"Growth is never by mere chance; it is the result of many forces working together in harmony."

— JAMES CASH PENNEY

CELEBRATE EARTH DAY, EARTH WEEK AND EARTH MONTH 2017

FIND INSPIRATION IN STUDENTS HELPING COMMUNITIES GROW

DISCOVER SOME OF THE INS AND OUTS OF FINANCIAL LITERACY
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Congratulations to Iowa State University for achieving, for the second time, a Gold STARS certification from the Association for the Advancement of Sustainability in Higher Education (AASHE)!

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

Contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu
Ahhh...spring!

It is a time that exemplifies growth no matter where you look. Trees and flowers are sprouting new growth, birds are returning home after the winter and insects, reptiles, amphibians and mammals are emerging after a long winter’s nap – all seeking nourishment to support their growth.

While these are often the images that come to mind when we think of spring, on a college campus, spring exemplifies a different side of growth, in addition to that which is traditionally envisioned. For example, spring at Iowa State University represents the culmination of academic, personal and professional growth that has been nourished and nurtured throughout the academic year. Portfolios are assembled, project reports are submitted, final exams are completed and graduates step into the next adventures of their lives and begin growing again in a whole new space and time.

This issue of Live Green! Monthly highlights the many facets of growth that surround us at ISU, spanning from students growing communities around the world through entrepreneurship, to the showcasing of campus and community initiatives committed to growing a sustainable future through embracing “Earth Day Every Day,” to features targeting environmental, economic and social growth and sustainability through topics of gardening, financial literacy and opportunities to give back and pay it forward to our little blue marble every month of the year.

Growth enables resiliency, and resiliency empowers sustainability. The growth that we seek, embrace and cultivate now is the resiliency that we leave the generations that follow us. A sustainable and resilient future requires a foundation cultivated by and matured through multi-faceted growth.

Take some time to enjoy and embrace the diversity of growth across campus and throughout our community this month!

Yours in Green-ness,

Merry Rankin

MERRY RANKIN is Iowa State University’s Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

ON THE COVER: KINOSOL

KinoSol is an organization that focuses on providing food security around the world by offering a solar-powered food dehydrator with a storage component. In the cover photo, KinoSol’s first dehydrator, the Orenda, is pictured with students in Thailand, one of the countries where KinoSol conducted field testing. Learn more about how KinoSol has both grown as a company and inspired growth globally in this month’s “Students Living the Cardinal, Gold and Green” on Page 8.
Earth Day, a day of education, awareness and engagement pertaining to the health, well-being and sustainability of 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, and here at Iowa State! Join us to celebrate the 47th Earth Day!

**EARTH DAY: CELEBRATION ON CAMPUS**

**FRIDAY, APRIL 21 • 11 AM-2 PM • SOUTH LIBRARY LAWN, PARKS LIBRARY**

Celebrate "Earth Day Every Day"

Join The Green Umbrella and ISU Office of Sustainability for ISU’s annual Earth Day celebration. More than 35 campus and Ames organizations will be showcasing their contributions, efforts and commitments to sustainability and our collective home.

- Green giveaways
- Refreshments
- Free bike tune-ups
- Free longboard tune-ups

PHOTOS BY ISU LIVE GREEN!
In celebration of Earth Month, The Green Umbrella, ISU Sustainability Network and the Office of Sustainability, in partnership with many campus and community partners, are hosting a week-long celebration during Earth Week, April 17-23. Throughout Earth Week, students, faculty and staff will have the opportunity to participate in numerous events celebrating our planet, encompassing environmental, economic and social sustainability. A detailed 2017 Earth Week schedule of events is available on the Live Green! website.

**MONDAY 17**

TREE PLANTING
SOUTHWEST OF CATT HALL
10-11 AM
Plant Butternut trees on central campus with Sigma Lambda Beta and Facilities Planning and Management. Supplies provided.

WREAKING HAMMOCK
CENTRAL CAMPUS WALKS
5-7 PM
Enjoy a fun dose of tree-friendly hammocking while honing safe and sustainable hammocking habits on campus from ISU Outdoor Recreation and Facilities Planning and Management.

**TUESDAY 18**

YOGA ON THE LAWN
SOUTH CAMPANILE LAWN
3-4 PM
Join the ISU Yoga Club for an hour of outdoor yoga. Free KIND bars will be available to participants.

DOCUMENTARY
CARDINAL ROOM, MU
8:30 PM
Explore the climate change crisis and the opportunities we have to reverse our negative impact on the world at a screening of "Time to Choose".

**WEDNESDAY 19**

LAKE LAVERNE CLEANUP
LAKE LAVERNE
11 AM-4 PM
Clean up our campus lake with Greeks Go Green. Supplies will be provided.

MOVIE SHOWING
SOUTH CAMPANILE LAWN
7 PM-12:30 AM
Enjoy an outdoor Cyclone Cinema experience by watching "Lego Batman", powered by ISU BioBus' biodiesel made from ISU Dining’s used cooking oil.

**FRIDAY 21**

EARTH DAY CELEBRATION
SOUTH LIBRARY LAWN
11 AM-2 PM
See Page 4 for more information.

**SATURDAY 22**

COMMUNITY BIKE RIDE
BROOKSIDE PARK
10 AM*
Join the Ames Bicycle Coalition for a community bike ride supported by local businesses. *For those who wish to attend the March for Science, join the 9:30 AM bike ride. Start at Maple Shelter.

500ELEVEN GALA
CAMPANILE ROOM, MU
7-9 PM
Join Sigma Lambda Beta for a sale and showcasing of artwork to support The Grow, a community garden project.

**SUNDAY 23**

EARTH DAY CELEBRATION
AMES PUBLIC LIBRARY
2:30-3 PM
Learn all about protecting our planet. Provided in partnership with the ISU Environmental Education Club.

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**DON’T FORGET:**

BRING YOUR REUSABLE MUG TO ISU DINING CAFES FOR $1.25 COFFEE AND TEA AND $0.75 FOUNTAIN SODA ALL WEEK!
Iowa State University and the Ames community are celebrating sustainability throughout the entire month of April with campus- and community-wide events. These Earth Month events focus on engaging students, faculty, staff and Ames’ residents in opportunities to celebrate, embrace and discuss our collective commitment and dedication to and vision of a sustainable future and are a sampling of the many events and activities from which to choose. For a full and detailed listing of Earth Month events, visit the Live Green! website.

08
Art Supply Swap
LOCATION: The Workspace, Memorial Union
TIME: 10 AM-4 PM

Cyclone Market
LOCATION: Jack Trice Stadium
TIME: 10 AM-1 PM

Magically Modified Grimm’s
LOCATION: Ames Public Library
TIME: 4-5 PM (also 4/9 at 1:30-2:30 PM)

International Food Fair
LOCATION: Great Hall, Memorial Union
TIME: 11 AM-2:30 PM

Free Admission Day
LOCATION: Reiman Gardens
TIME: 9 AM-4:30 PM

ArtWalk: Poetry
LOCATION: Memorial Union fountain
TIME: 12-1 PM

Artful Yoga
LOCATION: 1017 Morrill Hall
TIME: 5:30 PM

12
Walk-In-Craft: Seed Bombs
LOCATION: The Workspace, Memorial Union
TIME: 6-9 PM

9th Annual Rent-A-Puppy
LOCATION: South Campanile Lawn
TIME: 10 AM-5 PM

09
Willow Bird Feeder Workshop
LOCATION: Reiman Gardens
TIME: 12-4 PM (register by 4/12)

Seed Saving Event
LOCATION: Wheatsfield Cooperative
TIME: 6:30-8 PM (RSVP required)

Ames Historical Society Lecture
LOCATION: Ames Public Library
TIME: 7-9 PM

20
Wasp Watchers Program
LOCATION: Ames Public Library
TIME: 7-9 PM

22
Spring Wildflower Hike
LOCATION: 29490 632nd Avenue, Nevada, IA
TIME: 10 AM-12 PM (register by 4/18)

24
History Unfolded Project
LOCATION: Ames Public Library
TIME: 7-9 PM

26
Healthy, Quick Meals for Spring
LOCATION: Wheatsfield Cooperative
TIME: 7-8 PM (RSVP required)

29
Washed Ashore Exhibit
LOCATION: Reiman Gardens
TIME: All Day (runs until 10/31)
CELEBRATE EARTH MONTH EVERY MONTH

Although Earth Month is celebrated in April, our home is certainly worth celebrating throughout the entire year. Earth Month can be celebrated during any month of the year, no matter where we are, through opportunities related to one or a combination of the three facets of sustainability. Below are just a few ideas of how to celebrate Earth Month every month! Connect to the Live Green! Calendar for year-round opportunities.

**APRIL**
- **Volunteer your time.** Celebrate National Volunteer Month by choosing a local cause to put your time into. Visit the Volunteer Center of Story County for ideas throughout the year.

**MAY**
- **Take time for your mental health.** Acknowledge National Mental Health Awareness Month by taking time to relax and energize. Check out these tips to positively influence your mental health.

**JUNE**
- **Clean up the great outdoors.** Celebrate National Rivers Month by cleaning up local waterways and/or watersheds. In Ames, you can volunteer at the annual College Creek Cleanup to help clean up ISU’s campus waterway.

**JULY**
- **Shop at a local farmer’s market.** Explore Ames’ two farmer’s markets (North Grand Mall and Main Street) this summer and pick up an assortment of homemade goods and fresh produce.

**AUGUST**
- **Craft a budget for next semester.** Plan your financial responsibilities and goals for the academic year. Check out Page 16 for more information about creating a budget.

**SEPTEMBER**
- **Learn something new.** Attend a workshop, class, lecture or performance that features a new topic to explore. Both Iowa State University and the City of Ames offer a diversity of opportunities throughout the year.

**OCTOBER**
- **Get thrifty.** Save some money by discovering a new wardrobe, book, DIY project and much more at the many thrift stores located in the Ames community.

**NOVEMBER**
- **Support food security.** Serve your community by donating to Ames’ wide array of food banks, or volunteer at a food kitchen, like Food at First, or a food pantry, like The SHOP.

**DECEMBER**
- **Upcycle your gift-giving.** Reduce your holiday waste stream by getting creative with gift-giving. Check out these GIYs from our December newsletter, as well as our Pinterest page, for ideas.

**FEBRUARY**
- **Make time with those you love.** Carve out some time and find an activity or event to share with loved ones, whether it be with your family, friends, significant other or even your pets!

**MARCH**
- **Start or add to your garden.** Prepare for the growing season with new plants and seedlings. You can check out Page 10, as well as the Now You Know from our March newsletter, to learn more about indoor gardening.
As student entrepreneurs, the founding members of KinoSol have not only experienced growth in their educational studies at Iowa State, but also through growing a business that is enabling communities to thrive around the world.

In 2014, Clayton Mooney, Elise Kendall, Ella Gehrke and Mikayla Sullivan (pictured in order to the right), all global resource systems majors at Iowa State, formed a team for the Thought For Food Challenge and came up with the idea of dehydration in response to the challenge of feeding the growing world population. The team took second in the competition, and KinoSol was founded.

During the competition, the team brainstormed the name, “KinoSol,” which is a combination of the word “kinetics,” symbolizing the portability of the dehydration units, and the word “sol,” for its solar-powered component.

KinoSol's company mission is “to decrease post-harvest loss in the most sustainable way possible.” The team has accomplished this by offering a mobile dehydrator for fruits, vegetables, insects and grains that increases food preservation and requires no electricity – making it usable anywhere in the world.

“We offer a solar-powered food dehydrator with an attached storage component, a KinoSol Orenda, that is capable of saving food that would otherwise be wasted,” Sullivan said.

“Our technology allows families to have more food, better nutrition and create entrepreneurial opportunities in rural communities.”

Since the initial creation of their first dehydrator, the Orenda, the team spent two years researching and developing their product. In total, KinoSol has tested eight different functioning prototypes and conducted in-country field testing in nearly 20 countries. The end product was taken to market in January 2017.

“The KinoSol team didn’t have any engineers or food scientists, but we were able to leverage our network to create working prototypes and an actual business,” Sullivan said.

In college, students experience educational growth with help from coursework, professors and research. Similarly, the members of KinoSol have reached out and continue to seek out to others for guidance as they further develop their business.

Part of KinoSol’s network is an on-campus resource available to all students – The ISU Pappajohn Center for Entrepreneurship. With the help of the ISU Pappajohn Center, KinoSol went to a business plan competition where they received additional funding for their business. KinoSol was also among the first teams to participate in the CyStarters program.

The path of growth is not always linear, especially in starting a new business – there are exciting opportunities, as well as plenty of challenges. One of the challenges the team has had with researching the product is not being able to do all of the field-testing (pictured Page 9, left) themselves. This has been especially challenging because it was difficult for the members of KinoSol to ensure the data they needed to keep growing was collected.

While managing business challenges, the team members had the added task of being students and learning to overcome the many challenges that may arise in school, as well.
One of the biggest challenges we’ve had to deal with is balancing school and other commitments and running a full-time business,” Sullivan said. “For me, that’s meant honing my time management skills and running on less sleep than I would like.”

Though they have encountered some challenges, the KinoSol team also has many things to celebrate. Their founding team of four has now expanded to seven members, including two interns and a permanent member, Maddie Gesell, a finance major.

They have also been successful in multiple business plan competitions. To date, the team has entered over 20 business plan competitions and secured more than $120,000 in funding and resources to continue the growth and development of their vision to offer sustainable food systems to communities around the world.

“For me, the greatest success we’ve had is bringing the cost of our unit down,” Sullivan said. “When we were conducting field testing with our demo units, they were $250; but today we’re able to offer our technology for $110-$130. This is a huge step because it makes our technology more affordable for our end users [...] and ensures there are more opportunities to get our technology out there.”

The Orenda has already made a big impact in helping communities grow. The women at the Nakanyonyi Nutrition Center in Uganda (pictured below), for example, were dehydrating foods using tarps or just on the ground. Not only was this inefficient, taking days or weeks to complete, the women also estimated that 50 percent of their yields were lost due to pests and weather.

By using the Orenda, communities can experience increased nourishment and growth through their ability to extend food preservation and have a secured storage system. Communities also experience increased economic growth because dehydrated foods are more valuable to sell.

In addition, there is more to entrepreneurship than just growing a business. Throughout her time as a founding member of KinoSol, Sullivan has experienced growth in a number of ways and has taken away many life-growing lessons.

“Most importantly, it’s taught me that I don’t want to be doing something unless I’m passionate about it,” she said. “You just have to start. Find something you’re passionate about, and go for it. It doesn’t matter if you have the expertise or any business experience.”

“The future of KinoSol is bright – the company is not stopping after one product. After coming out with their original product, they plan to grow their business by now focusing their research and development on creating a new product, a dehydrator designed for urban and cooler environments – continuing to grow their business and continuing to add growth opportunities to communities nationally and internationally.

“Our goal has always been to help as many people as possible,” Sullivan said. “If we can help millions of people around the world by giving them access to our technology, thereby making an impact on the amount of food that is wasted, I think we’ll have accomplished what we set out to do. In order to do that, we’ll continue to be innovative and come out with new products that address the issues and needs of communities around the world.”

PHOTOS COURTESY OF KINOSOL
NATIONAL GARDENING MONTH

National Gardening Month is an annual celebration of gardening initiatives, accomplishments and the many benefits gardening offers. Whether you are a gardening expert, looking to brush up on the basics, or a first-time gardener looking to cultivate that green thumb, these tips will help you kickoff a successful gardening season.

GET STARTED GARDENING

STEP 1 | WHAT KIND OF GARDEN?
Consider the amount of space you have for planting. If you plan to grow fruits, for example, a larger outdoor space would be ideal. On the other hand, herbs and some seasonal vegetables, can be easily grown inside. Learn more about indoor gardening on Page 12 of the March newsletter or related blog post.

STEP 2 | WHERE TO PLANT?
Decide where you want to plant your garden. Look for an area that gets lots of sunlight. For example, in a residence hall or apartment, this may be near a window sill or on a deck.

STEP 3 | PREPARE THE SOIL.
If you plan to start your garden inside, purchasing a small bag of soil may be the simplest option. It is also possible to use dirt from your yard, here are some tips to ensure you are using a healthy soil.

STEP 4 | PICK YOUR PLANTS.
The possibilities are endless! Some good plants for beginners include radishes, salad greens, basil and more.

STEP 5 | START PLANTING!
Once you have done all of the planning, it is time to get your hands dirty. Planting can begin with a seed or you can even use your food leftovers to both grow your favorite foods and reduce waste.

STEP 6 | CARE FOR YOUR PLANTS.
Keep up with watering and ensuring your plants have enough sunlight. Do not be afraid to learn from your mistakes. You will grow in gardening knowledge as your plants flourish.

WHY GARDEN?

Environmental Sustainability
Many plants absorb air pollutants, including carbon dioxide, which cleans the air while releasing fresh oxygen. In addition, growing your own foods can reduce the environmental impact of travel and production costs involved in getting foods to the grocery store.

Economic Sustainability
Save money on groceries by planting your favorite foods to eat! If you love keeping flowers around, consider planting your own, reducing further expenses.

Social Sustainability
Join a Community Supported Agriculture (CSA) group for a great opportunity to interact with others in the community, while reaping the benefits of a garden. This is especially beneficial for those with limited space.

START-UP COST

+ Seeds ($0.10-$4.00), starter plants ($5.00-$30.00) or food leftovers (free)
+ Small bag of potting soil ($3.50)
+ Planting container ($3.00 and up), recycled yogurt container or food cans (free!) or in the ground (free!)
+ Water (varies by usage)

= Price range from $5.00 to $50.00 depending on size and location of garden

WHEN & WHERE TO GROW?

Each kind of plant offers an optimal time to be planted and then harvested. Some plants are also best grown in certain climates. Use this guide as a resource for learning the best time to plant and harvest in Iowa. For those who are located outside of Iowa, this is a general guideline to get started. Also, consider doing some more research on specifics for your location.
GREEN MOVE OUT

Believe it or not, the school year is coming to a close! Many students will be moving home, to a job or to an internship at the end of the year. By planning ahead, you can ensure your move is stress-free and mindful of waste. Use these tips to do your part to make the move easier and more green!

**ONE MONTH PRIOR TO MOVE (START NOW)**

- Start saving boxes and bags that you may receive from packages, borrow from friends or find at the grocery store. If you have reusable storage containers, they can be used for moving and for storage in your future home!
- Sort through your things to determine items you will need, items that can be upcycled or items that can be given away. Check out this blog post for some tips on sorting your items.

**TWO WEEKS PRIOR TO MOVE**

- The Department of Residence, through the Move Out Donation Program (formerly known as the SAVE Program), offers an outlet for donating unwanted items (see right sidebar for more information).
- Host an exchange or giveaway party with your friends or residence hall to get rid of items you do not want or collect new, useful ones!
- Begin packing items you want but will not need before move-out. Using clothing in place of packing materials to wrap fragile items helps reduce waste from moving.

**WEEK PRIOR TO MOVE**

- Invite friends and family to help you move. This makes the load a bit easier on everyone and can turn into a fun reason to spend time with loved ones.
- Take the batteries out of things you are storing and if they are no longer useful, dispose of them properly (see right sidebar).
- If you have any unneeded food leftover, the Donation Program also collects non-perishable foods for area food banks.

**AFTER THE MOVE**

- Store any boxes or other packaging materials if you plan to move again soon. If not, consider asking around to see if there is anyone that could use the extra packing materials or check out the sidebar (right) for some ideas on where to donate the materials.
- Look for ways to reuse some of your packaging materials. For example, if you used garbage bags for transporting items, these can be easily stored and used as trash bags.

**CLEANING TIPS**

- Make your own all-purpose cleaning solution by mixing equal parts white vinegar and water together.
- Forgot to clean your oven all year? Start early with big cleaning projects, that way you only have to worry about touch-ups later.

**Donation Program**

**Items you can donate:**
- Clean, gently used clothing and shoes
- Small household items in good condition
- Furniture in good condition
- Small appliances and electronics in working order
- Non-perishable, unopened food items
- School supplies

**Where to donate:**
Locations available at most residence halls.

**WHERE TO DONATE:**

- Bedding and towels: Local animal shelters
- Old packing materials: Check with your local UPS or Mailboxes Etc. stores
- Rechargeable batteries: On-campus
- Alkaline batteries: Wheatsfield Cooperative

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ISU Live Green! Monthly © 2017
Growth means many different things in various aspects of life, and comes in all shapes and sizes to ensure sustainability to our collective home. A vital consideration of growth is present in the form of the earthworm.

Earthworms perform a special service to the planet that brings about growth within the soil, benefiting the plants that grow in it, as well as those who depend upon the plants for food. In addition, earthworms don’t only serve the soil, they also assist in creating soil through composting.

THE BACKGROUND
The average American family throws out 20 pounds of food each month, resulting in about 20-30 percent of a landfill’s volume being comprised of food waste. Every time we throw away fruit, vegetables or other forms of organic material, we contribute to this waste and these statistics.

We have an opportunity to help mitigate the effects of these harmful statistics; however, through composting our waste, rather than throwing it out. Composting is nature’s way of recycling decomposed organic materials to create a nutrient-rich soil additive called compost – a dark brown, crumbly substance that smells like a forest floor.

Compostable materials are often called “green stuff” or “brown stuff”. Green stuff is high in nitrogen and activates the heat process in your compost. Brown stuff is high in carbon to serve as the fiber for your compost. Other organic items that do not necessarily count as green or brown stuff can be composted, too. All of these come together through the power of the worm to create compost. See Page 13 for a list of possible decomposables.

The full process of composting, from acquiring a compost bin to harvesting your compost, can be found on the EcoWatch website.

THE CHALLENGES
When we decide to begin composting, we must challenge ourselves to be mindful of environmental, social and economic sustainability. When we’re mindful of these components, we allow for our own personal growth about waste, as well as start a journey that supports growth throughout our ecosystem.

DID YOU KNOW?

- Baby worms hatch from cocoons smaller than a grain of rice.
- Because they lack respiratory organs, worms breathe through their skin.
- Earthworms eat, roughly, their weight in organic material every day.
- Two thousand compost worms in a worm bin can produce up to 7 pounds of castings (fertilizer) in one month.
- Their skin exudes a lubricating fluid that makes moving through soil easier and keeps their skin moist.

ENVIRONMENTAL
If you have a garden, or even just an indoor plant, fertilizer (or nutrient additive) is an important component to keep plants happy, healthy and thriving. We often ensure the health of our plants by buying synthetic fertilizers that may cause unintended, harmful effects when misapplied, as well as adding to air pollution.

SOCIAL
Earthworms tend to have gained somewhat of a negative reputation, as well as a one-sided, value-added reputation as being good for fishing, when in fact, they do so much more.

Waste, especially food-related waste, has also gained a reputation as being useless with no other option besides going directly into the garbage.

Therefore, it can be challenging to adjust our habits and attitudes toward earthworms and food waste disposal as we go about our busy, daily lives.

ECONOMIC
As noted above, soil and fertilizer can be expensive purchases when you do not create your own compost. This can also be inconvenient, as you must make a trip to the store every time you need more.

The initial setup for composting can also be expensive. High-complexity
1. Start your own compost bin or join with family, friends or a neighbor.
2. Capture the moment with a photograph.
3. Share your commitment on social media using #LiveGreenChallenge and tag our Facebook, Twitter or Instagram.

THE OPPORTUNITIES
Despite these challenges to composting, there are plenty of opportunities to inspire growth while still considering environmental, social and economic sustainability.

ENVIRONMENTAL
Luckily for those who live in small quarters, composting does not need to take up a large amount of space (your bin can be as small as you’d like it to be), and if done correctly, can also thrive indoors because it does not cause an odor.

As for earthworms, they do many positive things for the soil. When they move through the earth, they allow water to transpire easier, as well as help turn the soil, keeping it and what grows in it, healthier. The nutrients from their excrement also helps plants thrive.

Using redworms (the type of earthworm used for composting) to compost our waste also helps us take care of our part of the planet, as we continue the cycle of life in nature. Rather than throwing out our decomposable waste, we can feed it to redworms that create a natural soil additive (called “castings”) and safely aid in plant growth because all of this natural fertilizer’s ingredients originated from the earth.

SOCIAL
One perk of using worms while composting is they reproduce quickly. If you have fellow composters near you, you can share your redworms whenever someone is in need, as it is definitely possible to have too many or too few worms for composting. Take advantage of this fun and unique community connection!

In addition, we have the opportunity to rethink how we perceive the value of earthworms, as well as that of waste, fostering an ability to educate others about this unique opportunity we have toward taking care of our collective home.

ECONOMIC
When it comes to funding composting, there are some affordable options. For example, building your own DIY compost containers with everyday items you may already have.

Another opportunity we have is to ensure we are throwing away as little as possible of the things we buy. For instance, many items out of our grocery list (which we can plan with composting in mind) can be composted; therefore, rather than throwing away inedible parts of fresh produce, we can throw those bits into the compost to be remade into nutrient-dense additive for plants.

Finally, by composting, you and your redworms create a nature-made fertilizer, saving you some green as you grow your greens.

Never underestimate the power of the earthworm.

WHAT CAN BE COMPOSTED?

- "Green Stuff" (4 parts)
  - Grass cuttings
  - Fruits and vegetables
  - Tea leaves and coffee grounds
  - Tea bags (remove staple)
- "Brown Stuff" (1 part)
  - Dead plants and/or weeds
  - Sawdust and straw
  - Hay
  - Autumn leaves
- "Other Stuff" (varies)
  - Egg shells
  - Used facial tissues
  - Paper bags
  - Shredded toilet paper rolls
  - Shredded old cotton towels
  - Shredded sticky notes
  - Shredded white paper

DO NOT COMPOST:

- Ashes
- Cat litter
- Carnivorous animal waste
- Lime fruit
- Color paper
- Meat, fat, grease, oils
- Bones
- Dairy

TIP:
FINANCIAL LITERACY MONTH

Financial literacy: possessing the skills and knowledge on financial matters to confidently take effective action that best fulfills an individual’s personal, family and global community goals.

— National Financial Educators Council

Today, Americans have more than $2 trillion in debt, and 30 percent of consumers report having no extra cash, making the idea of living paycheck to paycheck a reality. This means that for everyone – no matter their current financial situation or level of financial literacy – there are ample opportunities for growth, both personally and financially.

Financial literacy directly ties to economic sustainability in both our personal money decisions, as well as in the business we conduct within our communities.

In an effort to emphasize the importance of having healthy financial habits, the month of April is designated as Financial Literacy Month. While we do what we can during the month of April to become better stewards of our money, it is also important, in every month, to be economically sustainable by being financially-literate! To achieve this, we must first acquire valuable financial skills and knowledge. Some resources to jumpstart an economically sustainable future are included below.

CAMPUS RESOURCES

- **Student Loan Education Office**: Receive education and counseling about choosing and repaying student loans.
- **Office of Student Financial Aid**: Familiarize yourself with various financial aid options, as well as learn about FAFSA.
- **ISU Financial Counseling Clinic**: Find strategies on money management, work through financial challenges, as well as discover how to achieve your financial goals.

**OTHER RESOURCES**

- **Personal Finance Courses**: Take ISU classes for credit about personal and family finance, pertaining especially to student loans, credit and budgeting.
- **ISU Human Sciences Extension and Outreach**: Grasp control of your money with this free, online course (open to the public) that teaches different aspects of money management.
- **Women with Initiative**: Look into a program, based out of United Way of Story County, that aims to align women’s leadership and philanthropy to help all women achieve self-sufficiency and confidence through financial education.
- **Iowa Department of Revenue**: Learn how to do your taxes correctly on your own in the midst of tax season.

**30 HELPFUL STEPS TO FINANCIAL WELLNESS**

In honor of the 30 days of April that are dedicated to financial literacy, Money Management International created a 30-step path to financial wellness that applies to any day or month of the year.

Take the **first and most important step** today! The first challenge is committing to change, which includes examining attitudes about money and money management. Be sure to continue on this journey of creating financial wellness throughout the other days of April!
One of the best ways to take better control of your financial situation is by creating a budget. While there are many ways to make a budget that is effective for your needs, these steps will help kickstart your journey.

**Step 1: Identify your net income.**
It is easy to overestimate what you can afford if you think of your income as your hourly wages multiplied by the number of hours you worked. Be sure to take into account state and federal taxes, as well as other deductions like social security and benefits.

**Step 2: Track your spending.**
Knowing where you spend allows you to see where you can make adjustments to save money. Begin by listing all fixed expenses (rent, utilities) and variable expenses (groceries, gas).

**Step 3: Set your goals.**
Make a list of all financial goals you want to accomplish in the short-term (within a year) and long-term (within multiple years).

**Step 4: Make a plan.**
Get an idea of what you’ll be spending in the coming months. Your fixed expenses will give a prediction for how much you’ll need to budget and how much you have to put toward your goals.

**Step 5: Adjust your habits.**
After documenting your income and spending, you can see where to cut back to put money toward your goals.

**Step 6: Keep checking in.**
Remember to revisit your budget regularly to be sure you are staying on track.

Along with becoming more financially-literate, we should also strive to contribute to economic sustainability. One way to do this is by keeping our money local and making our purchases at local businesses and from local producers when we do spend. In Ames, we have a vibrant business district that can offer a wide variety of goods and services! Here are a few businesses from the Main Street Cultural District for some ideas:

**Cross Wealth Management**
Cross Wealth Management’s services include financial guidance, especially for helping with saving money and income planning.

**The Loft**
The Loft is a resale store that offers today’s latest fashions at affordable prices. It carries all sizes of clothing for both women and men.

**Random Goods**
Random Goods is a resale store that offers an abundance of new, used and vintage clothing, jewelry, furniture, housewares, books, movies and much, much more.

**Wheatsfield Cooperative**
Wheatsfield Cooperative is a full-service natural foods grocery store that has been community-owned since 1974.

**Worldly Goods**
Worldly Goods is a fair trade shop that offers a wide variety of gifts, home decor, clothing, coffee and tea, and more.

According to Merriam Webster, credit is the ability of a customer to obtain goods or services before payment, based on the trust that payment will be made in the future. Credit helps us apply for various loans, mortgages and other financing needed to invest in personal and professional goals.

**Establishing Credit**
Many young people have no credit history at all, making it difficult to finance long-term goals. There are a couple of ways to establish your credit without putting yourself in economic imbalance:

- Ask your landlord, utility company or other fixed expense organizations to report your payment history to the credit bureaus.
- Obtain a secured loan. Many banks offer low-risk, credit-builder loans, like CDs.

**Building Credit**
There are a multitude of ways to ensure you build credit upon a strong foundation:

- Pay student loans diligently every month, as this is reported to the credit bureaus.
- Pay off secured credit-builder loans, such as CDs.

**NOTE:**
If you feel getting a credit card is your only option for establishing or building credit, think again. Credit cards, if not paid in full and kept at low spending limits, can have negative impacts on credit. Learn more about ensuring a positive relationship with credit on the Money Under 30 website.
GREEN-IT-YOURSELF

Use these upcycled goodies to experience physical growth, personal growth and societal growth.

SELF-WATERING PLANTER

**SUPPLIES**
- Marker
- 2-liter plastic bottle with cap
- Yarn or string
- Scissors
- Planting soil
- Herb seeds

**INSTRUCTIONS**
1. Cut the bottle in half. Then, puncture a hole in the cap. One way this can be done is by resting the pointed end of a screwdriver on the cap and hammering the other end.
2. Cut the string about 1 foot to 1.5 feet long and tie a knot to create a loop on one end.
3. Thread the yarn through the hole in the cap. Leave the knot on the inside of the cap.
4. Put the cap back on the bottle and flip this half of the bottle upside down and insert it into the base of the bottle. Add potting soil and seeds.
5. For the first watering only, put water in the top half of the planter (where the soil is located) to help get it established. Then fill the base half of the bottle with enough water to just cover the bottle cap.
6. Follow the directions to care for your particular herb plant to determine how much sunlight it should receive. Add water as needed to the base. Enjoy watching the growth of your herbs!

SUPPLIES
- 2-liter plastic bottle with cap
- Yarn or string
- Scissors
- Planting soil
- Herb seeds

UPCYCLED FRAME VISION BOARD

**SUPPLIES**
- Old photo frame (any size)
- Spray paint (optional)
- Twine (or other string)
- Mini clothespins
- Hot glue gun
- Decorative duct tape

**INSTRUCTIONS**
1. Remove glass and cardboard from frame. Set aside.
2. If you want to change the color of the frame, spray painting is an option! If you choose to do this, let it dry overnight before proceeding with the rest of the project.
3. Using the hot glue gun, secure the twine, or other string, to the edges of the frame. You can add as few or as many pieces as you would like!
4. Once the glue is dry, give the strings a little tug to ensure they are secured.
5. Decorate the piece of cardboard set aside earlier using decorative duct tape. Color paper, wrapping paper, newspaper or maps could be used as alternative coverings.
6. Set aside the glass from the frame to use for a different project, or consider replacing the twine/string in this project with the glass and enjoying a dry-erase component to the vision board.
7. Whether you decide to use the twine to hang up goals and ideas, or you decide to use the glass and create your vision using a dry erase marker, this vision board is sure to jump start planning your own personal growth!

SUPPLIES
- Acrylic paint
- Paint brush
- Paint sealer
- Old food or mason jars with lids
- Drill and drill bit
- Old glass or wooden knobs with or without threading

**INSTRUCTIONS**
1. Paint jar lid with two to three light coats of acrylic paint.
2. Once dry, apply one coat of paint sealer.
3. If you have a knob with threading, drill a hole into the center of the lid and screw knob through the lid. For knobs without threading, use glue to adhere to the lid top.
4. Use your upcycled jar to hold a list of volunteer ideas. To get started, check out the Volunteer Center of Story County for some ideas. Once a month, draw one volunteer opportunity from the jar and donate your time and energy to growing your local community.

FOR MORE GIY
GREEN OPPORTUNITIES

CREATE AND PLANT SEED BOMBS
Visit the Workspace on April 13 anytime between 6 and 9 p.m. (allowing about 30 minutes) to create a set of seed bombs. Seed packets are designed to stay protected from animals and other unfavorable conditions until they sprout. Seed bombs can be tossed in hard to reach places and don’t require any special care. Seed bombs can bring growth to new areas and support local pollinator populations.

TACKLE ENVIRONMENTAL ISSUES
Share your great ideas for tackling environmental issues while growing the economy in North America. The Commission for Environmental Cooperation (CEC) is offering a chance to win $5,000 and present winning ideas in front of top environmental officials in Charlottetown, Canada this summer. Ideas are accepted until Sunday, April 30, and the top ideas will be selected for refinement by Friday, May 5. Find more information about the challenge and submit your winning idea on the CEC website.

VOLUNTEER IN NATURE
Help teach kids more about nature at one of the Story County Conservation Nature Camps this summer! Volunteers can help with snacks, set-up, crafts and general supervision. The camps are half-day and go for one week at a time. There are various opportunities to volunteer throughout the summer — with chances to volunteer for even a day or week at a time. More information about the dates available for volunteering can be found on the Story County Conservation website.

SHOWCASE YOUR ACCOMPLISHMENTS
Give yourself credit for all your co-curricular involvement, experiences and achievements through a new co-curricular transcript. This transcript is meant to compliment an academic transcript and give a competitive edge when applying for jobs, internships, graduate school and scholarships. Some items that can be included on the co-curricular transcript include community service, internships, study abroad, employment, research activities, workshops and more. Learn more about creating and sharing your co-curricular transcript here.

VISIT THE WASHED ASHORE EXHIBIT
Head to Reiman Gardens beginning April 29 to enjoy viewing the Washed Ashore Sculpture Exhibit. This exhibit will feature 10 sea creature sculptures made out of trash collected from beaches. The purpose of this exhibit is to graphically illustrate the pollution in oceans and water ways. Remember, free admission for ISU students!

HELP MANAGE FINANCES
Volunteer your time to help low-income older adults and people with disabilities understand and manage their economic sustainability. This commitment requires 1-5 hours per month dedicated to assisting an individual with the task of bill paying. With April being Financial Literacy Month, this is the perfect opportunity to not only practice being financially responsible, but also give back to the local community. Visit the Volunteer Center of Story County’s website for more information and to apply.

MENTOR INCOMING FRESHMAN
Join the learning community, “Save Planet Earth,” as a peer mentor and work with freshman who have not yet declared a major, but have expressed an interest in environmental issues and sustainability. Peer mentors will be responsible for attending the learning community course (fall semester on Mondays from 3-5 p.m.). The course will include a service project, field trips, in-class activities and speakers. Peer mentors will also be responsible for serving as a resource and mentor, meeting with students outside of class individually or in a group. Each week may require a commitment of 1-2 hours outside of class time and mentors will be paid $10 per hour. Those interested in this position should contact John Pleasants at jpleasan@iastate.edu or stop by 115 Bessey Hall.
### APRIL

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| 08    | **ANIMAL LEARNING DAY**  
Learn about animal agriculture through hands-on activities for all ages, food, a photo booth and more.  
Hansen Ag Learning Center, 9 AM-1 PM |
| 10    | **PRIDE WEEK PANEL**  
Hear from panelists from Union Pacific, John Deere, Principal and more on the topic of inclusion in the workplace.  
Stark Lecture Hall, Gerdin, 4 PM |
| 11    | **MAPLE SYRUP CELEBRATION**  
Taste real maple syrup and learn about the art and science of tapping and cooking maple syrup.  
Iowa Arboretum, 8-11:30 AM |
| 12    | **MEET-A-SCIENTIST**  
Visit with local scientists sharing their research and knowledge through hands-on activities and conversation.  
Reiman Gardens, 2-4:30 PM |
| 14    | **PLANETARIUM SHOW**  
Learn more about the afterlife of stars and how astronomers use a light invisible to the human eye in this month’s show.  
ISU Planetarium, Physics Hall, 6:30-8 PM |
| 19    | **LECTURE: AGRICULTURE BIODIVERSITY**  
Listen as Pennsylvania State University professor, Karl Zimmerer, discusses strengthening the sustainability of agriculture biodiversity.  
MU, Sun Room, 7 PM |
| 20    | **PLANT SOME SEEDS**  
Get a head start on your garden with complimentary recycled seed starting cups, soil and seeds.  
Wheatfield Cooperative, 4 PM |
| 22    | **BUTTERFLY TRAINING**  
Learn to monitor butterfly populations, identify potential threats and more in this training session. RSVP ahead of time.  
Reiman Gardens, 9-11:30 AM |

### COMING UP FOR MAY 2017

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| 01    | **WATER LILY REPOTTING WORKSHOP**  
Enjoy a hands-on demonstrating on repotting aquatic plants, while getting a few plants to take home. Register by Friday, April 26.  
Reiman Gardens, 6-9 PM |

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

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- Steve Kohtz | Sustainability Coordinator | sakkohtz@iastate.edu
- Rebekah Mallette | Marketing & Communications Intern | rebekahm@iastate.edu