6 p.m.
Great Hall/South Ballroom, Memorial Union

“This event is going to be very interactive and have topics that will interest a student of any major! I would encourage everyone to check it out! Will YOU be seen on the green carpet on 02.28.12?!”

-Chandra Peterson, The Green Umbrella Co-President

Join in the celebration of the many accomplishments of Iowa State's Live Green! initiative through interactive displays and presentations about sustainability efforts on campus. The event will include a poster session, “empowering” stations, and the opportunity to walk down the Green Carpet. Speakers will include Merry Rankin, Director of Sustainability, and leaders from the Council on Sustainability. Students Chandra Peterson and Matt Santee, co-presidents of The Green Umbrella, will be your hosts for the evening. Food, pictures, and a unique appreciation gift for all attendees will round out the occasion. Don't miss out on this exCYting event!

This year, consider a vacation for a cause, like those offered by Alternative Breaks or a number of different Ames organizations. You can also check out the Volunteer Guide website to find a full listing of vacations that support a variety of causes. Opportunities are available both abroad and in the United States. Start planning your make-a-difference break now!

This year’s third-annual Closets Collide Community Clothing Swap event is scheduled for Feb. 4 in the Howe Hall Atrium. Closets Collide is a student organization that promotes sustainability by organizing clothing swaps and other events on campus and within the Ames community. For more information, e-mail closetscollide@gmail.com or visit their website.

Questions, comments or suggestions? We’d love to hear from you!
Merry Rankin, Director of Sustainability, mrankin@iastate.edu – Chandra Peterson, Campus and Community Engagement Intern, chandrapeterson27@gmail.com – Corrin Hatala, Marketing and Communications Intern, chatala@iastate.edu

Talk to Us!