“Coming together is a beginning. Keeping together is progress. Working together is success.”

- Henry Ford

ASPIRING TO INSPIRE: HOW ONE STUDENT IS GREENING THE GLOBE

REINVENTING SUMMER: MAKING FUN IN THE SUN MORE ECO-FRIENDLY

LOOKING BACK: OUR SUSTAINABLE SPRING SEMESTER
WHAT’S INSIDE

04
Earth Month Recap
Celebrating the month dedicated to our home.

05
Earth Day Recap
Highlighting the celebratory event of April 22.

06
Living Cardinal, Gold and Green
Recognizing the sustainable efforts of one inspiring Iowa State student.

08
Endangered Species Day
Learning the importance to why we must help save our planet’s species.

09
National Bike Month
Encouraging the use of green transportation.

10
Semester Highlights
Looking back at the sustainable efforts and accomplishments of spring semester.

12
Live Green! Graduates
Saying farewell to our Live Green! teammates of 2016.

14
Green It Yourself
Gifting and crafting for graduation and summer.

16
Green Opportunities
Events and opportunities to inspire green connections in May.

17
May Calendar
Locations, dates and times for sustainable connections in May.

18
Sustainable Summer
Adding sustainable twists to your summer routine.

19
Summer Opportunities
Events and opportunities to inspire green connections all summer.

20
Summer Calendar
Locations, dates and times for sustainable events over the summer.

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

Iowa State University students, faculty and staff were invited to take the Zero Waste Challenge to be more conscientious of their trash outputs by changing old habits and living more sustainably during April 18-22.

Over 40 individual participants accepted the challenge and those who completed the challenge celebrated their success at ISU’s Earth Day Celebration!

Stay plugged in with our Sustainable Connections!

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 campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu
At Iowa State University, each May, synergy is most definitely in the air. The awe-inspiring, collective effect of individuals coming together toward a common vision is one of the most powerful experiences to be a part of at ISU.

Synergy presents itself in a multitude of ways. In the green space of campus, synergy abounds in blooms and buds and plantings. In campus laboratories, synergy pulsates in the culmination of months of experiments, measurements and trial and error attempts and reattempts. In classrooms, synergy exhibits vibrantly through the plethora of final projects, reports and portfolios.

By far, for me, the most intoxicating synergy to witness is the synergy within our students. Each fall, individuals begin the school year, each May colleagues, teammates and friends finish. Every year the synergy expands, enhances and diversifies, and is exhibited through the professionals, leaders and visionaries that emerge as graduates and embark on the next adventure life has to offer.

In my position, I have the true honor and joy in witnessing all these synergistic moments – most notably those which engage and empower our students. I work with students through collaborating on class projects, advising student organizations and mentoring independent studies and research.

I also have the absolute privilege to be surrounded by student-derived synergy through daily interaction with my Live Green! team. Through the coming together of their hands (actually pictured on this month's cover), heads, hearts, passion and vision, the most impressive and multi-faceted synergy has emerged.

This last issue of Live Green! Monthly for the 2015-2016 academic year focuses on taking us all on a reflective journey of our collective work, dedication, commitment and accomplishment and the brilliant synergy that has resulted as well as a look forward at the opportunities that still await us. Before you embark for your next adventure (as a new graduate or a returning student, faculty or staff member), I encourage you to take a few moments to “thumb” through this newsletter and witness firsthand our amazing and impressive synergistic journey.

Thank you for an outstanding year of living the cardinal, gold and green! I look forward to all the green places we will go in 2016-2017!

Yours in green-ness,

Merry Rankin

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our community to live toward a more sustainable future.
Throughout April, otherwise known as Earth Month, Iowa State and the Ames community celebrated the planet and all its multi-faceted (environmental, economic and social) splendor through various sustainably-minded events. Some of the many celebrations are included below. More images can be found in our Earth Month photo gallery.

**ARBOR DAY**
On April 19, ISU students and staff celebrated Arbor Day by planting trees and tulip bulbs around campus.

**CYCLONE MARKET**
On April 16, student organizations sold food and other goods to increase their economic sustainability for the upcoming year during Cyclone Market.

**ALL SPECIES PARADE**
On April 23, the Ames community celebrated the planet’s diversity with the Iowa Wildlife Center. Conservation-focused exhibits and information were also available to attendees.

**ECOSYSTEMS WORKSHOP**
On April 17, The Green Umbrella and ISU Sustainability Network held an Ecosystems Workshop. Participants made bee hotels, prairie seed bombs and birdhouses.

**PLANT O₂ EVENT**
On April 21, The Green Umbrella and Sigma Lambda Beta assisted Campus Services in planting five river birch trees (as well as oxygen (O₂)) south of Ross Hall to celebrate Earth Week.

**AFRICAN NIGHT**
On April 16, ISU students and the Ames community came together to celebrate the 2016 African Night. Attendees experienced African culture through food, music, fashion and dance.
On April 22, 40 campus and community organizations and Ames businesses helped Iowa State University celebrate the 46th annual Earth Day, highlighted by free bike tune-ups, interactive exhibits and sustainably-minded giveaways.

Attendees took home various green giveaways, such as Earth Week buttons, reusable water bottles and more. They also enjoyed delicious and unique cookies made out of cricket flour!

ISU students celebrated Earth Day by making pledges to take care of the planet on Earth Day and every day.

A myriad of sustainable student organizations met attendees and showcased how their group is greening the experiences of students at Iowa State.

Attendees had the opportunity to become plant parents! From sustainably-potted seeds to fully-grown succulents, there was a variety of plant life to adopt.

Various community organizations and businesses showcased how they are accomplishing to be sustainable in their everyday programs and practices.

Those who brought their bicycles got a free bike tune-up by Skunk River Cycles and ISU Outdoor Recreation Services.
Angadbir Singh Sabherwal said that to understand his story about his life-long commitment to sustainability, you have to start at the beginning.

In his childhood, two pivotal events shaped him into the sustainability-minded leader he is today.

First, at age 4, he was in the car with his mother at a traffic stoplight. Through the window, he saw his city of Chandigarh, India and the beggars and paupers surrounding them. As a young child, Sabherwal was deeply moved by this and cried for these people.

Secondly, at age 7, he and his parents went out one day to help distribute blankets to the needy. “I was just moved,” he said. “I saw people without clothes, people running after us because we had blankets...I thought that it was extreme poverty, and I couldn’t do it and I started crying.”

Sabherwal still remembers these events and it still sends chills down his spine, for these were the moments when he realized the partialities of life, of extreme poverty, environmental climate change and sustainability within his surroundings.

Sabherwal grew up with very supportive parents, who naturally encouraged him to go do activities and learn things like music, French and calligraphy. He garnered a respect for sustainability and climate change at 12 years old when he could make better sense of the bigger picture. This was due to his extensive practice of reading.

“My father was an avid reader, we had a extensive library in the house and I just read books about all these topics and that’s where the process really started,” Sabherwal said.

Sabherwal attended an international school in Chandigarh that continued to foster his sustainable mindset. He fondly remembers how, in elementary school, they would give plants away for Earth Day. He would then participate in a gardening competition, in which you would receive a sapling and you plant it and at the end of the year, one would get a prize for biggest growth.

He also learned how to take care of the planet in other ways. Sabherwal was extensively involved in a recycling program called Paper Maiche, where he would stay after school to make recycled paper.

The impact of the recycled pages was not just at the environmental level. Any funds raised from selling the paper went toward treating cancer patients.

“So not only did I learn the act of the paper making, but I saw the impact of the full effort” Sabherwal said.

“Being involved keeps your eyes open.”

Sabherwal continued doing great things in sustainability leadership throughout high school.

He attended various exemplary programs and conferences. With The Energy Resources Institute (TERI) he learned about sustainable engineering working with a project involving green architecture that would benefit the environment.

He attended the Asian Regional Round Square Conference, where he learned about the six pillars of values, titled IDEALS - internationalism, democracy, environmentalism, adventure, leadership and service. Took his first international opportunity by traveling to Germany and taking part in a language and cultural program,
offered to only 200 high school students from around the world.

This experience offered him the chance to open up his mind about international perspectives and facets of social sustainability.

Similarly during his sophomore year in college, Sabherwal went on a study abroad trip to China and learned the importance of being aware of his surroundings, appreciating a place and its culture.

At Iowa State University, he continues to learn about the world and sustainability by being an active and engaged individual within the academic and social community. Sabherwal spends his time engaging with campus organizations such as Tau Beta Pi and ASME (American Society of Mechanical Engineers).

For his proactive involvement in environmental awareness and conservation campaigns, volunteering activities, and educating communities at Iowa State University and around the world he was awarded the Live Green! Award for Excellence in Sustainability this past fall.

Alongside his voluntarism, Sabherwal working at multiple internships over the years at companies such as USG Corporation in Kansas, City and Van Gorp Corporation in Pella, Iowa, and having all of these other experiences in his life, Sabherwal has decided that his future plans are very clear.

“I want to go into social entrepreneurship,” Sabherwal said. To achieve that, he is working on various projects in the realm of social sustainability.

One project includes a book titled 18-25. It is about the stories of 25 inspiring individuals doing phenomenal things around the world. Included within this book will be friends Sabherwal has made through all his travels, school and work.

Another pilot project Sabherwal seeks to finish is directly connected to Iowa State. A website titled backtoisu.com will be a place for alumni to share their stories to inspire future students.

A final project he is actively working on is a website that he plans to develop himself for the cause of distribution of relief aid.

“The idea is to combine the funds together from various aid organizations into one single place that will put all these cumulative funds out to one destination for relief within 12 hours,” he said. “Imagine the impact it could make! That is my dream project.”

Sabherwal will be walking the stage at Jack Trice Stadium on May 7 to receive his bachelor’s degree in mechanical engineering. He plans to stay just as engaged and involved after leaving Iowa State University.

“I don’t want to limit myself,” he said. “Being involved keeps your eyes open.”

Throughout it all, Sabherwal hopes to inspire everyone he meets and communicate that “sustainability is not just a word or a concept, it’s a way of living.”

To Sabherwal, sustainability is a process of continuous improvement in any single industry, in any single field, in any single person, no matter who they are.

“I have to be that person who embodies the consistent passion to improve and to keep on improving and to engulf and involve other people and to go on and share my vision,” he said. “The vision can apply to anything, but there has to be consistent effort, a cohesive effort, a collaborative effort, into looking at how you can make an impact.”

He said that to keep that sustained vision, we must learn from others and work to create together.

“[Sustainability means] beyond the border, beyond geographical boundaries, beyond culture, it is a word that means a consistency toward passion and change for the better.”
A day devoted to the cause of endangered species is coming up May 20. And focused on bringing awareness to the preservation of our planet’s animal and plant species.

The approval of the Endangered Species Act of 1973 by President Nixon initiating the fight against extinction. With this act came the ability of the U.S. government to complete necessary steps to protecting the nation’s native plants and animals. This act includes three classifications which the government has responsibility to protect.

**Endangered Species** - species that are likely to become extinct throughout all or a large portion of their range.

**Threatened Species** - species that are likely to become endangered in the near future.

**Critical habitat** - vital to the survival of endangered or threatened species.

Plants and animals can be classified including reasons such pollution, disease, animal trade and the most prominent cause, *habitat loss* and all that is lost with it - food, clean water, and shelter. According to the International Union for Conservation of Nature (IUCN), species are going extinct at an accelerated and dangerous rate. Twenty-nine percent of all amphibians, “21 percent of all mammals and 12 percent of all birds” are currently being threatened.

Endangered Species Day, started in 2006. Every year on the third Friday in May, and throughout the month, zoos, aquariums, parks, botanical gardens, wildlife refuges, museums, schools, community centers, conservation groups and other organizations offer tours, speaker presentations, exhibits, children’s activities to commemorate our endangered and threatened species. Being “a celebration of wildlife and wild places,” the focus of this annually-recognized day is to instill an awareness and appreciation related to the importance of protecting our threatened and endangered species (here in Iowa as well as across the world) and everyday actions we can take to make a difference to these species.

SAVING OUR SPECIES IS EVERYONE’S RESPONSIBILITY AND EVERY INDIVIDUAL ACT MAKES A DIFFERENCE. BELOW ARE SOME (OF MANY) DIFFERENCE-MAKING OPPORTUNITIES.

1. Choose [sustainable goods and services](#) that strive to make a minimal impact on species and habitats.
2. [Appreciate nature](#) by getting outside to explore and experience the natural diversity of our planet.
3. [Protect and preserve wildlife habitats](#). Our actions today determine the tomorrows we leave for future generations.
4. Attend an [Endangered Species Day event](#) near you to learn more about how to get involved and make a difference in your community.
May is National Bike Month, which celebrates the many benefits of cycling while encouraging people to bike more frequently. National Bike Month was established in 1956, and is sponsored by the League of American Bicyclists. Whether you bike to save money or time, to preserve the environment or your health or to explore your community, there are many opportunities to celebrate the unique power of the bicycle this month!

**BIKE-TO-WORK WEEK IN AMES**
During National Bike Month, Ames celebrates Bike-to-Work Week May 16-20. The Ames Bicycle Coalition is rewarding commuters for biking to work with free breakfasts from 7-9 a.m. Bike to breakfast at the following locations:

- **Monday, May 16:** Ames City Hall
- **Tuesday, May 17:** ISU Research Park
- **Wednesday, May 18:** Brookside Park
- **Thursday, May 19:** JAX Outdoor Gear
- **Friday, May 20:** Skunk River Cycles

**EXPLORE AMES TRAILS**
There are many great, local places to ride during National Bike Month, including shared use paths, on-street bike lanes and bicycle-friendly streets:

- Ames (on and off-campus)
- Seven Oaks Recreation in Boone
- McFarland Park north of Ames
- Peterson Pits north of Ames
- Skunk River Greenbelt
- Iowa Natural Heritage Foundation

While you are out exploring and stop by your favorite restaurant or retailer, ask about any discounts you can earn for using sustainable transportation. Wheatsfield Co-op, for example, offers a punch card discount program for shoppers that choose to leave a greener transportation “footprint”

**BIKE-FRIENDLY CAMPUS**
With more people choosing to ride their bicycles, Iowa State University has taken multiple steps to create a safe biking environment.

In recognition of these efforts, the university recently received the title of Honorable Mention in bike-friendliness from The League of American Bicyclists in 2016. While there are still items to accomplish, this honor recognizes Iowa State’s work to be more bike-friendly, including accomplishments such as adding bike lanes to shared community- and campus-roads and conducting safety studies to alleviate congestion between all types of transportation on campus.

**BICYCLE SAFETY**
With more cyclists out and about during National Bike Month, it is important for all travelers (whether by bike or car or foot) to be especially aware of and mindful toward safety concerns and precautions. The city of Ames’ BikeWalk Drive SMART program hopes to keep everyone safe, no matter how they are traveling. The Bike SMART website offers tips specifically focused on increasing safety and respect for those sharing roadways, such as signaling to others, making eye contact, emphasizing visibility and more.

**STAY INFORMED**
Stay connected to bike-related opportunities and events over the summer and year-round through these resources:

- Ames Bicycle Coalition
- City of Ames
- Outdoor Recreation Services
SPRING SEMESTER HIGHLIGHTS

STUDENTS
Cyclone students have made copious strides in sustainability during the spring semester that deserve recognition and celebration.

CONNECTING ART, HISTORY
ISU Museums created eMuseums, an online database for students to explore campus’ various art history collections.

DANCING ALL NIGHT FOR THE KIDS
The nineteenth annual Dance Marathon raised $362,854.19 for the University of Iowa’s Children’s Hospitals.

SENDING HELP TO FLINT
Hy-Vee, along with Cyclone basketball junior point guard Monté Morris, donated 11 trucks of bottled water to his hometown of Flint, Mich.

BUILDING BUSINESSES
A new 10-week program called CyStarter provided students the chance to build their businesses from the ground up and solve world problems.

FINDING UNITY IN DIVERSITY
More than 800 ISU students, faculty, staff and guests addressed the campus issues of diversity and inclusion at the Iowa State Conference on Race and Ethnicity (ISCORE).

UNITING FASHION WITH TRASH
Twenty-four ISU student-created garments were displayed at the North Grand Mall Fashion Show to increase awareness for environmental issues.

DESIGNING FOR A CAUSE
ISU graphic design students helped produce designs for the Iowa Race for the Cure.

ADDRESSING MENTAL HEALTH STIGMA
A new social sustainability organization, To Write Love On Her Arms (focused on opening dialogue about mental health), was offered to students at Iowa State University.

RESEARCH
This spring, Iowa State remained steadfast in its search for knowledge in the realm of sustainability.

ATHENA LAB MAKES LIFE EASIER
Iowa State became home to North America’s first augmented human laboratory focused on life improvement opportunities.

DIVERSIFYING IOWA CROPS
Researchers planned to diversify unprofitable cropland to improve farmers’ yields.

CUTTING CARBON EMISSIONS
Iowa State’s Wind Energy Initiative worked to promote affordable and accessible wind energy throughout Iowa.

FINDING HELPFUL SIMILARITIES
An ISU research team linked heart valves and wind turbines while looking to improve the durability of current heart valves.

ENGAGING KIDS WITH STEM SUBJECTS
Iowa State and Des Moines Public Schools introduced the STEM-CTrines Project to get elementary-aged kids interested in STEM fields.
The spring semester provided many examples of the connection of town and gown toward collective community impact and accomplishment.

**MINIMIZING BUSINESS INEFFICIENCIES**
The Smart Business Challenge helped Ames businesses save money, help the environment and strengthen their community.

**IMPROVING IOWA COMMUNITIES**
Retail Scapes, an interdisciplinary studio for College of Design students, helped small communities seeking design assistance.

**GETTING GREEN WITH SUSTAINAPALOOZA**
Ames residents and ISU students, faculty and staff learned about the importance of pledging to a greener lifestyle at Sustainapalooza 2016.

**CREATING DRESSES FOR AFRICA**
Volunteers created about 100 dresses from pillowcases for little girls in Africa during Little Dresses for Africa workshops.

**SAVING LIVES WITH THE ISU BLOOD DRIVE**
ISU students and the Ames community joined together to save lives at the Iowa State Blood Drive in March.

**STASHING AMES’ TRASH**
The 15th annual Stash the Trash provided the opportunity for students and Ames residents to come together for a city-wide cleanup effort.

**CELEBRATING EARTH DAY**
Student clubs and Ames businesses helped Iowa State celebrate Earth Day on April 22.

To ensure the most efficient and effective experience for students, faculty and staff, campus operations was an area of focus during the spring semester.

**CELEBRATING CO-GENERATION POWER**
Facilities, Planning and Management’s Utility Services department celebrated 125 years of a co-generation power plant.

**OFFERING INFORMAL COUNSELING**
The new Let’sTalk program allowed free walk-in counseling sessions for students.

**HONORING ARBOR DAY**
ISU’s Tree Campus USA planted more than 75 “scarce-on-campus” shrubs and trees for teaching purposes and to provide color throughout the seasons.

**GIVING NEW LIFE TO CAMPUS TREES**
Facilities Planning & Management installed hundreds of new benches, made from repurposed TreeCYcle wood, throughout campus buildings.

**BEAUTIFYING CAMPUS**
Eight thousand, seven hundred bulbs were planted throughout campus this spring as another piece of President Steven Leath’s beautification initiative.

More semester highlights can be found by visiting the Live Green! news archive.
After graduation, Michael will be moving to the Chicago area and begin working at DSC Logistics and Supply Chain Management in the SCIL Program.

“I will strive to increase the sustainable efforts at the distribution center I am working at, and will create standards of sustainability for whom we use for our transportation.”

Grace will begin her career in product marketing at Emerson Process Management in Marshalltown, IA after graduation. Her two years on the Live Green! team taught her how to think more long-term, leading life more sustainably. “Being sustainable could start from saving resources, but is also about planning to sustain longer and satisfy the larger population.”

In the future, Laurelin hopes to be working in either the public or nonprofit sector to help make cities around the world more sustainable. After graduation next fall, she wants to incorporate the skills she’s gained this year into her daily life. “I’ve learned a lot about engaging the community in sustainability and integrating sustainability practices into my own daily routine, and I’m excited to see how these lessons can help me in my future career!”
After graduation, Madi hopes to find a job in the Midwest. Until then, she plans on going with the flow and enjoying life.

Her Live Green! experience has taught her about living more sustainably on a daily basis. “I have already changed my little habits (unplugging appliances and turning off lights). I also recycle now more than I used to. I have a separate garbage for glass and aluminum cans, and I even have a bin for recycled paper. I also hope to get a composter and start my own garden!”

Drew will be moving to Kansas City to work as a consulting analyst for Cerner after graduating this May.

Due to the nature of his future job, Drew said he will be travelling frequently. To combat his potential rising carbon footprint, he, “will always do [his] best to use public transit and low emission options to get around in new cities.”

Next fall, Sindhuja will be graduating from Iowa State. She plans to pursue a career in creative advertising.

“Live Green! has been pivotal in expanding my horizons to the facets of sustainability. The things I have learned in this internship have made me greatly aware of all the opportunities to be ‘green,’ and I hope to keep acting sustainably throughout my life with these skills and lessons I have learned at Iowa State.”
GREEN IT YOURSELF

Graduation

SUPPLIES
- White card stock
- Crepe paper
- Masking tape
- Double-sided tape
- Ruler
- Pencil
- Scissors
- Fair trade chocolate
- Recycled paper confetti scraps to fill your box
- Photo as large as the front of your box

INSTRUCTIONS
1. Measure and cut two 8-inch squares and four 3-by-8-inch rectangles out of the white card stock.
2. Lay one of the square pieces of card stock down and tape the four smaller rectangles to its sides to make a cross.
3. Fold each side up to make a box and tape corners.
4. Put candy and confetti into the box, enough to fill.
5. Tape the remaining square to the top of the box as a lid to form a box piñata.
6. Trim photo to the same size as the front of the piñata (8-by-8-inch) and cut it horizontally into even 1-inch strips.
7. Adhere a strip of double-sided tape along the back top edge of each photo strip. Tap photo strips to one side of the box to re-create the full photo.

SUPPLIES
- Scrap book paper or card stock
- Scissors
- Double-sided tape
- Mini clothes pins or binder clips
- Ruler

INSTRUCTIONS
1. Using a ruler score lines at 2.5, 5, 7.5, 10 and 10.5 inches on a piece of scrapbook paper on card stock (Patterned or plain).
2. Turn paper 90 degrees and score again at 2.5, 5, 6.5 and 7 inches.
3. Trim paper to size to measure 10.5 inches wide and 7 inches long.
4. Fold and crease all scored lines.
5. Cut up from the base of the paper (the long side without a scored folded edge) to the 2.5 mark to make the flaps of the box bottom. Cut away the narrow side tab.
6. Fold paper and tape the side (tab down) to make an rectangular open-ended tube.
7. Please note if using pattern paper the paper should be on the outside of the box.
8. Fold bottom flaps on top of each other and tap in place to form the base of the box.

SUPPLIES
- Clean, clear glass jar (free of labels)
- Photos
- Ruler
- X-acto knife or scissors

INSTRUCTIONS
1. Measure the jar’s height. If needed, trim the photo to ensure it will fit inside the jar.
2. Slide the photo into the jar so that the photo will be right-side-up when the jar is upside-down.
3. Turn the jar upside down show off your cool frame!
4. To turn your frame into a bookend, fill the jar with marbles, rocks, shells or other items to weigh it down and add jar lid to secure contents.
5. Enjoy your up-cycled memory!

FOR MORE GIY
GREEN IT YOURSELF

Summer

SUPPLIES
- Old T-shirt
- Sewing machine
- Sewing needle
- Thread
- Scissors
- Pen or marker

INSTRUCTIONS
1. Turn an old T-shirt inside out and draw a bag shape on it as small or large as you want.
2. Cut through both layers so you have two identical pieces. You can leave the shirt’s hem intact or snip it off.
3. Stitch the two pieces together all the way around, leaving the bag’s opening untouched.
4. To prevent fraying, apply a narrow zigzag stitch to the edge.
5. Use a ruler and pen to draw dashes across the fabric. Important: Leave room (four inches from the top) for your handle.
6. Using scissors or a rotary cutter, snip along the lines, making sure to stagger your cuts. Cut a longer slit (two inches from the top) for a handle, and shape the sides if desired.
7. You are all ready for this summer’s farmers’ markets!

T-SHIRT PRODUCE BAG

SUPPLIES
- Various fruits or vegetables (the juicier the better!)
- Small bowls
- Muddler or Masher
- Spoon
- Ice cube trays

INSTRUCTIONS
1. Fill bowls with your favorite fruits.
2. Use a muddler or a masher to mash the fruit until there is plenty of juice in the bowl.
3. Spoon a small amount of juice into each ice cube compartment. Fill only one-fourth or one-third full. Place the tray into the freezer for about an hour.
4. Repeat Step 3 to achieve the desired number of layers, alternating colors and fruits.
5. For best results, allow the final ice cube layer to freeze overnight.
6. Enjoy in water for a refreshing, fruit-infused summer beverage!

FRESH FROZEN FRUIT ICE CUBES

SUPPLIES
- Fabric pieces (30-60 inches in length - depending on the number of sneaker eyelets)
- Sneakers

INSTRUCTIONS
2. Knot ends, and tape to a tabletop so you can pull the strands taut as you braid.
3. Braid them to a desired length.
4. Lace the unknotted end through the shoe’s grommets, then knot. (If you have trouble getting the lace through the grommet, wrap clear tape around the ends or wet them.)
5. Behold your “new” shoes to rock the summer!

BRAIDED SNEAKER SHOELACES

FOR MORE GIY
Join Project Smyles

The Ames Public Library is looking for a Project Smyles presenter. This presenter will promote early literacy skills by providing programs to children, their teachers and caregivers, as well as parents, at preschools, daycare settings and in the Library service area. For more information, visit the Library’s job board. To apply, submit a City of Ames Employment Application, cover letter and three references to janderson@amespubliclibrary.org.

Care for the Butterflies

Reiman Gardens is looking for an entomology assistant. This job provides the opportunity to work directly with all life stages of both tropical and native butterfly species. Primary responsibilities include assisting in the development and maintenance of butterfly cultures for release in the Butterfly Wing, working in a USDA-regulated lab and preparing artificial diets for the butterflies. To apply, visit Reiman Gardens’ website.

Build Energy Efficiency

The ISU Iowa Energy Center is seeking a research assistant to assist staff in various projects pertaining to Heating Ventilating and Air-Conditioning (HVAC) at the Energy Resource Station facility in Ankeny. The assistant will gain hands-on experience and knowledge in the area of HVAC and building energy efficiency. To apply, email a resume to Xiaohui Zhou at xhzhou@iastate.edu.

Help at the Farm

White Barn Farms in Ames is looking for a few farm and garden groundskeepers. These groundskeepers will do general farm maintenance, including splitting wood, building fences, painting barns, hauling brush, weeding and gardening. They will also have the opportunity to raise their own garden. To apply, call Andrea Shaw at (515) 203-7568.

Share Natural Products

AmeriHerb, a natural products wholesaler that has sold bulk herbs and spices throughout the U.S. and abroad for more than 20 years, is looking to fill its operations team. All members of the team will work in accounting, production, pulling orders, warehousing and shipping. To apply, call Doug Borud and Jim Croxdale at (515) 232-8614.

Assist in the Fields

Syngenta Seeds, Inc. is looking for entomology interns at its Slater site. In this position, interns will work in small groups to take plant samples, label plants, inoculate plant diseases, maintain plots and dig and wash corn roots for evaluation in corn fields. To apply, email a resume to Mitch Meehan at mitch.meehan@syngenta.com.

Bridge the Language Gap

The Lutheran Services in Iowa (LSI) is seeking interpreters to work in Des Moines’ Refugee Community Services. Desired languages include Karenni, Kayah, Chin languages, Kunama and Tigrinya, as well as fluency in English. For more information or to apply to become an interpreter, visit the LSI website.

Take Action on the Climate Crisis

The Climate Reality Project Campus Corps is looking for ISU students to join its renewable energy campaign on all college campuses. Responsibilities will include assisting with volunteer recruitment efforts, media engagement, grassroots coordination, petitioning and phone banking interested students on campus, as well as recruiting and building a team of dedicated student volunteers. To apply, email a resume and cover letter to vasily.kisunko@climatereality.com.
### MAY CALENDAR

#### 07

**PLANT SALE EXTRAVAGANZA**
Get your green on (rain or shine), as many local organizations come together to offer a huge selection of plants for purchase.
Reiman Gardens, 9-6 PM, May 8th 10-3 PM

**MAIN STREET FARMERS’ MARKET**
Join the kick-off of the 2016 Downtown Farmer’s Market season that features the “Grub for Good” Food Truck Showdown.
Main Street, Ames 8-12:30 PM

#### 10

**MONEY FOR LIFE**
Attend the Professional and Scientific Council’s seminar, and learn how to put your money where it will best improve your life.
Gallery, MU, 2-3 PM

#### 11

**PROJECT LEA/RN**
Learn how to better facilitate learning-centered classes and meetings. Lunch is provided May 11-12.
0760 Lagomarcino Hall, 9 AM-4 PM

**YOUTH PROGRAM LEADERS**
Learn about the various youth-related policies, procedures and forms for successfully conducting youth programs at Iowa State University.
1020 Extension 4-H Youth Building, 1-3 PM

**FAMILY YOGA IN THE GARDENS**
Participate in a six-week family yoga program that is light-hearted and focused on kids ages 3 years and older.
Reiman Gardens, 10-11 AM

#### 14

**SPRING YARD WASTE FREE DAY**
Gather up trash, as well as brush! Follow Chamness Technology’s rules for proper yard waste disposal practices.
26107 530th Ave, Ames, 8 AM-4 PM

**BAG-O-BULBS SALE**
Purchase Reiman Gardens’ beautiful tulip bulbs to replant in your own yard for the summer.
Reiman Gardens, 8 AM-noon

**IOWA ABLE RUN**
More than a run! It’s a family event to help empower Iowans with disabilities and their families. Join us for a 5K, prices and awards.
Hayden Park, Ames, 8 AM

#### 16

**BIKE TO WORK WEEK BREAKFAST**
Join the Ames City Council and City of Ames staff for breakfast to kick off National Bike to Work Week.
City Hall, 7-9 AM

**DIGITAL ARCHITECTURE**
Engage in interactive discussions and meetings about agriculture and its challenges in the age of Big Data with the Midwest Big Data Hub.
Scheman Building, 8 AM-8 PM

#### 17

**FLORAL DESIGN WORKSHOP**
Learn the basics of floral design with tips and skills used by professionals and create your own one-of-a-kind floral designs and beautiful arrangements to take home.
Reiman Gardens, 6-7:30 PM

**BUTTERFLY WING PLANTS**
Learn from Assistant Butterfly Wing Curator Anita Westphal about the wide variety of plants selected for display in the Butterfly Wing with a mini-tour filled with interesting facts about the feature.
Reiman Gardens, 11-noon

#### 18

**HEALTHIEST STATE CONFERENCE**
Step it up Iowa! Spend the day at sessions with distinguished speakers such as Rear Admiral Jose Belardo, U.S. Public Health Service; Ann Mansfield, Northeast Iowa Food and Fitness Initiative; and Pamela White, College of Human Sciences.
Scheman Building, 9 AM-4 PM

#### 19

**AMES HISTORY AND ARCHITECTURE**
Discover a new view of Ames in this walking tour. Grab a route brochure at Tom Evans park and/or the Ames Public Library. Costumed characters will meet you at each marked location.
Main Street, Ames, 10 AM-noon

**PHOTO RECIPES**
Take a photography class with professional photographer Mark Stoltenberg and learn how to capture memories of fireworks, foggy days and vacation settings through a camera lens.
Reiman Gardens, 6-8:30 PM
*SUSTAINABLE SUMMER*

Ways to green up your summer is easier than you think, take a look at all these ways to make your summertime more sustainable!

**ECO-FRIENDLY FUN**

Start by incorporating more low impact activities by enjoying the outdoors via sustainable transportation choices. Choosing to savor the warm weather by walking, running or biking to work or school allows you to feel the summer breeze while helping the planet. Attend local activities and visit local water attractions instead of traveling distances. Even landlocked Iowa has beaches to enjoy! Be sure to pack your eco-friendly swimwear, and stay safe in the sun by using proper and effective sunscreen, low in hazard, yet high in protection. You can also create your own homemade sunscreen with all natural ingredients.

**GREEN COOLDOWN**

Back at home, go easy on the air conditioning. On average, about two tons of carbon dioxide is used by an air-conditioned home. Choose fans instead and save energy. A ceiling fan can lower the feel of a room’s temperature by eight degrees, saving a lot on air conditioning bills. If you need to add a little warmth, open blinds or curtains and let the sunshine do the work. What about cooling down with a run through the sprinkler? Think again. Watering over the summer can be calculated to obtain the best methods to usage of water. This is important both for your expenses and our environment.

**SUSTAINABLE FOODING**

Host a gathering around summer foods. Summer is the time of fresh pickings at your local farmers market. Stock up on foods that provide a diversity of fresh options for you and support to your community’s local producers, through buying local. You can also supply your own local produce by gardening. If BBQ is a favorite summer food adventure, consider some eco-friendly grilling options. Challenge yourself to make your meals zero waste by stocking up on reusable plates and silverware for your guests to use. Finally, if you dine in a park or public area, remember to “leave-no-trace” and carry out all that you have carried in.
**Volunteer With Food at First**

The Sustainable Agriculture Student Association (SASA) is looking for volunteers to garden this summer. Volunteers can take leadership roles as garden co-leaders, as well as be garden workers and educators. SASA meets 2-3 times a week for its garden workdays, lasting two hours each. For more information, to sign up for the email list or to sign up for leadership and volunteer opportunities, email foodatfirstgarden@gmail.com or Garden Coordinator Hannah Dankbar at hdankbar@iastate.edu.

**Work for the City**

The City of Ames’ Public Works, Water and Pollution Control, as well as its Parks and Recreation department are looking to fill several positions this summer. These positions range from general maintenance, field maintenance and mowing at various parks and locations throughout Ames. For more information about specific positions and to apply, visit the City of Ames’ job board.

**Discover Ames History**

The Ames Historical Society, the Main Street Cultural District and the Ames Public Library are hosting a self-guided tour of historic buildings, which are marked with plaques, on May 28, 10 a.m. to noon. During the tour, participants will see costumed actors in historic clothing and receive free popcorn and flower seeds. A map and informational brochure are available at Tom Evans Park and the Ames Public Library. A reception also follows at the Library.

**Green the Des Moines Arts Festival**

The Des Moines Arts Festival, which takes place June 24-26, is looking for sustainably-minded volunteers to join its Environmental Impact Team. These volunteers will not only pick up trash, but will help educate the public about recycling and composting practices, in addition to helping festival attendees know where to put their compostables and recyclables. Visit the Des Moines Arts Festival website to register as a volunteer. All volunteers receive a free T-shirt!

**Stay Active With the Gardens**

Over the summer, Reiman Gardens is offering a plethora of classes, workshops and events about gardening and the environment, including, but not limited to:

**May 14**

**Barg-O-Bulbs Sale:** Purchase Reiman Gardens’ tulip bulbs to replant in your own yard.

**Photography for Scouting and Reporting:** Learn how to use your camera for identifying and diagnosing various plants and insects.

**May 19**

**Container Gardening Workshop:** Get hands-on practice in outdoor container gardening.

**Vermiculture:** Bring the kids to learn a variety of gardening and growing techniques. This month, build a worm composting bin and learn what kinds of food scraps worms enjoy!

**June 8**

**Integrated Pest Management:** Learn holistic approaches to addressing the problems that affect plants, and apply what you’ve learned to any growing situation.

**June 13**

**Backyard Gourmet:** Explore the many pestilent plants we normally disregard, such as dandelions, chickweed and stinging nettles, and learn how to prepare a meal from them.

**June 20**

**Herb Gardening 101:** Visit an introduction to herb gardening, including the various uses of herbs that are easy to grow, harvest and store.

**June 23**

**A Flutter of Color:** Learn how colors and patterns on moths and butterflies play a key role in their day-to-day activities.

**June 25**

**Iowa Regional Lily Show:** Attend the Iowa Regional Lily Society’s annual show to see a large selection of lily colors, shapes and design.

**Pollinator Fest:** Celebrate National Pollinator Week by learning about pollinating insect species with the ISU Insect Zoo, the ISU Pollinator Working Group and others!
## SUMMER CALENDAR

### JUNE

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| 303 | ART WALK  
Discover the artwork of painters, jewelers, photographers, woodworkers, potters, sculptors and much more downtown!  
Main Street, Ames |
| 04 | MAIN STREET’S FARMERS MARKET  
Visit local Iowa producers offering seasonal fresh fruit, vegetables, meats, cheeses, arts, crafts, fresh flowers, plants along with live local entertainment.  
300-400 Main Street, Ames, 8-12:30 PM  
Continues through Oct. 29, 2016. |
| 05 | SUMMER FEST  
Attend the City of Ames’ annual event celebrating the 4th of July and the diversity that makes our community a great place to live.  
Campustown, 3-9 PM |
| 09 | A WALK ON THE WILD SIDE  
Catch the last tour of Gwynn Murrill’s animal sculptures to discuss her career as an artist and her unique artistic style.  
Anderson Sculpture Garden, 2-3 PM |
| 18 | HOPE RUN FOR HOSPICE  
Join Mary Greeley Medical Center for a 5K run and 3K run/walk. All registration proceeds support Mary Greeley Hospice.  
Ames Middle School, 6:45-9:15 AM |
| 17 | ROSE FEST  
Enjoy the extensive collection of Griffith Buck hardy roses, antique roses as well as view the innovative and sustainable design of the Helen Latch Jones Rose Garden.  
Reiman Gardens, 9 AM-4:30 PM |

### JULY

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| 20 | HERB GARDENING 101  
Join Certified Master Herbalist Gayle Curtis for an introduction to herb gardening, and the various uses of a myriad of herbs that are easy to grow, harvest and store.  
Reiman Gardens, 6-8 PM |
| 04 | INDEPENDENCE DAY PARADE  
See one of the largest events of the summer, as well as the great connection between Main Street and the city of Ames!  
Main Street, 9-11 AM |
| 09 | MIDNIGHT MADNESS ROAD RACE  
Run through downtown Ames then celebrate afterwards with this annual Ames tradition!  
Downtown Ames, 7:30 PM |
| 17 | GARDEN ART FAIR  
Enjoy browsing dozens of eclectic booths, and buy products including jewelry, watercolor, pottery, woodwork, glass, and more.  
Reiman Gardens, 9 AM-4 PM |
| 28 | SUMMER SIDEWALK SALES  
Take a stroll in Downtown Ames and check out discounts, promotions, sales and many other good deals from local businesses!  
Main Street, All Day  
Continues through May 31. |

### AUGUST

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| 22 | GREAT PLANTS OF IOWA  
Develop knowledge of the wide variety of garden plants that grow well in Central Iowa with this session!  
Reiman Gardens, 6-8:30 PM |

For sustainable events or highlight your events, contact the newsletter team!

- Caitlin Deaver | Marketing & Communications Intern | cmdeaver@iastate.edu
- Steve Kohtz | Sustainability Coordinator | sakkohtz@iastate.edu
- Sindhuja Ram | Marketing & Communications Intern | sram@iastate.edu