“No matter how you define success, you will need to be resilient, empowered, authentic and limber to get there.”

- Joanie Connell
Semester Highlights
A look back at the sustainable efforts and accomplishments of the fall semester

Students Living the Cardinal, Gold and Green
Cyclone band marches in green formation

Green Opportunities
Events and opportunities to engage your green

Give Back Gifts
Embracing and giving for the most wonderful time of the year

GIY (Green It Yourself)
Simple and sustainable projects for decking the holidays

Green Resolutions
Sustaining the new year one sustainable step at a time

Save the Date
Get a glimpse of Sustainapalooza 2016

Dec/Jan Calendar
Locations, dates and times for sustainable connections

#Seasons Greenings
Live Green! has launched a holiday campaign to celebrate Season’s GREENings!

Let us know how you are making your holidays more sustainable! Share your green ideas using the hashtag #seasonsgreenings!

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.

We would love to highlight your sustainability efforts and accomplishments! Please contact us: live.green@iastate.edu
It’s the most wonderful time of the year.

This is a phrase often heard in conversations or song and written on or in greeting cards as the holiday season approaches. For many what immediately comes to mind is all that we have for which to be thankful and the true joy and pure bliss we feel in that reality. We reflect on people and places and experiences and emotions. We are appreciative of lessons learned and in anticipation of new opportunities. We acknowledge the journey that has gotten us there.

That is sometimes where the reflection ends. And yet, there is more – there is resiliency. While people and places, lessons and emotions may have given us experiences, resiliency assures us of new journeys with new experiences -- and new reflection on all for which we are thankful.

To be resilient is to be buoyant, flexible, limber and nimble. In being resilient we are able to regroup, renew and refocus when the unanticipated happens or the anticipated does not. With resiliency comes empowerment. With empowerment comes discovery, action and impact. A sustainable future is grounded solidly in resiliency.

This final issue of Live Green! Monthly for the 2015 fall semester highlights the impressive resilient nature of Iowa State University. From ensuring the resiliency of our operations to researching opportunities toward increasing the resiliency of systems (both ecosystems and mechanical systems) to supporting the resiliency of communities and livelihoods, it has most definitely been a semester of discovery, action and impact to reflect upon and for which to be thankful.

As well as reflecting, this issue offers new journeys and new opportunities that will call upon us to be resilient as we look toward a new semester and venture into a new calendar year. From resolutions to giving back to getting involved, a plethora of sustainability and resiliency awaits us in 2016.

We have so much to be proud of and look forward to at this most wonderful time of the year! Congratulations, Cyclones, on a great semester!

Yours in green-ness,
Merry Rankin
**FALL SEMESTER HIGHLIGHTS**

**STUDENTS**

Cyclone students have made copious strides in sustainability semester that deserve recognition and celebration.

**FLAMINGO BRINGS SAVING**
A new money-saving app called Flamingo, created by alumni, offers students a network for buying and selling affordable textbooks.

**DESIGNING LANDSCAPES FOR JUSTICE**
ISU Landscape Design students received a national award for their exceptional design of a “humane and restorative landscapes in a restrictive environment,” such as a women’s correctional facility.

**NECA DEFENDS NATIONAL TITLE**
The ISU chapter of the National Electrical Contractors Association (NECA) won the 2015 Green Energy Challenge by proposing a resiliency plan for critical power needs.

**INSPIRING HEALTHCARE DESIGN**
Design students in the Health, Healing and Wellness studio were awarded the 2015 Healthcare Environment award for their plan for home-like healthcare facilities.

**CRAFTING UPCYCLED FASHION**
Apparel Design students upcycled thrifted clothing for the International Textiles and Apparel Association’s annual conference, taking first place in scholarly activities.

**FIGHTING TO END WORLD HUNGER**
The Global Food Challenge chose three ISU students to become emerging leaders with Land O’Lakes, taking on the crisis of world hunger with seven other university students around the country.

**RESEARCH**

**A RUN IN REMEMBERANCE**
ROTC cadets took part in the Prisoner of War/Missing in Action (POW/MIA) observance day by running a 35-mile trek to commemorate their comrades.

**SPROUTING A NEW BEGINNING**
ISU introduced a new graduate program in gerontology, the study of old age and the process of aging.

**SUSTAINABILITY AS A MISSION**
Joan Su, assistant professor in apparel, events and hospitality management, wanted to help her students live healthy and sustainable lifestyles through sustainable research, such as local food promotion and farm-to-table practices.

**GREENING OUR STREETS**
Iowa State remained steadfast in its search for knowledge in the realm of sustainability.

**ISU ROBOTS POWERED BY SUN**
An aerospace engineering professor researched the usage of solar-powered robots in radioactive, war and natural disaster zones.

**BIOCHAR IMPROVES SOIL**
Researchers received a $2 million grant for biochar, an innovative fuel source that returns nutrients to the soil.

**SAVING THE MONARCHS**
The Iowa Monarch Conservation Consortium continued to combat the decline in monarch butterflies by seeking ways to save their habitat.
COMMUNITY

The fall semester provided many examples of the connection of town and how it has grown toward a collective Ames community.

**FOOD CYCLE**
The semester kicked off with a 26.6-mile bike ride to meet local farmers and experience local foods with all proceeds going toward installing Ames community gardens.

**LOCAL FOOD FESTIVAL**
The first annual Local Food Festival brought local food producers and products to campus, and offered the opportunity to sample and purchase local food while learning about incorporating them into meal plans.

**INTERNATIONAL DAY OF PEACE**
The first annual Peace Walk offered opportunities to interact with a diversity of organizations representing world cultures.

**NATIONAL CAMPUS SUSTAINABILITY DAY**
Local businesses and community organizations gathered with student and campus clubs to celebrate National Campus Sustainability Month, representing economic, social and environmental sustainability efforts on campus and in the Ames community.

**CYSERVE DAY**
Cyclones continued their commitment to social sustainability by giving back through a variety of community volunteer opportunities, ranging from community beautification to assisting non-profit organizations with tasks and projects.

**TRUNK OR TREAT**
ISU’s Leadership Studies Program brought a unique twist to the Halloween tradition of trick or treating for Ames youth through offering treats of games and activities instead of candy.

**CYCLONE CADETS**
Helping to ensure physical connection to the community, ISU Army ROTC cadets joined forces with Facilities Planning and Management and the Iowa National Guard to complete reconstruction of the Pammel Woods bridge.

**LECTURES**
Reflections of experience were shared through a variety of sustainability-related lectures hosted by the University during the semester on topics ranging from the future of food to Pope Francis’ letter to world issues that connect us all.

OPERATIONS

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

**GREENING OUR CAMPUS**
From widening sidewalks to reducing traffic congestion on Osborne Drive, a number of changes to buildings and grounds targeted a more-connected ISU experience.

**INTRODUCING CAFÉ RECYCLING**
Campus cafés added recycling to all of their operations, as well as to their customers.

**RECYCLING MADE EASY**
Recycling on campus was simplified with single stream recycling, expanding recyclable items and eliminating sorting recyclables.

**UPCYCLING HALLWAY SEATING**
To address increased capacity needs for interior seating, Facilities Planning and Management utilized recycled wood from a Department of Residence re-fencing project in University Village to provide new benches throughout campus buildings.

More semester highlights can be found by visiting the Live Green! news archive.
Playing the correct notes and rhythms while mastering footwork and choreography aren’t the only talents of the Iowa State University marching band. The marching band also strives to be sustainable, on and off the field.

HYDRATION
The ISUCF‘V’MB (ISU College Football Varsity Marching Band) has 336 members. Up until 2014, the marching band would use 1-2 disposable plastic water bottles per member, per game, to stay hydrated.

In an attempt to put less plastic in the waste stream, to save money and to reduce the workload of the band’s gameday staff in managing about 500 water bottles per game, the band made the switch to reusable water bottles. Each member is given two for the season.

“We are the pride of Iowa State,” said Brandon Movall, mellophone captain. “We are ambassadors of not only music, but of Iowa State itself. As role models for the university, even the small sustainable acts that we do can inspire an entire student body. Sustainability isn’t just practiced by environmental science majors, it’s practiced by all of us. Each and every one of us has a part in living the Cardinal, Gold and Green.”

COMMUNICATIONS
The marching band also tries to use as little paper as possible. Many of their forms, applications, music and drills are online. This year, all of their audition and leadership applications became paperless.

UNIFORMS
Another effort in sustainability the band has made is finding reuse options for 1,000 old white uniforms. After Iowa State changed its official logo in 2010, and the band had to update their uniforms to its current cardinal and gold colors, over a ton of uniforms were no longer needed. The uniforms could not be donated.

The old uniforms could not just sit in storage, either, as space was needed for the band’s new uniforms. When alumni and veteran members wondered what would become of the old uniforms, the question of what would become of the old uniforms inspired some “green” research, and alumni and veteran members went to work.

The Inconvenient Bag Company, an eco-friendly company with the goal of minimizing the use of paper and plastic bags by “inconveniencing” customers with their own reusable, fashionable bag, was discovered.

After some discussions, an opportunity was identified to repurpose all of the old uniforms into bags.

The band does everything it can to be as efficient and resource-friendly as possible...
Aside from a small piece of Velcro acting as a closure, the bags were made completely from the outdated uniforms -- the suspenders serving as straps and the overlays working as the front panels of the bags.

The bags were specifically sold to alumni of the marching band -- those who actually wore the uniforms when they attended Iowa State. The proceeds went back to the band for their future expenses.

“[The bags] were a pretty neat, ‘green’ and practical purchase that supports the band,” said Rachel Hansen, administrative assistant to the ISUCF’V’MB.

**LIGHTING**

The marching band is also looking into replacing the lighting on their practice field with more-efficient lighting. Rehearsal times have moved later into the evening to better accommodate students’ schedules, causing more use of the lights, as well as a need for brighter lights.

More-efficient lighting would be cost-effective for the university, as they would last longer, be more durable and use less energy.

**FUTURE GOALS**

The ISUCF’V’MB is always looking for more ways to be sustainable, too.

The band would love to implement iPads in the future. Each band member would use an iPad for items such as drill, music and coordinate sheets.

Hansen said iPads would take the band’s sustainability to a whole new level, as they would be eliminating almost all of their paper waste for a whole band season.

“Our primary goal for the future would be to follow in the footsteps of other bands who see the value in going green,” Hansen said. “The band does everything it can to be as efficient and resource-friendly as possible, and we will continue to explore new options in the future.”
GREEN OPPORTUNITIES

Keep the Kids Healthy

The Boy’s & Girl’s Club of Story County is looking for a nutrition coordinator to aid in developing, planning and coordinating comprehensive nutrition and meals services, which will meet the needs of youth, ages 6-18. Email a resume and cover letter to Johnny Willis to apply.

Be a Support System

For those who care deeply for others and want to be challenged every day, The Homestead is looking for autism associates who have the unique opportunity to inspire personal growth, teach self-care and help develop social skills, as well as be a support system for adults with autism. For more information and to apply, visit The Homestead’s website.

Join “No Labels”

ISU students interested in encouraging compromise among all political leaders have the opportunity to join Iowa State’s new No Labels chapter, which is currently recruiting members. No Labels is a national organization dedicated to bipartisanship. Contact Brian Voss or Austin Thielmann for more info or to join.

Help the Forests

Do you have a love for the environment? Apply to the Harvard Forest Summer Research Program in Ecology, an opportunity for students to participate in 11 weeks of mentored, paid independent research this summer. Research will focus on the effects of natural and human disturbances on forest ecosystems, including global climate change, hurricanes, forest harvest, wildlife dynamics and species diversity. Apply here by Feb. 5, 2016. For more info, visit the program’s webpage.

Empower the Next Generation

Enjoy sharing research? The Young Engineers and Scientists program is looking for a student research mentor for a paid, six-week internship this summer. The mentor will work directly with a group of 12-15 high school students, acting as both a positive role model and an educator in research practices, college prep and ISU resources. Ideal candidates have a major in STEM-related fields and have experience working in a collegiate research lab. Email a resume and cover letter to Stacy Renfro to apply. Applications will be accepted until Jan. 17.

Build Science Awareness

The Council for Agricultural Science and Technology (CAST), a nonprofit in west Ames, is seeking an administrative assistant who will work closely with editorial and marketing staff members to help communicate credible, science-based information to a wide audience. This paid position begins Jan. 11, 2016, finishing at the end of the Fall 2016 semester. Email a resume and cover letter to Melissa Sly to apply.

Get Recognized for Great, Green Ideas

Have an innovative idea that promotes sustainability and benefits society? Apply for the 2016 Odebrecht Award for Sustainable Development, where a total of $70,000 will be distributed to the top three awardees based on their ideas. This award is open to students in all areas of engineering, architecture, construction, chemistry and any related STEM field. Registration opens Jan. 1, 2016, and application guidelines are available here.

Be a TEDx Talker

Committed to being an active and engaged citizen? Have innovative and bold ideas? Share those ideas at the first-ever TEDxIowaStateUniversity event, which will showcase people who are excelling in their fields. Open to students, faculty or staff and Ames community members. Submit a proposal for your TEDx talk by Jan. 11, 2016, for the March 30 event.

Celebrate Urban Ag

Join the celebration of the Agricultural Urbanism Toolkit, a program by the ISU Community Design Lab and funded by the Leopold Center of Sustainable Agriculture Marketing Food Systems Initiative, for its community accomplishments of local food projects in Iowa. This free event takes place 8:30 a.m. to 4 p.m. on Dec. 18, in Reiman Gardens, and is open to the public. Food will be provided. Registration due Dec. 11.

Choose CarShare

Enjoy all the benefits of owning a car without the costs and hassles of ownership right on Iowa State’s campus with its CarShare program. For more info, contact CarShare’s new brand ambassador intern, Jacqueline Buzard.

Touch a Life

Seize the opportunity to make a difference in the lives of those in the community. Rosedale Shelter, of Youth and Shelter Services, is seeking youth workers to assist full-time staff in supervising clients, ages 10-17, in a residential setting. Desired applicants have had college coursework in human services-related fields. To apply, complete an application on the YSS website.
Make Your Voice Heard
Share your comments and feedback with Iowa State as groups work on its next strategic plan. Share your thoughts on areas of focus for the university. Comments accepted through Feb. 2016.

Get Greenly Energized
Gain experience in the transportation and green energy areas by working with the U.S. Department of Energy Clean Cities University Workforce Development Program this summer. Applications due Jan. 18.

“Green” Your StuGo
Student Government (StuGo) is looking for an ISU student to become its newest Director of Sustainability for spring 2016. The student will work on projects that sustainably benefit Iowa State. Email Parker Neid, the current director, for more info.

Give Back to Story County through Volunteering
There are also a number of great volunteer opportunities that support all facets of sustainability throughout the Ames community, both during and after the holidays. For more ways to give back, see Pages 10-11.

THE SALVATION ARMY
Volunteering with the Salvation Army allows you to help everyone in the community, from children to elders.

Volunteer with the Salvation Army Red Kettle Campaign as a bell ringer through Dec. 24, at locations around Story County. Proceeds from the kettles support community needs.

In coordination with Toys for Tots, the Salvation Army is also looking for “elves” to help with toy distribution, Dec. 14-18.

Volunteers are also needed for the Salvation Army’s Bill Payer Program, a service to assist low-income older adults and people with disabilities, as well.

VOLUNTEER CENTER OF STORY COUNTY
Give back by giving others the motivation to volunteer through three unique opportunities.

Assist the Ames Repair and Care program by helping maintain the homes of people with disabilities or low financial resources.

Help others connect to volunteer opportunities by developing and maintaining a database for a volunteer referral program.

Use your communication skills to create a manual for agency policies, job descriptions and a training curriculum as an HR generalist.

REIMAN GARDENS
Get out of the cold this holiday season and help spread warm, holiday cheer at Reiman Gardens.

Volunteer in the butterfly wing, helping visitors with the “dos and don’ts” of butterfly watching, while also helping to monitor the butterflies.

OVERFLOW THRIFT STORE
Overflow Thrift Store makes it simple and easy to make a difference in the lives of children.

Become a pen pal to Ugandan children, supported by the work of Overflow Thrift Store. Both kids and adults are needed to send photos and write letters.

AMES HISTORICAL SOCIETY
Helping the Ames Historical Society supports the wonderful roots of Ames.

Volunteer to greet patrons in person and on the phone, as well as assist them with research, donations and faculty tours.

WORLDLY GOODS
Teaching community members about the importance, benefits and impact of fair trade items is a gift in itself.

Worldly Goods also needs volunteers to greet and inform customers about the fair trade items in the store, as well as the artisans who create them.

COMMUNITY HOUSING INITIATIVES
The love of learning is a gift you can give to your community this holiday season.

Become a regular volunteer and help with reading sessions during the school year with Reading Avenue, a program incorporating literacy with reading games.

Help facilitate STEM-based (Science, Technology, Engineering and Math) activities that focus on subjects children are learning in school, and inspire in them a love of learning.

KHOI COMMUNITY RADIO
Get connected with your community by helping out at the KHOI radio station.

Volunteers are needed to complete administrative and office management duties, which include general office assistance, as well as managing office traffic and developing office materials.

Help is also needed with fundraising, event planning and setup, desktop publishing, taking photos, taping and donor relations.

Volunteer assistance is also needed to offer outreach and help with public relations by sharing your marketing and promotional skills. Develop a membership database, phone banks and develop speaking engagements.
This season spread some heartfelt cheer with gifts made from love and gratitude. Some of the best gifts to give someone come from your own kitchen. Spread comfort and joy with fresh baked and homemade goodies such as cookies, salsa, jam or your family’s famous fudge.

Giving the gift of a gratitude jar is another unique gift from he heart. Filling it with items that remind you of fun times together and life’s important events is a special gift time and time again. It could be little momentums that you collected on your vacation, pictures of great places you have visited together or pieces of paper containing a word or phrase. Gratitude can also be filled with random positive statements or quotes to start off and energize an otherwise mundane Monday.

During this most wonderful time of the year, a wonderful no-cost gift to offer is cheer. Smiling at strangers you pass, or taking time to give compliments. It could be that extra something to make someone’s day.

Don’t forget yourself! Show compassion and offer patience to yourself as well. Take time to compliment yourself as well as others.

Special memories consist of meaningful moments. This holiday season give the gift of moments by spending quality time with loved ones both family and friends. This can happen through experiences like a visit to the zoo, a day of making cookies, or going to a movie. Experiences like a visit to the zoo, a day of making cookies or going to a movie.

Another moment you can give is lending a helping hand. Give your parent the gift of a “to help you out” coupon book or token jar. These special tokens can offer services such as raking the leaves, cleaning the kitchen, updating computer software or other miscellaneous to do items.

Volunteering is a great and rewarding way to give the gift of time. To find opportunities in Story County and the Ames community visit Page 8. For opportunities near your hometown check out volunteermatch.org for a national listings.

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GREEN GIFTING

If you are in the gifting spirit consider purchasing gifts that give gifts in return.

ENDANGERED SPECIES CHOCOLATE
A fair trade sweet treat that supports species conservation and habitat preservation to protect the diversity of life on our planet.

FAUCET FACED WATER BOTTLE
A classic staple to quench your thirst and help support clean water efforts in India.

LUSH COSMETICS
Get all your bath and body goods at this well-established shop known for its wide variety of fair-trade products.

FASHIONABLE
Beautiful handmade clothing made by local and global women who have overcome adversity.

CRAYOLA CRAYONS
Eco-friendly coloring staples that use reforested wood in their packaging.

SWAP SOCKS
Fun and funky this company intentionally sells mismatched socks to make a visual statement for ending preventable blindness that occurs in developing countries.

WORLD VISION
A hub for multitudes of give back gifting options, this website offers niche categories to help you find a cause you are most passionate in helping.

TOM’S COFFEE
More than just charitable shoes, this popular company launched a new coffee program to provide a week’s worth of clean water for every bag of coffee purchased.

RAVEN & LILY TRAVEL JOURNAL
Document your everyday adventures in this recycled product that donates a portion of proceeds to the cause of learning literacy around the world.

EMPTY BOWLS
Purchase one of these unique, hand-crafted bowls from local artisans and help end world hunger.

(RED)
An organization steadfast in efforts for AIDS relief around the world, find products in this blazing color to help the cause.

JUSTICE HOODIES
Outerwear that benefits survivors of human trafficking.

FROM BABIES WITH LOVE
Baby clothing that donates all profits to orphaned and abandoned children around the world.

KIVA
Gift certificates allow recipients to provide micro-finance loans to fledgling entrepreneurs around the world.

TIPS!

BEFORE YOU BUY...

- Read labels to find out more about what your product is made of and where it was created.
- Seek small startup brands, were you can find one-of-a-kind unique gifts.
- Choose quality over quantity.
**GREEN IT YOURSELF**

**SUPPLIES**
- Cooking spray
- Bundt pan
- 1/2c cool water
- 3 envelopes unflavored gelatin
- 1-1/2c boiling water
- 1c coconut oil, grease, suet or hamburger grease
- 8c sunflower seeds, cracked corn, raisins, nuts or seeds
- 20c fresh or frozen cranberries
- Ribbon

**INSTRUCTIONS**
1. Cut off sock's toes, leaving a few inches before the heel.
2. Tightly wrap a thread around the top of the sock (ankle end) and tie the thread. Turn it back to the other side.
3. Take the roll of tape and pull the cuff of the sock through it. Stretch it over the tape's ring.
4. Pour the rice into the sock to achieve desired snowman girth.
5. Shape snowman's body and head before tying top.
6. Tightly tie the top with a thread, keeping it close to its body. Cut any leftover thread.
7. Shape the head by tying a piece of thread around the neck a few times.
8. Fold the toe part (which was cut in Step 1) of the sock 2-3 times to make its hat. Place the hat on the snowman's head.
9. Super glue buttons to its body, add three pins to make its face and wrap the scrap fabric around its neck for a scarf. Showcase your holiday cheer!

**SUPPLIES**
- Old, thin wool sweater or scarf
- Rice
- Scissors
- Thread
- Printable pattern pieces

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1. Cut off sock's toes, leaving a few inches before the heel.
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**SUPPLIES**
- Tube socks
- Tape roll
- Scissors
- Super glue
- Buttons
- Rice
- Pins
- Thread
- Scrap fabric

**INSTRUCTIONS**
1. Spray bundt pan with cooking spray. Set spray aside.
2. In a measuring cup, dissolve the gelatin in the cool water and let sit for a minute.
3. Pour the boiling water into a medium bowl and whisk in the gelatin to combine. Warm coconut oil, grease or suet just enough to liquefy.
4. In a large mixing bowl, combine the seeds and nuts, stir in the grease and pour in the liquid gelatin. Mix well to be sure all the nuts and seeds are well-coated and all the liquid is absorbed.
5. Place the cranberries in rows in the bundt pan's indentations.
6. Spoon the seed mixture into the pan, pressing down with a spoon to pack it well.
7. Refrigerate overnight. Let warm to room temperature, invert the pan and gently tap pan to remove wreath.
8. Tie ribbon in a bow at top. Ready for outdoor dining!
It is that time of year again. With a new year comes a new sense of hope and renewal with resolutions, or goals, we set for ourselves. As we begin this journey, making a commitment to sustainability will help add a unique, pay-it-forward component this new year.

**Consider Local Options**

Supporting the local economy can occur year-round. In the winter months, keep it local with holiday shopping. In the spring and summer, look for local options for food and plantings. Farmer's markets can be especially fun. Ames has two farmer's markets -- the North Grand Mall Farmer's Market and the Ames Main Street Farmer's Market. You can also buy a share in Community Supported Agriculture (CSA).

**DIY Cleaning Supplies**

Homemade, non-toxic and effective cleaning supplies is a cost-effective option that saves time and packaging. Making your own can be done with simple and inexpensive ingredients, such as vinegar, baking soda, and lemon.

**Reuse and Repurpose**

Consider ways to get your unwanted, reusable items to individuals who need them. Before you purchase a new item that will take lots of energy and lots of resources to produce, check out Freecycle, which is a website committed to reducing landfill waste by connecting people donating items with people in search of used items. Ames also has plenty of item swap and sell Facebook pages for ISU students and Ames residents to utilize. Free and for sale at ISU allows students to exchange, swap or sell any unwanted belongings, and the

**Eliminate Your “E-Waste”**

“E-Waste” refers to unwanted electronics that end up in the garbage. When the time comes, choose to donate or recycle electronics responsibly. The City of Ames has a list of community outlets.

**Bring Your Own Bag**

Instead of collecting plastic bags, use reusable bags for shopping. If you are feeling crafty, you can make your own reusable shopping bag. If you do end up with disposable bags, recycle them. Recycle plastic bags at many locations throughout Ames.

**Make Smarter Purchases**

Paying more now means paying less in the future for more replacements. Invest in high-quality, long-lasting products. Buying smaller items in bulk, such as food, can also save money and packaging from frequent purchasing. Purchasing from smaller, local businesses can also benefit your community's economy and offer unique items. Check out the list of Ames businesses on the Ames Chamber of Commerce website.

**Check Your Tire Pressure**

Lower the greenhouse gas emissions of your vehicle by improving your fuel economy by keeping your tires in good shape. The Environmental Protection Agency (EPA) recommends checking your tire pressure on a regular basis and keeping your tires inflated, which is usually free at any gas station.

**De-clutter Your Space**

Ease excess stress by de-cluttering your home. Affordable purchases of organizational supplies are fun, simple and easy Do-It-Yourself (DIY) options that can help de-clutter your space. Check out these ideas to affordably de-clutter your home.
The Symposium and Sustainapalooza, hosted by The Green Umbrella and Live Green!, are a celebration of sustainable initiatives in the Ames and ISU communities in the Memorial Union.

The Symposium offers a sustainability poster reception, as well as a keynote lecturer, David W. Orr. Sustainapalooza offers Green-It-Yourself (GIY) centers, a green carpet, sustainable future pledge wall, local food refreshments and “green” giveaways.

**GIY CENTERS**
Exchange for Change - Swap your Old Wardrobe for a New One!
Repair, Restore and Recreate your Fashion Statement
Oatmeal: Doing your Body Good One Jar at a Time
Clean and Green - Giving Laundry a Sustainable Twist

**DROP OFF DATES FOR CLOTHING SWAP AT THE MU**
Thursday, Jan 28th
Friday, Jan 29th
Thursday, Feb 25th
Friday, Feb 26th

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**One World, Green World:**
Uniting Our Actions

**SYMPOSIUM ON SUSTAINABILITY AND SUSTAINAPALOOZA**

**7:30 PM**
**GREAT HALL**
**MEMORIAL UNION**

**David W. Orr**
AUTHOR, PROFESSOR, SENIOR ADVISOR TO THE PRESIDENT - OBERLIN COLLEGE

**2016**

February 29
March 1

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**Oatmeal: Doing your Body Good One Jar at a Time**

**Clean and Green - Giving Laundry a Sustainable Twist**

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**WATCH FOR MORE UPDATES IN THE FEBRUARY ISSUE OF LIVE GREEN! MONTHLY AND ON OUR WEBSITE.**

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**One World, Green World: Uniting Our Actions**
DECEMBER

15

WORKSHOP: FLORAL DESIGN SERIES
Make “winter solstice arrangements” in celebration of the first day of winter and the longest night of the year with these wintry, one-of-a-kind floral designs.
Reiman Gardens, 6:30-7:30 PM

CENTRAL IOWA BICYCLE-PEDESTRIAN ROUNDTABLE
Help further the development of bicycle and pedestrian facilities in central Iowa.
Des Moines Area MPO Office, noon-1 PM

BIORENEWABLES POSTER SYMPOSIUM
See graduate and undergraduate students present their research related to biorenewables.
Sukup Atrium, Biorenewables Complex, 2:15-4:15 PM

VIRTUAL SUMMIT: STRATEGICALLY IMPROVING CAMPUS RACIAL CLIMATES
Learn strategies for assessing and addressing racial climate problems. Cost is $25 for the module through the Center for Excellence in Learning and Teaching.
https://t.co/mtZz4rPX00, 3-5 PM

16

GIFT SHOP STOCKING STUFFER NIGHT
Start your holiday shopping at the Reiman Gardens’ Gift Shop Holiday Open House and take advantage of the holiday sales of our unique items for gifts and stocking stuffers.
Reiman Gardens, 4:30-8 PM

CRAFTY NIGHT AT THE GARDENS
Celebrate environmental stewardship with local artists and organizations. Tonight’s craft features “ornery ornaments,” in which attendees can create unique holiday ornaments using natural materials.
Reiman Gardens, 6-7:30 PM

FREDDY COURT FOOD DRIVE ENDS
The Frederiksen Court Community Adviser staff’s is hosting a food drive for all unopened, non-perishable food items to be donated to the Bethesda Food pantry in Ames. Donation location is in the Frederiksen Court Community Center, just outside Room 1010.
Frederiksen Court, final collection at noon

20

GREAT BOOKS BOOK DISCUSSION
Ames Public Library, 2-3 PM

HYPERREAL OCULUS OPENING RECEPTION
Support Ames artist Matt Corones at his art exhibition exploring imagery that merges design ideas from multiple cultures, including Persian miniatures and Eastern complex geometry and patterning.
Design on Main Gallery, 203 Main St. in Ames, 5-8 PM

22

ANIMALS IN WINTER
Visit the Library and watch an informative puppet show about the different ways animals get ready for the cold winter months. A craft will also be provided. Attendance is free to everyone.
Ames Public Library, 10:30-11:30 AM

29

FAMILY STORYTIME
Families with children are invited to build listening, language and literacy skills through music, movement and more.
Ames Public Library, 10:30-11 AM

Please note all calendar events are hotlinked for more information.
COMING UP FOR ...

JANUARY 2016

01
QUINN’S QUEST HOCKEY BENEFIT
Proceeds will go to the ISU Dance Marathon, as well as Children’s Cancer Connection.
Ames Ice Arena, Varsity game at 6:45 PM, JV game at 8:45 PM

02
FAMILY MOVIES IN THE GARDENS
Bring your kids to watch movies at the Gardens. A warm, cozy place to entertain kids for a few hours during the month of January. Cost: $8 for adults, $7 for seniors 65+, free for children under 18. Reiman Gardens, every Saturday in January, seating times at 10 AM and 1PM

05
PROJECT LEA/RN
Meaningful learning requires thinking! Hosted by ISU’s Learning Enhancement Action/Resource Network this workshop shares new insights for facilitated learning. Lagomarcino Room 0680, 9 AM-4PM

13
2016 “WOMEN IMPACTING ISU” RECEPTION
Join the celebration of unveiling the 10th anniversary edition of the calendar of 12 commendable women who have made an impact in the ISU community. The Sun Room, MU, 3:30 PM

16
WILD TOTS
Volunteer for this toddler nature program that has activities, crafts and snacks for children (ages 2-4) all while learning about the natural environment around them. Story Country Conservation 9:15 AM-noon

18
AMES COMMUNITY CELEBRATION IN HONOR OF DR. MARTIN LUTHER KING JR.
Join the Ames tradition an celebrate with song, story and birthday cake. After sharing birthday cake, the program starts at 6:30 PM. Ames Middle School, 5:30 PM

19
THE U.S. FIGHT AGAINST CHILD ABUSE, TRAFFICKING AND SEXUAL ASSAULT
Lecture by Ambassador Luis Debacle detailing the efforts to combat human trafficking and modern-day forms of slavery. Sun Room, MU, 8 PM

21
MLK LEGACY CONVOCATION
Come celebrate the legacy of Dr. Martin Luther King, Jr. and learn how his global vision of equality for everyone continues to remain relevant today. Sun Room, MU, 3:30 PM

25
WOMEN WHO DON’T WAIT IN LINE
Lecture by Reshma Saujani, CEO and founder of Girls Who Code, will talk about closing the gender gap in technology and being an advocate for a new model of female leadership. Great Hall, MU, 8 PM

27
ART + ISSUES
This gallery talk will use art as a launching pad for a community discussion on campus issues, including a guided looking exercise and an open-ended dialogue. 1017 Morrill Hall, 7-8 PM

28
COOK UP A STORM BOOK SALE
Stop by the Literary Grounds for great deals on cookbooks. Select books will be half price on Jan. 31. Ames Public Library Lobby, 9 AM-6 PM, runs through Jan. 31

29
MAIN STREET DOLLAR DAYS
Find great deals in downtown Ames at various local businesses. Main Street Cultural District, 10 AM-5 PM, Jan. 29-Jan. 31.

For more sustainable events or to put your event on the calendar, contact the newsletter team!

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