Know Your R’s

From a young age, most of us were taught the 3 R’s - Reduce, Reuse, Recycle. But, according to the Environmental Protection Agency, between 1960 and 2008 the amount of waste each person creates has almost doubled from 2.7 to 4.5 pounds per day. So let’s add a fourth R to that list - Re-think.

Are you conscious of the things you throw in the trash?

• Approximately 1 billion trees worth of paper are thrown away every year in the U.S.

• Every month, we throw out enough glass bottles and jars to fill a skyscraper. All of these jars are recyclable!

• Americans also use 2.5 million plastic- non-biodegradable- bottles every hour and most are thrown away.

• Every year, each American throws out about 1,200 pounds of organic garbage that can be composted.

Think you can’t make a difference? Think again. If every American recycled just one-tenth of their newspapers, we would save about 25 million trees a year. Better yet, RETHINK your overall consumption.

Rethinking small things - such as recycling your newspaper or junk mail, using a reusable water bottle or coffee mug, or composting your uneaten food - can make a large impact and keep the earth preserved for future generations.

Take action today. Make a personal goal to be conscious of the food and materials you use and throw away this holiday season and year round. Find more tips inside on how to ‘go green!’ this holiday season.

Learn more about the 4 R’s, waste reduction and the EPA here.

Learn more about the Live Green! at www.livegreen.iastate.edu
Holiday Green-ings!

‘Tis the season to be green! The holiday season is quickly approaching, and for most this means shopping, driving hurriedly all over town and travelling to see loved ones. This year, make a personal challenge to be generous to your friends and the environment. Send us you ‘green holiday’ stories and you could be featured in our next newsletter!

Gifts

Trying to find the perfect gift? Try these ideas. Not only do they provide a personal touch, but they are guaranteed not to end up in the back of someone’s closet.

- Give the gift of experience. Try theater or concert tickets, spa treatments, cooking lessons, or even sky diving or stock car racing lessons! These memories will be treasured forever and not pile up in the landfill.
- Look for organic and Fair Trade items, such as coffee or chocolate. When you choose organic, you help reduce the negative costs to the environment from artificial fertilizers and pesticides, as well as the potential health effects to your loved ones.
- Give the gift of giving back. Consider donating to a non-profit in someone’s name. With websites such as World Vision, you can donate items such as soccer balls or even a goat to those in need.
- Give friends a $20 subscription to Tonic mail stopper to nearly eliminate junk mail. Plus, they plant five trees for every member. Or try 41lbs.org. Tonic mail stopper to nearly eliminate junk mail. Plus, they plant five trees for every member. Or try 41lbs.org.
- Give a gift to make a friend’s home more eco-friendly. Install low-flow shower heads, install power strips, help winterize, build a compost bin or recycling area, or swap incandescent light bulbs with CFLs.
- If you are giving any electronic gift, remember to include reusable batteries.
- Looking for a sustainable gift for a child? Stimulate their curiosity about the natural world by giving aquarium, Science Center or zoo memberships or day passes.
- While your out shopping, remember to support your local economy. How about fresh foods delivery? Or a healthy meal by a local chef? Shop locally for vintage or handmade items. Local artisans appreciate the support and your recipient will appreciate the artistry of the work.

Found that perfect gift? Now, remember to wrap it with newspaper, recycled wrapping paper or a reusable gift bag.

If every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields!

Also, choose your shipping carrier wisely. Try ClimateCounts.org to find a sustainable carrier around you.

Did you know UPS stores reuse packing peanuts over and over? So remember to save and return yours.

Travelling

Think you can’t go green when flying? Think again! Flying non-stop reduces fuel use and lowers emissions. Add to that, fewer flight delays and missed connections and lower risk of losing checked bags.

Treat your hotel room as if you were paying the electric bill. Remember to turn off lights and unplug unused appliances. Most hotels also let you opt-out of daily towel and linen changes.

Not flying? You might be tempted to take extra baggage, but even in a car extra weight reduces fuel economy. Although you might not be as bad as people in Hoarders, there may be a few things that can be tossed from your backseat or trunk. Travel light to save money on fuel and reduce strain on your engine. P.S. Don’t forget your reusable water bottle or coffee mug!

Slow down and enjoy the scenery! Blast-off at green lights can lower fuel use and improve your fuel economy by 30 to 40 percent. Remember your cruise control to maintain a steady rate of speed and keep your gas tank fuller longer.

Stop-and-go traffic also lowers gas mileage and wears on your engine, transmission and brakes. Combine holiday errands into one trip, or even better, take Cyride!

Consider purchasing carbon offsets if you, or someone you know, is planning a long trip. Find out how this works here.

While you’re away for the holidays, remember to unplug and power down appliances such as your TV, computer, coffee maker and other items that drain power even when they’re turned off.

Decorations

New LED lights use just 10 percent of the energy of older incandescent bulbs. They also run cooler so are a bit safer.

Try soy or beeswax candles. These help conserve natural resources and are healthier for your lungs than regular paraffin candles.

Many other decorations, from Christmas tree ornaments to plastic wreaths, contain heavy metals and most are shipped from overseas. Make garland from popcorn and cranberries; when the holidays are over, simply toss outside for animals to enjoy.

Keep your holidays healthy and local by making decorations yourself or buying them in your community. Remember to mulch your tree and garlands. Check your city’s website to find times for tree pick-up or compost locations.

E-mail us! livegreen@iastate.edu
Green Your Party

It’s the time of year when the weather is cooling down, but the party season is heating up. Thinking about hosting your own party? If so, here are some tips on how to keep the earth happy, as well as your guests.

Decorations
Not only will creative decorations make you the most talked-about host of the year, they can also be great conversation starters! Bring the outside in. Scour your yard for branches, pinecones and pine branches. Add in color from cranberries, apples and lemons. Find festive pots and plant herbs such as lavender, rosemary or sage. Not only are these items beautiful, inexpensive and less waste, they will make your home smell wonderful. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.

Invites
Try free e-cards, such as www.evite.com. You’ll save time, postage and the cost of paper invites. If you want to send out paper invitations, recycle the front of last year’s greeting cards as postcards. Or brighten spirits with plantable invites! When you plant the paper in a pot of soil, the seeds will grow into colorful wildflowers. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.

Food
Of course, a party wouldn’t be complete without delicious food! Keep bellies full and trash cans empty with these helpful tips. Think fresh. Plan your meal around locally grown, seasonal fruits and vegetables. The average plate of food travels 1500 miles from producers to dinner table! Buying locally not only supports your community and reduces packaging waste, but the taste of fresh produce will set your dinner apart from all others. Consider a pot-luck where people bring one dish (in reusable containers) and you provide beverages and desserts. This cuts down on clean-up and waste because people can simply bring their leftovers home! Reuse and recycle. Compost your trimmings on your own or bring to a drop-off site. Use washable table linens, napkins and dinnerware. Disposables a must? Consider eco-friendly options such as sugar cane plates or bamboo veneerware.

Between Thanksgiving and New Year’s Eve, Americans produce 25% more trash – about 5 million extra tons – than at any other time of the year.

Party Favors
Make your party memorable by giving guests items they can reuse throughout the year. Give each guest their own mug or glass to use for their drinks that night and to take home. Use etching cream to write their name or a personal message. Feeling creative? You could also bake a favorite dessert, attach a recipe card, and send home with your guests for a memorable and lasting party favor.

Invites
Try free e-cards, such as www.evite.com. You’ll save time, postage and the cost of paper invites. If you want to send out paper invitations, recycle the front of last year’s greeting cards as postcards. Or brighten spirits with plantable invites! When you plant the paper in a pot of soil, the seeds will grow into colorful wildflowers. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.

Green Themes
Nobody likes throwing food away, so consider themes such as dessert or hors d’oeuvres and wine, instead of a multi-course meal. Another new and fun tradition - a take-out party! Have everyone bring their favorite take-out food in reusable containers. This saves you the stress of a big meal, and there will be plenty of choices even for the pickiest of eaters. Simply send guests home with their leftovers - or guests can trade!

Invites
Try free e-cards, such as www.evite.com. You’ll save time, postage and the cost of paper invites. If you want to send out paper invitations, recycle the front of last year’s greeting cards as postcards. Or brighten spirits with plantable invites! When you plant the paper in a pot of soil, the seeds will grow into colorful wildflowers. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.

Food
Of course, a party wouldn’t be complete without delicious food! Keep bellies full and trash cans empty with these helpful tips. Think fresh. Plan your meal around locally grown, seasonal fruits and vegetables. The average plate of food travels 1500 miles from producers to dinner table! Buying locally not only supports your community and reduces packaging waste, but the taste of fresh produce will set your dinner apart from all others. Consider a pot-luck where people bring one dish (in reusable containers) and you provide beverages and desserts. This cuts down on clean-up and waste because people can simply bring their leftovers home! Reuse and recycle. Compost your trimmings on your own or bring to a drop-off site. Use washable table linens, napkins and dinnerware. Disposables a must? Consider eco-friendly options such as sugar cane plates or bamboo veneerware.

Between Thanksgiving and New Year’s Eve, Americans produce 25% more trash – about 5 million extra tons – than at any other time of the year.

Party Favors
Make your party memorable by giving guests items they can reuse throughout the year. Give each guest their own mug or glass to use for their drinks that night and to take home. Use etching cream to write their name or a personal message. Feeling creative? You could also bake a favorite dessert, attach a recipe card, and send home with your guests for a memorable and lasting party favor.

Invites
Try free e-cards, such as www.evite.com. You’ll save time, postage and the cost of paper invites. If you want to send out paper invitations, recycle the front of last year’s greeting cards as postcards. Or brighten spirits with plantable invites! When you plant the paper in a pot of soil, the seeds will grow into colorful wildflowers. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.

Green Themes
Nobody likes throwing food away, so consider themes such as dessert or hors d’oeuvres and wine, instead of a multi-course meal. Another new and fun tradition - a take-out party! Have everyone bring their favorite take-out food in reusable containers. This saves you the stress of a big meal, and there will be plenty of choices even for the pickiest of eaters. Simply send guests home with their leftovers - or guests can trade!

Invites
Try free e-cards, such as www.evite.com. You’ll save time, postage and the cost of paper invites. If you want to send out paper invitations, recycle the front of last year’s greeting cards as postcards. Or brighten spirits with plantable invites! When you plant the paper in a pot of soil, the seeds will grow into colorful wildflowers. You can also donate old cards and invites to St. Jude’s Ranch Recycled Card Program.
How do you LIVE GREEN!?
Share your stories with us and you could be in the next LIVE GREEN! Spotlight!

Meet...

ISU Surplus

Looking for a cheap TV or Laptop?
There is a hidden gem most people don’t know about - ISU Surplus located at 1102 Southern Hills Drive, Suite 105. For over 25 years, ISU Surplus, a division of the Central Stores Department, has provided an outlet for departmental reuse/resale of excess equipment.

ISU Surplus conducts a departmental sale every Tuesday from 10 a.m. until noon. This sale allows for redistribution of equipment and furniture within university departments. A second sale is held every Wednesday from noon to 3 p.m. and is open to the general public.

“You can find a nice, working computer for $150,” said Norm Hill, Manager of Central Stores. “It’s a great place for students to get stuff - we’ve had over 300 people come during a Wednesday sale.”

Over $250,000 in reused items are back in service. Some are abandoned items, such as clothing and bikes, left by students in University Apartments. Other items, such as computer monitors, come from University departments.

So this holiday season, consider choosing used items from ISU Surplus. This is an economical and eco-friendly way to purchase gifts this holiday season!

Happy Reuse Shopping!

<table>
<thead>
<tr>
<th>Items For Sale Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metal desks</td>
</tr>
<tr>
<td>Wood desks</td>
</tr>
<tr>
<td>Tables</td>
</tr>
<tr>
<td>Chairs</td>
</tr>
<tr>
<td>Cabinets / Bookcases</td>
</tr>
<tr>
<td>Printers</td>
</tr>
<tr>
<td>Monitors</td>
</tr>
</tbody>
</table>

Specialty Items For Sale:
- Bikes
- Books
- Toshiba TV/DVD/VCR combo
- Samsung mini refrigerator
- Nikon F-2 camera with DW-2 finder and lenses
- Vintage goose neck desktop lamps
- TI-84 Plus Silver Edition calculator
- RCA SA-155 Integrated stereo amplifier

There are many great items to purchase for gifts (or yourself). Check out the ISU Surplus website for a complete list, or head on out this Wednesday!

LIVE GREEN! Spotlight

ISU Recycling Committee

FPM employees and ISU Recycling Committee members Sue Mallas (left) and Kelly McCool sort through cardboard boxes.

When you slip your white paper into those blue recycling bins, do you even wonder who takes care of it? Probably not. But behind-the-scenes, hardworking group called the ISU Recycling Committee knows.

The recycling program on campus started back in 1992 with white paper recycling. Now, there are three major recycling programs on campus - white paper, newspaper and cardboard. The ISU Recycling Committee also coordinates a phone book recycling program each year.

With the help of building liaisons, the ISU Recycling Committee has spread its recycling efforts to over 100 buildings on campus.

However, the Committee is hoping to get more involved with students.

“We want to work with student groups to help initiate recycling programs on campus, as well as expand with student support,” said Sue Mallas, Facilities Planning & Management committee member.

So are you looking for a way to become involved with sustainable activities on campus? Or does your group have a recycling program in mind? If so, e-mail recycling@iastate.edu to join the ISU Recycling Committee today.

Wondering what or where recycling efforts are taking place in your building? Check out their website.
November Opportunities

13 Snow Globe Crafts  
Annihka Murray  
1:00 p.m. @ the Workspace

15 Forum: Okay We’re Recycling, Now What’s Next?  
6:00 p.m. @ Cardinal Room, Memorial Union

17 America Recycles Day

America Recycles Day Nov. 15
Since 1997, communities across the country have come together on November 15 to celebrate America Recycles Day. More than a celebration, America Recycles Day is the only nationally recognized day dedicated to the promotion of recycling programs in the United States. If you’re on campus, stop by Union Drive Community Center Dining Hall or Seasons Market Place Dining Hall where Green-House Group members will be on hand to answer questions about recycling and other sustainability efforts taking place in campus residence halls. To see how you can participate in America Recycles Day, visit their website.

EPA Game Day Challenge Update
During the month of October, campuses around the nation went head to head in the Environmental Protection Agency’s Game Day Challenge. Iowa State, the only University competing in Iowa besides Loras, took on the challenge during the homecoming game on Oct. 30.
With the support of volunteers, tailgaters, Athletics and the Live Green! Initiative, Iowa State removed 28 percent of tailgating materials from the waste stream.
From tent row alone, 360 pounds of cardboard and 600 pounds of glass was recycled. The suites in Jack Trice Stadium composted 710 pounds of food. Overall, over 8 thousand pounds of material was recycled or composted during the game.

Dec.
11 Recycled Wrapping  
Betsy Eness  
10:00 a.m. @ Reiman Gardens

Live Green Scavenger Hunt!
The Live Green! Initiative wants to get more involved with YOU! Check out our Facebook and Twitter to get involved with our scavenger hunts. During the month of November, we will help you discover the 4 R’s around campus. Guess our place of the month to win a prize!

3 Things You Didn’t Know Until You Read This Issue:
• November 15 is America Recycles Day.
• You can donate your old holiday cards or invitations to a good cause.
• You can buy cheap, sustainable gifts at Central Stores!