“In fact, everyone should take time out once in a while to recharge and revitalize their energy. The key is to have a balanced life.”

-- Michael Lee
April is Earth Month and it’s just around the corner!

Are you a part of or do you know of a club or organization that is hosting an event or activity in honor of Earth Month? If so, we would like to include it on our special edition Live Green! Earth Month Calendar, featured on the Live Green! website, April 1.

Send event details to livegreen@iastate.edu.

The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University’s campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu.
We hear the word balance referred to fairly often. Understandably so, there is a need for balance every day and by everyone.

More frequently, however, balance is not thought of in the traditional sense of staying upright while walking or keeping loads from toppling during transport. Rather it is noted in the context of balancing tasks or schedules and accomplishing and handling everything, in hopes to avoid the tipping point when life begins to feel like a domino effect.

While the intent is always to stay evenly balanced, in our everyday life, the reality is that balance is often a delicate and finely-manuevered dance of shifting focus and effort. We place so much effort in one direction that balance is only achieved through precise skill in teetering and sheer adrenaline that keeps you on course until you finally exhale. To offer a mental metaphor; remember walking and hitting a patch of ice, and performing a dance to stay upright? Yeah – kind of like that.

This issue of Live Green! Monthly focuses on the balance of life and living. It’s not an issue chock-full of time saving tips on how to just pack more into life. Rather, it includes reminders to exhale, step back, do a full system check, complete the necessary tweaks (subtractions and additions), and then carry on. We do this continually for our projects, our research and all of the operational systems we depend upon. This month, we are reminding you to do the same for yourself, your most vital project (you) and the systems (physical, emotional and mental) that keep you in balance.

A sustainable future requires sustainability in individuals. As we sustain ourselves, we can fully and effectively engage in the journey to sustain our communities and collectively our world. It begins with each of us taking time and giving focus and priority to balance.

Seize (and embrace) your balance!

Yours in green-ness,

Merry Rankin

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication to help educate, engage, and empower our community to live toward a more sustainable future.

LIVE GREEN! LEADERSHIP TEAM, SPRING 2016

MERRY RANKIN, SINDHUJA RAM, KATHRYN LEIDAIHL, LAURELIN HAAS, CAITLIN DEAVER, MADISUN VANGUNDY, GRACE JIEUN LEE, ANDREW LOIACONO, MICHAEL GUBBELS, and STEVE KOHTZ
On February 29 and March 1, 2016, ISU students and faculty members, as well as Ames community members, filled the Memorial Union to attend the 2016 Symposium on Sustainability and Sustainapalooza. This annual event is a celebration of how the City of Ames, Iowa State University students, faculty and staff are all working together toward a more sustainable future.

**SUSTAINABILITY POSTER SESSION**

The commitment to all facets through sustainability (environmental, financial and social) of student and campus organizations and community initiatives was showcased at the two-day Sustainability Poster Session.

**KEYNOTE SPEAKER: "CLIMATE CHANGE IN THE LONG EMERGENCY"**

Dr. David W. Orr, professor of environmental studies and counselor to the President at Oberlin College, spoke to Symposium attendees about climate change as a long emergency, offering the opportunity to unite, rather than divide. He also highlighted The Oberlin Project, a joint effort of the City of Oberlin, Ohio, Oberlin College and community partners, which is aimed at increasing energy efficiency and sustainable use of local resources, revitalizing the local economy and creating one of the first climate-positive cities in America.

**SUSTAINABILITY EXCELLENCE AWARD**

Angadbir Singh Sabherwal, senior in mechanical engineering, was honored with a Live Green! Award for Excellence in Sustainability for his efforts in his proactive involvement in environmental awareness and conservation campaigns, volunteering activities, and educating communities at Iowa State University and around the world.
SUSTAINAPOOLZA

Sustainapolooza attendees visited Green-It-Yourself (GIY) Centers to swap their clothes for a new look, make healthy breakfasts, learn how to mend and renew clothes and create green cleaning products from scratch. Attendees also collected sustainably minded green giveaways, enjoyed locally resourced refreshments, offered their sustainable pledges, viewed student-made green art, walked the Green Carpet, as well as took photos on the Green "Cy-lebrity" Wall.

PHOTOS BY LAURELIN HAAS, ANDREW LOIACONO, MADISUN VANGUNDY, and GRACE JIEUN LEE (above and below)

DOCUMENTARY SHOWING

Attendees watched "Racing Extinction," a documentary about artists and activists shedding light on the hidden world threatening extinction across the globe. Following the documentary, a discussion was led by members of The Green Umbrella student organization.

RACING EXTINCTION PROMO PHOTOS
SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

National Nutrition Month ® (often abbreviated NNM) is an annual educational nutrition campaign created by the Academy of Nutrition and Dietetics.

Directly from the Academy, “The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat is just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

To celebrate NNM, ISU Dining is hosting a two-part intuitive eating workshop with Alison St. Germain, certified intuitive eating counselor, MS, RD and LD. She is also an instructor and clinician with the ISU dietetic internship.

Intuitive eating is nutrition philosophy that emphasizes the importance of a healthy relationship with food. By paying attention to your own hunger and fullness signals, you can enjoy food without the guilt that so often accompanies the latest fad diet. See the next page for a few intuitive eating tips.

Additional programs that empower and educate students on healthy habits include Net Nutrition (an up-to-date nutrition reference for all food served on campus), a nutrition Tumblr blog and Twitter account, digital and print educational nutrition signage, a special diet kitchen for students with specific dietary needs and nutrition education events throughout the school year.

Join us in celebrating National Nutrition Month!

- Lisa Nolting, ISU Dining Registered Dietitian
Live Green! Monthly Guest Contributing Author

References:
http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month

PHOTO COURTESY OF LISA NOLTING
INTUITIVE EATING TIPS

- **Enjoy your food!** Put down your cell phone, turn off the TV and focus on your food. How does it smell and taste? What does the texture feel like? Is the food hot or cold? Salty or sweet? Focus on each bite to truly experience what you’re eating.

- **Honor your hunger!** Don’t wait until you’re ravenous to eat. Keep your body fueled properly to prevent overeating.

- **Challenge the food police!** There are no "good" or "bad" foods, so don’t let yourself fall into the trap of labeling food, or how you ate during the day as "good" or "bad." How you eat during your lifespan is what matters – not one particular food, meal or week.

EAT RIGHT HEALTH TIPS

Dedicate yourself to a healthy lifestyle with these following tips from the Academy of Nutrition and Dietetics.

- **Be active!** Regular physical activity has numerous health benefits. You don’t have to always use the gym. Take a walk outside or play a game of catch with your friends and family.

- **Fix healthy snacks.** Sustain your energy levels between meals and integrate in a nutritious snack.

- **Consult an RDN.** Get your questions answered by an expert! Registered dietitian nutritionists can help provide you with sound, easy-to-follow and personalized nutritional advice.

- **Explore new foods and flavors!** Expand upon your range of food choices for an exciting way to add in new and improved nutritious eating options.
Nutrition, fitness and sustainability go hand-in-hand when thinking about adopting a balanced and healthy lifestyle.

One easy way for students to get in-the-know about these topics is with Smart Eats!, a partnership program between ISU Fitness and Wellness and ISU Dining with the goal of providing students with the necessary resources for healthy eating.

Overseeing and supervising the various well-being and health programs at ISU Recreation Services is Nora Hudson, assistant director of fitness and wellness.

“Just as exercise is cumulative, nutrition is cumulative, as well.”

As part of her comprehensive philosophy to fitness and wellness, Hudson had a vision to "build the skills of students to help educate in terms of fitness and wellness." Smart Eats! is the culmination of this idea by becoming a program that integrates educational and interactive experiences of well-being.

Participants in the Smart Eats! program will be able to: 1. identify healthy food groups to improve or maintain a healthy body composition, 2. demonstrate basic skills to identify and create healthy eating plans and 3. will be able to demonstrate new healthy habits that increase positive nutritional choices for enhanced health benefits.

Mindset being a concern, Hudson advises shifting in the way we think and use "self-awareness tools" to enhance our lifestyles.

"We are moving toward empowering students to make educated choices that have positive impact on their physiological effects in the long term. Just as exercise is cumulative, nutrition is cumulative," Hudson said.

Smart Eats! is comprised of students studying areas focused in diet and nutrition. Also, many members of the team practice personal training, as 85 percent of people who seek training, Hudson said, are looking to lose weight.

Located within State Gym's fitness and wellness suite, Smart Eats! is a starting point for those seeking help with nutrition and wellness.

GETTING STARTED WITH SMART EATS!

1. Fill out a request form at www.recservices.iastate.edu.

2. Receive (and complete) a pre-survey from a Smart Eats! staff member.

3. Go to a Smart Eats! group orientation or a 30-minute Smart Eats! one-on-one session and get started toward a healthier you!
World Water Day, a day of focusing attention on the importance of advocating for the sustainable management of freshwater, is held annually on March 22, as designated by the United Nations in 1993. The need to conserve is an ever-growing issue. There are easy ways to cut down our individual water use and make a sustainable difference. Statistics sourced from water.org

**176 gallons** of water are used each day by the average American, compared to 53 gallons consumed daily by the average European.

**PRE-COOL H₂O**
Save water by chilling it in the fridge rather than waiting for the faucet run cold.

**CHOOSE TO SHOWER**
Taking a full bath requires 36 gallons of water, an eight minute shower uses 17 gallons of water.

**SHORTEN SHOWERS**
Reducing by two minutes can save up to 700 gallons of water each month.

**USE A FULL DISHWASHER**
Washing dishes by hand uses 20 gallons of water, when a full dishwasher uses 9-12 gallons.

**TURN OFF THE FAUCET**
Leaving water running each time you brush your teeth uses about five gallons of water.

**LOOK FOR LEAKS**
One trillion gallons of water are lost annually by leaks.

40% of the world’s usable water will be lost in the next 15 years without focused conservation efforts.

750 million people lack access to safe water.

1 child dies from a water-related illness each day.

1/3 of schools lack access to safe water and sanitation.

140 million hours spent collecting fresh water each day.

82% of people without access live in rural areas.

176 million people lack access to safe water and sanitation.

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82% of people without access live in rural areas.

World Water Day

March 22
Raising awareness of both mental and physical well-being, a vital component of ensuring and nurturing social sustainability, is the focus of a new, student-run health magazine called Happy Strong Healthy (HSH).

Kaili Meyer, junior in journalism and editor-in-chief of HSH, said being happy, strong and healthy means striving to achieve health in all areas of life on a daily basis, while maintaining balance and enjoying every day -- both the good and the bad parts.

Having struggled with an eating disorder throughout high school, Meyer, wanted to create a magazine that could encourage and motivate students to live safer and healthier lifestyles, knowing she was not the only person who could be struggling with the concept of what it means to be healthy.

“I wanted to start HSH because I saw a need in our ISU community for an outlet regarding all things health,” Meyer said. “It was important to me to make health more ‘full-circle,’ encompassing nutrition, fitness and both mental and emotional well-being.”

One of the biggest goals HSH strives to meet is combating the stigma behind mental illness.

“I think HSH will impact students to view health differently,” Meyer said. “Instead of just thinking ‘fitness,’ I think it will help them to think ‘balance. Ultimately, I hope students learn how to better encompass emotional and mental health into their routines.”
The first issue of HSH was released in Fall 2015. Meyer said she and her staff were thrilled with and proud of the outcome, as “a lot of talented students came together and created something beautiful and encouraging for the whole campus to enjoy.”

“One in four students have dealt with a diagnosable mental illness while in college.” ACCORDING TO THE CDC

The publication includes students’ stories about their struggles and successes with personal health, as well as providing recipes, campus resources regarding health, how-to guides about exercise and budgeting and more.

Much of the magazine’s content is based on combining focus on both mental and physical health toward maximizing well-being.

“Only 25 percent of people with a mental illness feel the general public are understanding of their illness.” ACCORDING TO THE CDC

“You can look at someone’s body and notice that they are toned, in shape or whatever else you want to call it, but what you can’t see is what’s going on in their mind,” Meyer said. “Are they positive toward themselves? Do they have body-image issues? Are they suffering from depression? You can’t know.”

HSH has had an impact on readers. After Lani Tons, featured on HSH’s cover, shared her story of anorexia and how she has worked to overcome it, a lot of women reached out to her, to reflect on and share their own stories of success and struggle.

Some of those women even felt compelled to seek help for their eating disorders because they were so moved by Tons’ story, which may have never been able to be put into words without HSH.

“I think having a strong, supportive community is extremely important, especially while in college,” Meyer said.

“Knowing you are surrounded by people who genuinely care about your health and well-being can encourage you to stay on the right track, get help or simply keep moving. I want HSH to do that for people and to always be that support system.”

“One in four students have dealt with a diagnosable mental illness while in college.” ACCORDING TO THE CDC
**UPCYCLED TIN CAN VASES**

**SUPPLIES**
- Empty tin can(s) (any size)
- Low-VOC spray paint
- Low-VOC acrylic paint
- Small paintbrush
- Flowers
- Twine

**INSTRUCTIONS**
1. Remove paper or plastic labels and/or wrapping, as well as the metal lid from one end. Clean and dry the inside and outside of can.
2. Apply two light coats of spray paint to each tin can and let dry.
3. Adorn with acrylic paint to create small dots or other preferred designs and add twine tied into a bow, if desired.
4. Add flowers (from your garden, farmer’s market or favorite florist) and some water to keep flowers fresh.
5. Enjoy the extra beauty and color you are adding to your newly-organized space!

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**RECYCLED MAGAZINE BASKETS**

**SUPPLIES**
- Unused magazine(s)
- Scissors
- Glue, stapler or double-sided tape

**INSTRUCTIONS**
1. Open a magazine, lay it flat and cut through the middle to release pages from binding.
2. Cut each individual page in half (vertically). Use 20 pages to create 40 strips.
3. Fold each strip in half (vertically), repeating three times, so that each strip is folded into eighths (vertically).
4. Weave strips together, starting with a center point and weaving in strips on both sides to create the bottom of your basket. Use more or less strips depending upon the desired size for your basket. Secure with staples, glue or double stick tape.
5. Fold the ends of strips forming the bottom, upward at a 90 degree angle to create the sides of your basket.
6. Weave in additional strips (horizontally) to fill in the sides of your basket. When you reach the desired height for your basket, fold the remaining ends of the vertical strips (folded at a 90 degree angle) inward toward the inside of your basket and secure with staples, glue or double stick tape.
7. Start filling your basket and organizing your space!

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**MILK JUG ORGANIZER**

**SUPPLIES**
- 1-gallon plastic jug (clean, dry, no label)
- Low-VOC spray paint
- X-acto knife
- Foam Board
- Washi Tape
- Ruler

**INSTRUCTIONS**
1. Spray paint the outside of plastic jug with 2-3 light coats and let dry.
2. Using an X-acto knife, cut off the top portion of the jug, leaving the handle intact and attached to the bottom and side of the jug.
3. Cut off the remaining two sides (those not attached to the handle) so that they stand five inches high. Recycle any portions you cut off and cover the jagged edge of your organizer with Washi tape.
4. Cut a 5.5-inch square of foam board. Cut the square in half to get two rectangles.
5. On each rectangle, mark the midpoint of the long edge and cut a notch, 1 3/4-inch long and 1/4-inch deep.
6. Place one rectangle into jug so that it extends from the corner under the handle to the opposite corner, with the notch facing upward.
7. Fit the second rectangle into the first, notch down, interlocking the pieces and forming a four section divider.
8. Fill with supplies and enjoy finding items quickly and easily!
Spring break is finally here! Taking a break and finding balance in another space and place can also mean leaving a trail of carbon footprints along the way. Each year, the average American leaves a carbon footprint of about 44,982 pounds. This spring break, balance your environmental impact, as well as your body and mind, with these carbon offsetting activities. Not sure how much to offset? Calculate your personal carbon footprint and start planning your balancing strategy.

### SPRING BREAK ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Emissions in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traveling via airplane:</td>
<td>852</td>
</tr>
<tr>
<td>Spending time on a boat:</td>
<td>20</td>
</tr>
<tr>
<td>Hailing a taxi:</td>
<td>13</td>
</tr>
<tr>
<td>Booking a hotel:</td>
<td>1</td>
</tr>
<tr>
<td>Taking a dip in the pool:</td>
<td>44</td>
</tr>
<tr>
<td>Hitting the gym:</td>
<td>2</td>
</tr>
<tr>
<td>Jet Skiing for an afternoon:</td>
<td>730</td>
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</tbody>
</table>

### OFFSETTING ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Emissions in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay close to home:</td>
<td>2,200</td>
</tr>
<tr>
<td>Monitor water consumption:</td>
<td>15.3</td>
</tr>
<tr>
<td>Go biking:</td>
<td>3</td>
</tr>
<tr>
<td>Change out light bulbs:</td>
<td>92</td>
</tr>
<tr>
<td>Turn down the heat:</td>
<td>6</td>
</tr>
<tr>
<td>Recycling more:</td>
<td>8</td>
</tr>
<tr>
<td>Plant something:</td>
<td>48</td>
</tr>
</tbody>
</table>

### STILL PLANNING YOUR SPRING BREAK GETAWAY?

Check out these carbon-minimizing vacation ideas!
EARTH HOUR

GO DARK: EARTH HOUR IS MARCH 19 AT 8:30 PM

Did you know that electricity production is the leading cause of industrial air pollution in the United States? Forty percent of the nation’s carbon emissions that contribute to global climate change is derived from the demand for electricity.

Celebrate worldwide commitment to sustainability as the world joins together for the tenth anniversary of Earth Hour, 8:30 p.m., on March 19. This annual event organized by the World Wide Fund for Nature (WWF) challenges individuals, communities, households and businesses to drop off the grid for one hour as a symbol for their commitment to the planet.

In celebration of Earth Hour, use your power to change the course of climate change.

UNPLUG

Reduce your energy demand by making it a habit to unplug electronics when not in use.

Unplug chargers and power off computers when not in use to eliminate your carbon footprint.

The simple act of unplugging is environmentally and financially sustainable. Eight billion dollars are lost annually due to electronics remaining plugged in and demanding energy.

RECYCLEMANIA

Our commitment to the planet continues throughout the month at ISU with Recyclemania, an eight-week, international recycling competition for colleges and universities. At Iowa State University, every residence hall on campus is highest per person recycling category. ISU’s event is hosted by The GreenHouse Group (GHG) student organization, which focuses on sustainability opportunities for campus-housed residents through targeted efforts related to waste diversion, water conservation and energy efficiency. To learn more and connect with GHG, attend one of their meetings on Tuesdays at 7 p.m. in Curtiss 208, or follow them on Facebook and Twitter.

SHUT DOWN

By shutting your computer down and powering it back up, you do not waste additional energy as once believed. Energy used to shut down and start your computer actually is more than offset by the energy saved when your computer is shut down.

It’s one of the easiest things you can do to save energy. It only takes a few seconds each day. The power required to run all one billion of the world’s PCs for just one night is enough to power the Empire State Building inside and out for 30 years.

Make a sustainable difference by powering down your electronics nightly and when away from home.

TURN OFF

The U.S. Energy Information Administration (EIA) estimates that in 2014, about 412 billion kilowatt hours (kWh) of electricity were used for lighting by the residential sector and the commercial sector in the United States, about 11 percent of total U.S. electricity consumption.

Residential lighting consumption accounts for about 150 billion kWh, or 14 percent of total residential electricity consumption.

The average U.S. home has at least 20 light bulbs. Choosing incandescent lighting costs ~$.08/hr. per bulb or $18/mo. based on eight hours of illumination per day. By comparison, choosing an energy efficient light bulb costs ~$.01/hr. per bulb or $2.24/mo. Purchase wisely and illuminate with purpose.
GREEN OPPORTUNITIES

FIGHTING WASTE, FEEDING PEOPLE
Lend a helping hand collecting food for the Food Recovery Network. This ISU chapter focuses on reducing the amount of food waste on college campuses by collecting and distributing goods to the local food pantry, Food at First. Volunteers are needed every Friday from 3-4:30 p.m. Contact Autumn Rudlong, arudlong@iastate.edu, for more information.

WORKING THE MONTANA LANDS
Hone your farming skills in Big Sky Country as a Farm Link Montana intern. Take this opportunity to work with mentors in the fields of farming and ranching. Apply by contacting Annie Heuscher, annie.heuscher@gmail.com.

COORDINATING LOCAL FOOD SUPPORT
Help create and maintain a regional identity that promotes the local food systems in Boone and Story Counties by becoming a local food coordinator for the joint efforts of Story County-ISU Extension and Outreach and Prairie Rivers of Iowa. To apply, send a cover letter, resume and three references to Alison Boelman, abelman@iastate.edu.

LEADING IN SUSTAINABILITY
Optimize opportunities to create and execute campus-wide sustainability initiatives as a student leader. Attend a two-day workshop, April 8-9, at the Sustainability Leadership Institute to learn the optimal ways for creating and executing campus-wide sustainability initiatives. The event’s keynote speaker is climate leader and global adventurer Eric Larsen. Contact Emily Neal, nealem01@luther.edu, to register by March 15.

DISCOVERING THE ECO FAIR
Learn about conservation, electrical efficiency, low impact landscaping and other community sustainability efforts and opportunities at the City of Ames 2016 Eco Fair. This annual event will be held from 10 a.m. to 2 p.m. on April 2 at the Ames Community Center Gymnasium.

RESEARCHING IN THE SUMMER
ISU Research and Demonstration Farms is accepting applications for the summer intern at the Muscatine Island Research Farm. Activities will include planting, weeding, harvesting and other tasks with a variety of crops. Contact Brandyn Chapman, bchapman@iastate.edu, for more information.

EMPOWERING ENTREPRENEURSHIP
Sharpen your leadership skills this summer as a volunteer field representative at Saha Global. A three-week Global Leadership Program helps women in the rural communities of Ghana, West Africa launch profitable social enterprises in the areas of clean water and electricity. Apply by April 13 for the program, which starts in June. For more information, contact Kate Cincotta at kate@sahaleadership.org.

PROMOTING NUTRITION
Help coordinate dietetic needs to children at the Boys and Girls Club by planning, developing and coordinating comprehensive nutrition and meal services. Work under the supervision of the director of operations and gain experience in problem solving. For more information, contact Johnny Willis at jwillis@bgcstorycounty.org.

INTERNING FOR FAIR FOOD NATION
Ever thought about living and working in the community to help promote food sustainability? Apply to be a summer intern with the Alliance for Fair Food and help coordinate their national Campaign for Fair Food. If interested, email Claire Comiskey at organize@allianceforfairfood.org, or call at 239-313-1081 before the April 6 application deadline.

INTEGRATING ART AND AG
Love agriculture and the arts? Local Wonders is awarding grants ($250-$500) for exploring projects focused on integrated agriculture and the arts. Submit your grant proposal by April 1 to the AgArts President Adam Wright, abwright@iastate.edu.
MARCH

10
PLANT PROPAGATION FOR KIDS
Sprout your child’s inner budding horticulturist with this fun class that teaches them how to grow their own plants.
Reiman Gardens, 6-7 PM

21
DIVERSITY AND EVOLUTION OF LANGUAGE
Join linguist Asya Pereltsvaig to learn how world languages evolve, their common differences and what they tell us about our human past.
Sun Room, MU, 8 PM

23
IOWA’S WATER STORY
Join in celebration of the 10th Annual Iowa Water Conference in a performance and discussion about “Body of Water”
Stephens Auditorium, 7 PM

24
IMPORTANCE OF DIGITAL HUMANITY
Expand upon the importance of digital humanity and how you, as a humanist, can put it to use with this workshop.
Parks Library, 3-4:30 PM

25
GEOLOGICAL AND ATMOSPHERIC SCIENCES
Join Dr. Brian Huber, from the Smithsonian Museum of Natural History, for his lecture on fossil and chemical evidence and predictions for the future.
0102 Science I Building, 4:10-5:15 PM

26
BRUNNIER IN BLOOM
Stop and smell the roses at the opening night of University Museum’s annual showcase of floral designs.
Brunnier Art Museum, Iowa State Center, 6-8 PM

29
SPRING EGG HUNT
Go on an egg hunt, enjoy the gardens and have fun at craft and activity stations for children.
Reiman Gardens, 9-10 AM

COMING UP FOR APRIL 2016

01
GLOBAL GALA
Honor all the many cultural organizations represented at ISU by experiencing the customs and traditions of our diverse population in Ames through performance, costume and food.
Great Hall and South Ballroom, MU, 6 PM

04
CLIMATE CHANGE AND URBANIZATION
Join Albert Pope, professor of architecture at Rice university, to learn about the topic of “What is Urban?” and the urban implications of climate change.
Benton Auditorium, Scheman Building, 5 PM

05
IOWA FARMERS ON SUSTAINABILITY
Listen to a panel discussion with three Iowa farmers on their practical solutions and personal experiences with conversation and sustainable agriculture practices.
Sun Room, MU, 7 PM

06
BEAL LECTURE IN RURAL SOCIOLOGY
Join Linda Labao, professor from Ohio State, for her speech on how changes in industry, agriculture and government have an impact on communities.
Dolezal Auditorium, 127 Curtiss Hall, 7PM

For sustainable events or highlight your events, contact the newsletter team!
Caitlin Deaver | Marketing & Communications Intern | candeaver@iastate.edu
Steve Kohtz | Sustainability Coordinator | sakkohtz@iastate.edu
Sindhuja Ram | Marketing & Communications Intern | sram@iastate.edu