“The true secret of happiness lies in taking a genuine interest in all the details of daily life.”

-- William Morris

In Iowa, the time between winter and spring can feel like an eternity, seemingly an unending toggle between white and brown as far as the eye can see; until finally in April, a most wonderful occurrence takes place... life awakened. Little sprouts of green start emerging from the ground and on trees and bushes; insects, birds, and animals are out and about again and, in general, just the feeling of life bursting at the seams.

It is certainly not as though life just starts to happen in April -- there is just something about this one particular month when all of the details of life seem to unfold virtually simultaneously. In all these details is unique and awe-inspiring connection -- connecting us to each other, our community and the multiple and diverse facets of the natural world around us. The effect is circular and continuous, as every day in April offers new details of daily life and living to be discovered and embraced.

It seems only fitting then, that April is Earth Month. A designated recognition and celebration of all of the details of life that are nurtured, provided and sustained by this planet we call home.

This month’s issue of Live Green! Monthly is a celebration of our home and all the many ways each of us can connect to, experience and celebrate the details of life and living that is provided to us so plentifully. The key to a sustainable future is most definitely “in the details.”

Have a wonderfully detailed Earth Month!

Yours in greenness,

Merry Rankin
Director of Sustainability
The 45th annual Earth Day, a day of education about issues pertaining to the environment, takes place every April 22. Earth Day was founded in 1970, by Sen. Gaylord Nelson, an American politician expressly concerned with conservation issues facing the world. In 1990, Earth Day became an internationally-recognized event, and is now celebrated in more than 192 countries, including the United States. At ISU, we celebrate Earth Day and all of Earth Month across campus and throughout our community, but Earth Day can be celebrated every day by small, sustainable acts.

Celebrate Earth Day and show your green spirit with these sustainable tips!

Embrace the opportunity to reuse. Rather than accumulating plastic and paper bags after every trip to the store, choose a reusable option. It is easy by purchasing a reusable bag, like the Chico Vita Style bag, or crafting your own.

Repurpose something. While spring cleaning, take that old coffee table out of the trash and give it a new look and new life with a new coat of paint. Lighten your footprint on the environment, as well as your finances.

Knock out your junkmail. Remove those magazines clogging your mailbox by unsubscribing from unwanted reading material or by signing up to receive electronic mail, as well as by registering at a free organization that can remove your name from widely distributed mailing lists.

Conserve precious water. Because an estimated 50 percent of all household water usage is wasted, it is important to conserve water. Instead of throwing that dropped ice cube in the sink, use it to water a houseplant. Even taking a 3-5 minute shower saves about four times the amount of water used in taking a bath.

Green your drive. Embrace the health and financial benefits of investing in eco-transportation. Bicycling, walking, carpooling or riding the bus are some of the great options that allow you to commute sustainably. Save gas money and decrease your carbon footprint. If you do need to drive, opt for carpooling or ridesharing, and make sure your own car is maintained regularly to ensure peak and efficient performance.

Check out these additional tips!
EARTH MONTH

Iowa State University and the Ames community are celebrating sustainability throughout the entire month of April with campus-wide and community events. These events will focus on engaging students, faculty, staff and Ames residents and shedding light on how Ames, as a whole, can continue working toward a sustainable future.

The events below are a sampling of what to expect for Earth Month. Follow the link at the bottom of the page to find a new event for each day in April with the Earth Month Calendar!

---

RUN FOR THE TREES ON ARBOR DAY
Join the Iowa Arboretum and the Boone County Historical Society for a scenic 5K or one-mile walk/run on well-maintained trails on April 25 in and around Madrid. Enjoy the outdoors with the entire family, and celebrate Arbor Day, the annual celebration of trees and promoting of tree-planting and care, all at the same time. Preregister on the Iowa Arboretum’s website.

---

STASH THE TRASH AROUND AMES
On April 18, take part in Stash the Trash, the annual volunteer effort that brings students and Ames community members together to help clean up the city, and with the help of the Ames Repair and Care program and CyServe Council, assist homeowners with other needs. There are many volunteer projects still available. Participants can register on their own or with a group or organization. Trash bags, gloves and lunch will be provided.

---

CELEBRATE EARTH WEEK ON CAMPUS
Eco Week will be celebrated April 20-26 with a diversity of events offered by sustainability student organizations. Join The Green Umbrella on Earth Day, April 22, at 11 a.m. in the Free Speech Zone by the library to celebrate Earth Day with campus and community organizations’ displays, free bike tuneups and green giveaways. This celebration is an opportunity for ISU students to learn more about student, campus and community groups and their efforts in the realm of sustainability.

---

DISCOVER IOWA’S NATIVE PLANTS
On April 27, learn about the wide variety of garden plants that grow well in central Iowa during the spring and summer months in Reiman Gardens’ “Great Plants for Iowa” class. Attendees can expect to learn about the identification of these plants, as well as their uses in the garden and the landscape. This class is perfect for plant enthusiasts and aspiring horticulturists. Preregister for this class here, and discover the diversity of plants in Iowa gardens.

---

Discover more events on the complete Earth Month Calendar.
Discover more events on the complete Earth Month Calendar.
One student at Iowa State University is taking her “green” vision from textbook to the fashion world! Andrea Tate is a senior in Apparel, Merchandising, and Design that has created her own on-line store of custom up-cycled fashion pieces and collections for her brand Ohtatie.

Fashion has always been an interest of Andrea’s, but it was not until she entered her first fashion design contest that she realized her potential. She had always been a crafty person, but she was focusing on pursuing a career in medicine when she was younger. It was when she won judge’s choice at that first show that she decided to continue exploring a more serious career in fashion.

Her inspiration was ignited after taking the class Apparel, Merchandising and Design 204 Textile Science. As Andrea explains, “Taught us quite a bit about the chemicals and the pollution that clothing production causes on the environment. Other classes did expand on that throughout the next year, but I did not really see a movement in the Iowa area while there was a huge trend going on in California. I figured that I could start something in Iowa and see where it would go.”

Starting your own brand and clothing line is ambitious for a young student. Andrea has taken this impressive accomplishment one step further by ensuring her brand radiates her passion for lessening the fashion world’s impact on our Earth.

Andrea’s clothing line features all up-cycled designs, fashions made from existing fashion pieces. She finds most of her materials at local thrift stores and garage sales, which she then redesigns (up-cycles) into unique fashion pieces.

Finding an old pair of jeans at a thrift store and being able to see the potential in the design is part of what Andrea loves so much about her line. She enjoys giving new life to a piece of clothing that someone decided to give away, and also making it something sell-able and creative through her apparel design skills.

Her pieces are more than unique, they contribute to a sustainable way of life and beyond today, for future generations. “Sustainability is very important because at one point, I will have children and I do not think it is fair that they will have more problems due to the generations before them being careless. Our world is so beautiful, and clothing companies -- unfortunately -- usually do leave such a negative impact.”

With any business comes challenges and Andrea has faced many stigmas about up-cycled clothing. “Some people want that “new” never used product” Andrea explains. Her pieces are used, but after she is finished with them they are definitely not the same!

A name of a brand says a lot about the designer and their work. Andrea’s brand, Ohtatie, comes with a personal connection. As Andrea said, “Ohtatie is a nickname evolved over time. My last name is Tate and people would call me “Tatie,” and then it evolved to Ohtatie.” Naming her brand after her nickname, allows Andrea a way to acknowledge all of the people who have supported her through the creation and development of her line.

Andrea has big plans for after graduation as she is ready to head to California to continue with fashion. She plans to work with evening gowns, but wants her green line, Ohtatie, to continue, and hopes to even one day open up a boutique along with the online store!
With the weather getting more spring-like, the gardens are coming into full bloom! Reiman Gardens is currently looking for six outdoor gardeners to help with the upkeep of their plants and displays over the summer. These positions work closely with the gardens’ horticulturalist in maintaining the gardens and interacting with the gardens’ guests. Apply at the Reiman Gardens website.

The Octagon Center for the Arts is looking for an events intern. This volunteer position will assist in planning and coordinating events for the Center, as well as helping out with day-to-day operations. The intern will get to work on at least three large scale projects, including the Festival of Trees and The Octagon Arts Festival. As well as a great opportunity to plan events for the Ames community, the intern will also gain valuable networking skills through communicating and collaborating with community leaders and art professionals from across the nation. Email a resume to membership@octagonarts.org to apply.

Take advantage of an opportunity to be outdoors this summer by becoming an organic farm seasonal worker at the Small Potatoes Farm in Minburn, Iowa. This paid, part-time position includes field management tasks and washing, weighing and packaging harvested vegetables. Contact Rick Hartmann at (515) 677-2438 for more info and to apply.

Interested in adding the quality of healthy eating to residents in Boone, Story and Hardin Counties? Prairie Rivers of Iowa is seeking a Garden Coordinator to assist with implementation of its Central Iowa Garden project, a collaborative effort around establishing food gardens at local schools and workplaces, as well as creating workshops focused on gardening and healthy eating. This part-time position is paid, has flexible hours and may be used by students for course credit. Interested applicants can submit a resume and cover letter to Executive Director Penny Brown-Huber at pbrownhuber@prrcd.org.

Get out your walking shoes and volunteer to help Ames residents discover fun ways they can be healthy at Ames’ first Healthy Streets Event May 3, from 1-4 p.m. The event will close part of Main Street to automobile traffic and open the area for healthy activities, such as walking, biking and dancing. Volunteers will help assist with various planned activities throughout the event. Sign up as a volunteer at the Volunteer Center of Story County’s website. Applications are also being accepted for interns to assist with design and planning needs related to other Healthiest Ames events and initiatives. Visit the Healthiest Ames website for more information.
Giving Back: The Cardinal & Gold Way

Keep your love for Iowa State going by taking part in Cy’s Day of Service! Unite with ISU alumni from across the nation to volunteer and give back to your local community. Events are organized by the Iowa State Alumni Association (ISAA) and all alumni and their friends and family are welcome to join in on the festivities throughout the month of April by registering online! Organizations that ISAA will be volunteering will include: Ronald McDonald House, Feed My Starving Children, Northeast Iowa Food Bank and Westside Cares.

Community Spring Cleaning

Help give the Ames community a good spring cleaning and fix-up by volunteering for the Ames Stash The Trash and Repair and Care Event on April 18th! Everyone is welcome to help out across the Ames community in areas including parks, parking lots, residential areas and roadways. Grab a group of friends, an organization, or just yourself and head to volunteer.trust.com to pre-register and sign-up for a clean-up area or the day of the event at Reiman Gardens. The event is from 8:30am-2pm and includes lunch and free admission to Reiman Gardens.

Energy Saving Internship

In search of a summer internship? The Clean Cities Coalition, focused on increasing energy efficiency and use needs you! The Coalition is looking for junior and senior college students to take part in their workforce development program, and is specifically focused on reducing the amount of petroleum that is consumed by the transportation industries across the nation through public policy, education and activation of energy reduction strategies. The 10-week, paid internship, takes place at one of the various Clean Cities locations throughout the United States. Students interested in energy and transportation are encouraged to apply by April 24th.

Aspiring Event Planners Wanted

4-H is the nation’s largest youth development and mentoring organization, reaching over 6 million young people. Now you have an opportunity to join their efforts. Extension Youth and 4-H in Hamilton County, is offering a 9-week, paid summer internship to gain experience working with a variety of people, volunteers and children in both group and individual settings. This intern position will assist with planning and executing local events with the 4-H chapter such as; county fair, Clover Kids Day Camp and other special events. Applications will be accepted until the internship is filled.

Impacting the Next Generation

Interested in pursuing a career in HR or Volunteer Coordinator positions in the future? Apply to be a volunteer services intern with Youth & Shelter Services, Inc. of Ames. There are summer and fall positions available for those who are looking to get involved with an organization that gives back to the community through work with youth. This position is flexible to work with school schedules, but must be able to work a minimum of eight hours per week. The intern will check other volunteers’ references, conduct orientation seminars for volunteers, as well as help with recognition events. Applications are accepted on an ongoing basis until positions are filled!
It is April in Iowa and that means it is time for some Spring cleaning! These simple Green It Yourself projects will help your cleaning process go simpler, greener and less cost intensive! The Live Green! team has selected a specific array of products to specifically match the most challenging and most frequent cleaning needs. The ingredients for these GIY cleaners and projects can all be found at your local superstore.

**Perfect Eraser**
Make dirt disappear with your own homemade eraser!

**Need:** Sponge, 1 tsp. baking soda, 1 tsp. Castile soap (grated bar soap or liquid), warm water, spray bottle, food grater (optional).

**Directions:** Mix Castile soap with warm water and baking soda in spray bottle until dissolved. Spray mixture directly to desired cleaning surface or onto sponge. Scrub surface clean.

**Stain Remover**
No need to spend money on those fancy stain removers when you can create a homemade solution.

**Need:** 1 Tbsp. hydrogen peroxide, 1 Tbsp. dishwashing liquid, 1 Tbsp. baking soda, 3oz. reusable (travel sized) container.

**Directions:** Mix together all ingredients in reusable container until a paste is created. Use a toothbrush or cleaning brush to apply mixture to stain and scrub into stain.

**All In One**
Take care of all of your spring cleaning needs with this GIY!

**Need:** 1/2 C. vinegar, 1 Tbsp. Borax, 1 Tbsp. hydrogen peroxide, 2 C. hot water, 2 Tbsp. lemon juice, mixing bowl, whisk, 16oz. spray bottle, funnel (optional).

**Directions:** Add Borax to mixing bowl and add hot water, whisk until blended. Add hydrogen peroxide, lemon juice, and vinegar to bowl and stir. Pour mixture into spray bottle with funnel and use on surfaces as needed.

**Easy Febreeze**
Keep your spaces fresh with a scent spray of your own!

**Need:** 8oz. spray bottle, 2 Tbsp. fabric softener, 2 Tbsp. baking soda, 3 C. hot water, essential oils.

**Directions:** Add fabric softener and baking soda to spray bottle then fill rest of bottle with hot water. Shake mixture to blend and add essential oils for scent as desired. Spray directly on linens and furniture for fresh scents.
With the weather changing and the semester winding down, there are only a few more weeks until students will be moving out of residence halls and apartments to head off on their summer adventures.

At Iowa State, the Department of Residence (DOR) noticed that after every spring semester moveout, piles and piles of unwanted items, which were mostly gently used or in working condition, were ending up in and around dumpsters or by the curbs.

To combat this issue, the DOR partnered with The GreenHouse Group, a student club dedicated to sustainable projects, Central Stores and Facilities Planning & Management to institute a new program called Simple Action Vital Effect (SAVE).

The SAVE program encourages students to donate their unwanted (but useable) items in collection locations set up throughout university housing areas. DOR staff distributes the donations to Goodwill and the Salvation Army, along with other charitable organizations in the community. Local food pantries are also benefited by this program because students are also encouraged to donate unopened, non-perishable food items to help Ames community members in need.

**Items collected for donation include:**
- Clean, gently used clothing and shoes
- Small household items in good condition
- Furniture in good condition
- Small appliances/electronics in working order
- Unopened, non-perishable food items

**Drop-Off Locations for Non-Food Items:**
- Maple Room M01
- Willow Main Lounge, along the projector wall
- Larch Main Lounge, along projector wall, west end
- BWR Cornerstone
- Linden Room A149
- Oak-Elm 2122 Elm Parlor
- Helser Room A293 (in front of the Hall Director’s office)
- SUV Laundromat or Community Center
- Wallace/Wilson Room C1201
- Buchanan Room 2012
- Friley Room 2414 (north of Hall Desk)
- Martin Room 2109
- Eaton Room 1132
- BLF Freeman 154 (Pool Table Room First Floor)
- Frederiksen Court Office in Community Center

**Food Collection Locations:**
- Friley Hall Desk
- Martin Hall Desk
- Eaton Hall Desk
- Helser Hall Desk
- Wallace/Wilson Hall Desk
- Buchanan Hall Desk
- Frederiksen Court Office in Community Center
- Maricopa Hall Desk - Building 4020, Apt. 103
- Maple Room M01
- Willow Main Lounge, along the projector wall
- Larch Main Lounge, along the projector wall, west end
- Linden Hall Desk
- Oak-Elm Hall Desk
- BWR Cornerstone Area
- SUV Community Center
- Legacy Tower Room 201
Discover more events on the complete Earth Month Calendar.

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

Live Green! Calendar

Contact the Newsletter Team!

Merry Rankin, Director of Sustainability, mrarkin@iastate.edu
Caitlin Deaver, Marketing & Communications Intern, cmdeaver@iastate.edu
Lauren Garin, Marketing & Communications Intern, lgarin@iastate.edu
Liana LaMastra, Sustainability Coordinator, lamastra@iastate.edu