“You cannot get through a single day without having an impact on the world.... you have to decide what kind of difference you want to make.”

- Jane Goodall
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Woah! Did you know the average person produces 4.3 pounds of waste in a day? Being more conscientious of your trash output can help you change old habits and live more sustainable.

Take the Zero Waste Week Challenge at Iowa State University and commit to producing as little waste as possible for an entire week from April 18-22.

Sustainable Connections!

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

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

Please contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu
DIRECTOR’S MESSAGE

Happy Earth Month, Cyclones!

As I consider Earth Month each year, two very distinct and equally intense feelings emerge.

First is joy – joy in celebrating our planet and all of the incredible bounty that is provided to us by this little and mighty “blue marble.” Second is urgency – urgency to look beyond the might and grandeur of our blue marble and ensure we are doing everything possible to nurture and protect it. After all, it is the only planet home we have.

It’s sort of the same feelings that we have when celebrating the birthday of a friend or a family member, or when we gather with friends and family for holidays or special occasions – the feelings of pure gratitude, joy and bliss. It is also those feelings of concern, panic and urgency in wanting to ensure these times can happen again and again, wanting to do everything possible to nurture and protect these times and these people.

In these times, knowing we cannot possibly do everything, we move into the mode of evaluating what one thing we can do, what one thing we can start with to protect these moments. Just as we all have a different connection with people and moments, our one thing we choose to start with will also be different.

The journey of protecting our little blue marble is approached similarly. Each of us is motivated in a different way to ensure and instill the protection of our home. We all find our personal connection and, as a result, we all make a collective difference through individual commitment.

It seems only fitting then, that the theme of this year’s Earth Month celebration at Iowa State University is, “It Starts With 1.” Understanding that each and every “1” thing we decide and commit to doing makes a difference, and honoring that there is no “one size fits all” when it comes to determining the “1.”

The April issue of Live Green! Monthly, which includes an accompanying online Earth Month calendar, honors this individuality. This month’s issue includes decisive opportunities on every page for new experiences, new skills, new starting points and new journeys toward the collective impact of making that decision to “start with 1.”

Enjoy and embrace the multitude of “1s” that surround you this month.

Yours in green-ness,

Merry Rankin

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

LIVE GREEN! LEADERSHIP TEAM

MERRY RANKIN, SINDHUJA RAM, KATHRYN LEIDAHL, LAURELIN HAAS, CAITLIN DEAVER, MADISUN VANGUNDY, GRACE JIEUN LEE, ANDREW LOIACONO, MICHAEL GUBBELS, and STEVE KOHTZ
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.

**ON-CAMPUS EVENTS**

**LECTURES**

- **April 20**: "Food Regimes, Food Sovereignty & Agroecology" by Food First’s Eric Holt-Giménez at 7 p.m. in the MU Sun Room
- **April 21**: "The Future of Water: Assessing Sustainability from Space" by Bridget Scanlon of the University of Texas at 8 p.m. in the MU Great Hall

**VOLUNTEERISM**

- **April 20**: Lake LaVerne Cleanup from 10 a.m. to 4 p.m. at Lake LaVerne
- **April 21**: Plant O2 (tree planting) event from noon to 3 p.m. behind Ross Hall
- **April 22**: Campus Beautiful Cleanup from 2-3 p.m. in the Anderson Sculpture Garden

**WORKSHOPS**

- **April 16**: Mask- and Puppet-Making from 10 a.m. to 4 p.m. in the MU Workspace for the upcoming All Species Parade
- **April 22**: Paint-Your-Own-Pottery Flower Pots and Yard Art from 5-8 p.m. in the MU Workspace

**CELEBRATIONS**

- **April 19**: Arbor Day Planting from noon to 5 p.m. between Horticulture Hall and Osborn Drive
- **April 22**: Earth Day Celebration from 11 a.m. to 2 p.m. in front of Parks Library
- **April 22**: Biorenewables Art Competition from 4-5:30 p.m. at the Biorenewables Research Lab
COMMUNITY EVENTS

VOLUNTEERISM
- April 16: CyServe Day from 9 a.m. to 3 p.m. at various locations on campus and around Ames
- April 30: Stash the Trash at 8:30 a.m. to 2 p.m. at various Ames locations and homes

LOCAL SUPPORT
- April 16: Meet and Greet with the Ames Animal Shelter from 10 a.m. to noon at 216 Main Street
- April 30: Stash the Trash at 8:30 a.m. to 2 p.m. at various Ames locations and homes

RUNNING EVENTS
- April 16: Delts Dash for Diabetes 5K from 9 am to 1 p.m. at 2121 Sunset Drive, Ames
- April 22: Nearly Naked Mile from 8:45 a.m. to 8:50 a.m. at the ISU Alumni Center, Ames
- April 23: Run for the Trees 5K from 8-10 a.m. at the Iowa Arboretum

WORKSHOPS
- April 19: Beginner Bike Repair from 6:30-8 p.m. at Wheatfield Cooperative, Ames
- April 21: Composting With Worms at 7 p.m. at Wheatfield Cooperative, Ames

CELEBRATIONS
- April 17: Ecosystems Event from noon to 3 p.m. at Bandshell Park, Ames
- April 23: All Species Parade at 3 p.m. in Bandshell Park, Ames

GARDENING
- April 15: Vegetable Gardening Best Practices from 6-8 p.m. at Reiman Gardens, Ames
- April 16: Gardening Basics from 10 a.m. to noon at Reiman Gardens, Ames
- April 17: Planting event from 1-4 p.m. at the Mustard Seed Community Farm
In celebration of Earth Month, The Green Umbrella student organization, ISU Sustainability Network and the Office of Sustainability are hosting a week-long celebration during Earth Week, April 17-23. Throughout Earth Week, students, faculty and staff, as well as the Ames community, will have the opportunity to participate in numerous events celebrating our planet, encompassing environmental, economic and social sustainability. A detailed 2016 Earth Week schedule of all events happening on campus and throughout the community is available on the Live Green! website.

**APRIL 17**
**SUNDAY**
**ECOSYSTEM EVENT**
Brookside Park, noon - 3 p.m.
Build wooden bee hotels and make "seed bombs" (balls of soil and native prairie seeds).

**APRIL 20**
**WEDNESDAY**
**LAKE LAVERNE CLEANUP**
Lake LaVerne, 10 a.m. - 4 p.m.
Join Greeks Go Green for Iowa State's annual Lake LaVerne Cleanup. Trash bags and gloves will be provided.

**PUBLIC LECTURE**
Sun Room, MU, 7 p.m.
Join Food First's executive director Eric Holt-Gimenez for his lecture on food regimes, food sovereignty and agroecology.

**APRIL 21**
**THURSDAY**
**PLANT O2 EVENT**
Behind Ross Hall, noon - 3 p.m.
Bring a bag lunch, play frisbee and celebrate with the ISU Sustainability Network as they plant five new river birch trees in collaboration with Facilities Planning and Management.

**PUBLIC LECTURE**
Great Hall, MU, 8 p.m.

**APRIL 22**
**FRIDAY**
**EARTH DAY CELEBRATION**
Parks Library Lawn, 11 a.m. - 2 p.m.
Celebrate the diversity of Earth Day at Iowa State and in the Ames community.

**EARTH DAY READING**
Pioneer Room, MU, 7 p.m.
Attend a reading of "All the Land to Hold Us" by Rick Bass, writer and environmentalist.

**DOCUMENTARY SCREENING**
Great Hall, MU, 8:30 p.m.
Join the Sustainability Network for a screening of "An Inconvenient Truth."
*For more details, see page 7.*

**APRIL 23**
**SATURDAY**
**BIKE SHOW & RODEO**
Brookside Park, 1-3 p.m.
Join the TGU Sustainability Network for a bike show and rodeo. The event will feature games and a community bike ride in collaboration with the city.
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.

**THE HISTORY**

APRIL 22, 2016

**WHAT:** Earth Day Celebration  
**WHEN:** 11 a.m. - 2 p.m.  
**WHERE:** Parks Library Lawn

Join The Green Umbrella, the Office of Sustainability and more than 35 student and community organizations dedicated to sustainability through initiatives, events, services and practices. Learn about opportunities to get involved, get a free bike tune-up, bring your own water bottle and fill-up with fruit-infused water, earn green giveaways and celebrate the bounty of our planet!

**WHAT:** “All the Land to Hold Us”  
**WHEN:** 7 p.m.  
**WHERE:** Pioneer Room, MU

“All the Land to Hold Us” will be read by Rick Bass, critically-acclaimed author, environmentalist and former gas and oil geologist.

**WHAT:** “An Inconvenient Truth”  
**WHEN:** 8:30 p.m.  
**WHERE:** Great Hall, MU

View a screening of “An Inconvenient Truth,” a film about the crusade to halt the rapid progress of climate change.

**CELEBRATING EARTH DAY AT IOWA STATE UNIVERSITY**

**TEN TIPS TO ENSURE EARTH DAY IS EVERY DAY**

- **Use a reusable bottle:** 1/4 the volume of a plastic water bottle equals the amount of oil needed to produce it.
- **Grow food:** 5-17 times more CO2 is put in the atmosphere by eating non-local produce. See pages 12-13 for How-Tos about gardening.
- **Air dry your clothes:** 4 loads of laundry air-dried per week saves about 58 gallons of gasoline each year.
- **Unplug unused electronics:** 10% of utility bills can be attributed to providing “stand-by” electricity.
- **Recycle your newspaper:** 500,000 trees are needed to provide each week’s Sunday paper in the U.S.
- **Compost:** 20 pounds of food is wasted, on average, per person per month in the U.S.
- **Shop local:** 70% more economic activity is generated per sq. ft. by locally-owned businesses compared to big box stores.
- **Buy used clothes:** 10.5 million tons of clothing are landfilled each year in the United States.
- **Plant something:** 260 pounds of O2 is added to the atmosphere by planting one tree.
- **Choose a reusable bag:** 14 million trees are cut down annually to produce the paper bags demanded in the U.S.

40 MORE TIPS!
Students going green at Iowa State University have taken on a whole new meaning thanks to the vision, efforts and commitment of one sustainable student organization.

The Green Umbrella (TGU) did not have a beginning like many clubs at Iowa State. Instead of simply being a club in the traditional sense, they had visions of serving as an overarching connection and resource for a number of clubs – as their name implies, an umbrella. TGU took that vision to heart and since their founding in 2009, has taken the initiative to develop a platform where all sustainably-minded clubs (environmental, economic and social) could come together and address (through education and awareness) topics of sustainability at Iowa State.

Alumni Chandra Peterson (2012), TGU co-founder, along with Clayton Severson (2011), is proud of and awed by the club’s achievements. “I remember logging onto TGU’s Facebook page a few years ago and seeing a picture from the first club meeting of the year with something like 50 people in the room,” Peterson said. “My jaw dropped to the ground. They have come so far from the first meeting of five people, which included our adviser. The fact that new students have made TGU their own and accomplished things I never would have imagined, makes me so proud to be an alumna of Iowa State University.”

Megan Koppenhafer, junior in environmental science and community and regional planning and current TGU president, steadfastly continues the vision of Peterson and Severson to make sustainable initiatives more known and prevalent within the ISU student population. She has been instrumental in building upon the efforts and triumphs of each successive president since 2009.

Those triumphs embody themselves in the development and delivery of three annual campus-wide sustainability events, each engaging hundreds of ISU students. The engagement is two-fold, engaging student organizations to have informative and interactive displays at their events and engaging individual students to attend their events.

Though beginning with a focus on campus organizations, TGU has increasingly expanded and diversified the scope of their events to include community organizations, as well as businesses, committed to sustainability. Ensuring their peers have the opportunity to experience an overarching perspective and consideration of sustainability, both on-and-off-campus, is of vital importance to members of TGU.

National Campus Sustainability Day is celebrated each fall semester with a tabling event for sustainably-minded clubs, campus departments and organizations to showcase their commitments to environmental, social and economic sustainability at Iowa State, as well as what they will be working on during the academic year. The event also serves as a recruiting opportunity for new members and volunteers.

“The fact that new students have made TGU their own and accomplished things I never would have imagined, makes me so proud...”
During the spring semester, TGU hosts two events – Sustainapalooza and Earth Day. Sustainapalooza is focused on celebrating each Cyclone’s individual commitment to a more sustainable future, as well as offering opportunities to challenge and empower an even deeper connection and commitment.

“TGU has shown me that a lot of students at ISU truly care about their impact, so TGU, to me, is an agent of change and hope!”

- Josh Marlin
TGU Student Organization Liaison
Senior, Environmental Engineering

In achieving that, Sustainapalooza offers four primary components: hands-on GIY (Green-It-Yourself) Centers, offering new skills and on-the-spot crafted items focused on sustainable living; a poster and tabling session featuring campus and community sustainability initiatives and opportunities; a pledge wall allowing attendees to consider their own interests and impacts while making personal pledges for the remainder of the academic year; and a keynote lecture or documentary screening. Sustainapalooza also features local food refreshments and sustainably-purposed giveaway items.

Every April 22, TGU celebrates Earth Day with a tabling event, much like National Campus Sustainability Day. Recently, Earth Day has expanded into Earth Week to offer a week-long celebration. This has occurred through one of TGU’s focused club initiatives – the creation of a Sustainability Network. While TGU is founded upon acting as an umbrella organization supporting all clubs and universities connected to sustainability, the goal of the Network is to bring all sustainability clubs together in discussions and strategic planning toward collective and unified action and accomplishment.

“TGU empowers me to work collaboratively towards a better future.”

- Katrina Betz
TGU Director of Design
Sophomore, Global Resource Systems

Currently more than 20 clubs are actively engaged in the Network and a full week of events is confirmed for Earth Week (April 17-23), including documentary screenings, keynote lectures, a bee hotel and prairie seed bomb event, a bike rodeo, a tree planting event, the annual Lake Laverne cleanup and the Earth Day tabling event. See page 7 for a detailed listing of events during Earth Week.

“It is both exhilarating and humbling to be a part of TGU,” Koppenhafer noted. “Not only do we get to connect Cyclones to sustainability during our time here, but we are setting a precedent for future Cyclones to be a part of this culture of sustainability. That is the most rewarding part.”

To get involved with The Green Umbrella, join their list-serv or attend a club meeting (Mondays at 8 p.m. in 108 Curtiss Hall).
Plan on renting an apartment, getting a job this summer or making your first big post-graduation purchase? Exciting events make us more cognizant of the importance of having good habits in budgeting, saving, spending and ensuring financial well-being. Financial well-being is defined as the “satisfaction with one’s overall standard of living…our ability to effectively manage our economic lives…our financial security.”

Financial well-being means we are financially-literate, being knowledgeable of financial tactics necessary to obtain optimal financial well-being. However, knowing the ins and outs of finance can be a daunting task. Learning what and how your finances work can be accomplished by many resources, which are readily-available.

THE FIRST STEP toward a brighter financial future is utilizing these resources. Iowa State hosts a plethora of opportunities to increase financial literacy through workshops and programs with the ISU Financial Counseling Clinic (FCC), ISU Extension and Outreach and the Student Loan Education Office. Another source for financial resources is with Teachers Insurance and Annuity Association of America (TIAA), a leading non-profit financial services provider, available for anyone to use.

THE NEXT STEP toward being more-educated on finance is through consultation with a financial adviser. In a study by HSBC, The Future of Retirement, those with financial plans accumulated nearly 250 percent more retirement savings than those without a financial plan in place. It can be difficult to discuss personal finances, but meeting with a financial adviser keeps you accountable of your finances, and also connects you with a person who has no outside agenda other than to make sure you are a financial success.

The ISU Financial Counseling Clinic offers appointments with financial advisers that are available for students and members of the community to seek help in matters related to student loans, credit and credit cards, budgeting, debt management, financial planning, home ownership and investing. Go to their website to schedule an appointment or explore their many resources.

THE FINAL STEP in financial well-being is planning your spending. Planning your spending begins with budgeting. A helpful tool to use for budget planning is the 50-20-30 rule. Alloting 50 percent of income toward fixed costs (mortgage, rent, utilities, loans), 20 percent toward savings and 30 percent toward flexible expenditures (groceries, gas, entertainment). This allows you to know exactly how much of your money is going where and provides a constant and consistent guideline.

Financial advisers will stress the importance of starting retirement savings from your first paycheck. The longer your money has to grow, the more money you will have at retirement. While the temptation is to put off retirement savings until after they pay off student loans, it is very difficult to make up for the lost years. Loan forgiveness programs can help tackle student debt. These programs allow monthly repayment plans toward loans while working for an employer within any level of government or not-for-profit organizations.

Of special importance to your finances is the building of a cash reserve, setting aside a pool of money that will be readily-available to meet the needs of any urgent financial emergency. Known as a contingency or reserve fund, a cash reserve is the most important thing you can do as an adult to stay out of debt. Many people experiencing credit card debt use their credit cards to pay the unexpected or infrequent bills that always occur, but so often take us by surprise. By having the resources set aside to pay for unexpected bills means credit cards that don’t have to be used can be paid off and don’t become an anchor on our futures.

Financial literacy is a vital skill in ensuring a sustainable present and future – empowering our economic sustainability and setting course for financial well-being.

“...these three behaviors are practiced by people who are most successful in their financial lives...

- Meeting with a financial adviser and having a financial plan with long-term goals;
- Living within their means and saving up ‘luxury money’; and
- Having a cash reserve, so unexpected expenses do not result in unplanned debt.”

— ANN DOTY
ISU Retirement Information Consultant

FINANCIAL LITERACY:
KEEP YOUR BUDGET IN THE GREEN

"...these three behaviors are practiced by people who are most successful in their financial lives..."
The end of the semester is drawing near, and other than finals and graduation (congratulations!), move out is next on the agenda. A study by Tufts University revealed the average college student produces 640 pounds of solid waste each year, most of which accumulates during move out. Listed below are researched resources and opportunities from Live Green! freshman honors research student, Lauren Young (open option), based on considering her own move out. For a full account of her methodology and findings in her quest of moving out green, check out her blog entry on the Live Green! blog.

DONATE/REUSE
A few of the many local options to PAY (gently used items) FORWARD

**Furniture and Household Items**
- Salvation Army (Pick-Up Available)
- Emergency Residence Project

**Textbooks**
- Parks Library or Ames Public Library
- Raising Readers
- ISU Bookstore
- ISU Free and For Sale

**Non-perishable Food**
- The SHOP (Students Helping Our Peers)
- Food at First
- ACCESS (Assault Care Center Extending Shelter and Support)

**Cleaning Supplies**
- Ames Animal Shelter
- Youth and Shelter Services

**Clothing**
- Clothing That Works
- Goodwill

**School and Office Supplies**
- ISU Workspace
- ISU Postal and Parcel Services
- Octagon Center for the Arts

**Appliances**
- Best Buy (Recycling Option)
- Habitat for Humanity

**REPURPOSE**
Opportunities to offer new purpose to items having fulfilled their intended use

**SAVE**
Simple Act Vital Effect

Another way to donate your unwanted items and food is through SAVE, an on-campus program by the Department of Residence and Central Stores aimed to help collect donation items for distribution into the community during this pivotal time of waste production.

The SAVE program offers collection opportunities from April 21 to May 11. Drop-off locations are available throughout the Department of Residence and include the following: Maple, Room M01; Willow, Main Lounge; Larch, Main Lounge; Birch-Welch-Roberts and Barton-Lyon-Freeman, Cornerstone; Linden, Room A149; Oak-Elm, Room 212; Elm, Parlor; Helser Room A293; Schilletter and University Village, Laundromat or Community Center; Wallace/Wilson, Room C1201; Buchanan, Room 2012; Friley, Room 2414; Martin, Room 2109; and Eaton, Room 1132.
National Gardening Month is a celebration of environmental, social and economic stewardship during the month of April, as well as the kickstart of the gardening season. During the growing season, we care for: the environment as we tend plants, for each other as we help feed our neighbors and our communities when we buy locally.

Coined by the National Gardening Association, National Gardening Month (which coincides with Earth Month) celebrates many health and community benefits of gardening, as well as the connection between gardening, caring for and nurturing the earth.

Several facets of gardening and gardens are highlighted to help in the reaping and sowing this spring!

**Garden Types**
Depending on how much space you can commit to gardening, you can choose to plant many different types of gardens – indoors or outdoors, vegetable, herb or aesthetic. Each type has various options to add fun and vibrant colors and aromas to your life. Begin planning your new garden by keeping these nine tips in mind.

**Native Plants**
Explore the use of native Iowa plants and pollinators. Native plants are well-adapted to local weather conditions, require little irrigation or fertilizer and are resistant to most insect pests and diseases. In addition, planting native pollinators helps maintain a healthy ecosystem for a diversity of pollinating species. Decide what natives to plant with this guide.

**Hardiness Zones**
Determine which plants are likely to thrive in a location based on its hardiness zone. The zone map, found on the USDA’s website, is based on the average annual minimum winter temperature, divided into zones. For Iowa, the average temperature minimums range from -25 to -10 degrees. Ames is located in Zone 5a, -20 to -15 degrees.

**Sowing Seeds**
Look for seeds, available to purchase locally from farmers and shops and support your local community and economy. Many farmers from the Ames area offer both non- and organic vegetable seeds at farmer’s markets or at their farms. You can also purchase seeds from shops in Ames, such as Wheatsfield Cooperative and gardening stores.

**Sustainable Potting**
Before throwing something away, give it a second look. It could become a creative garden pot! Use egg shells as seed starters or buy biodegradable pots and seed starters, craft used bottles as hanging planters and reuse floppy disks and empty paint cans as ground planters.
Farmer’s Markets
By making your purchases at local farmer’s markets, community growers and gardeners are supported, and locally-grown, fresh produce can assist with families’ healthy meal-planning. Ames has two farmer’s markets – the Ames Main Street Farmer’s Market and the North Grand Mall Farmer’s Market.

Watering Strategies
Water plants in a sustainably-minded way. Water your indoor plants with leftover cooking and drinking water or accidentally-dropped ice cubes, which absorb slowly and prevent excess water runoff. For outdoor plants, set a bucket outside on your porch or patio to collect rainwater.

Garden Pests
Rather than costly pesticides that can be hazardous to you, pollinators and the environment, choose to create DIY pesticides or purchase pesticides that are environmentally- and human-friendly. To keep larger pests out of the garden, try DIY scarecrows or windchimes made from reused materials.

Ames Resources
Reiman Gardens provides a diversity of discounts to students at Iowa State, and offers workshops, classes and lectures pertaining to the many different facets of gardening. Wheatsfield Cooperative also offers a variety of workshops and classes pertaining to a variety of topics in gardening and cooking.

Campus Opportunities
Join campus organizations and learn about resources related to gardening. For example, the Sustainable Agriculture Student Association cares for gardens and provides produce to ISU Dining and Food at First. Students can also take sustainability-related horticulture classes at Iowa State.

JOIN THE MASTERS
- Master Gardeners share their time and expertise in community gardens (like helping to combat hunger with Hunger Free Iowa), city beautification projects and farmer’s markets, among many other opportunities to support and nurture their communities.
- Join the ISU Master Gardener Program through Iowa State University’s Extension and Outreach.
- Apply online to attend the core training this fall, taught by ISU educators, local horticulture experts and Extension personnel. Course topics include plant propagation, soils, entomology, turf grass, houseplants and much more.
GREEN IT YOURSELF

REFLECTIVE DOG BANDANA

SUPPLIES
- Stiff or interfacing fabric • Reflective band and tape • Iron • Fabric pins
- Thread • Scissors • Webbing strap and buckle • Sewing machine • Sewing needle

INSTRUCTIONS
1. Fold fabric in half and cut a large triangle, using the folded over fabric end to make the triangle base. Ensure the bottom of your triangle is long enough to provide ample ends to tie together (~1.5–2 inches of extra length).
2. Pull apart the reflector band by separating the Velcro and the backing.
4. Lay the webbing strap on long side (triangle base) of the bandana and fold fabric over to cover strap. Pin it in place.
5. Stitch the webbing strap onto the bandana fabric.
6. Flip the bandana over. Cut the reflector tape in half and position the two halves on each triangle side of the bandana, making a “V.” Pin the reflector tape in place.
7. Stitch around all the edges of the reflector tape.
8. Take your dog for an illuminating walk!

SUPPLIES FOR MORE GIY CYCLING ANKLE STRAPS
- Cotton webbing (1-inch size, 1/2 yard) • Woven Jacquard ribbon (5/8–7/8-inch wide, 1/2 yard) • Rickrack (1/8-inch wide, 1 yard) • Fabric glue • Parachute or quick-release buckle (1-inch size) • Bar slide buckle (1-inch size) • Coordinating thread • Sewing machine • Sewing needle

INSTRUCTIONS
1. Cut two pieces of rickrack 18 inches each. Spread a thin bead of glue on the wrong side of the ribbon, along the edges. Glue a piece of rickrack along each edge.
2. Center and glue the ribbon right side up on the webbing. Sew the edges of the ribbon to the webbing. Zigzag the ends of the ribbon and webbing.
3. Thread one end of the webbing through the bar slide buckle. Fold the end over 1-1/2 inches with wrong sides together. Sew the end to the webbing along the edge.
4. Thread the webbing through the pronged side of the parachute buckle with the prongs facing the bar slide buckle. Thread webbing back through the bar slide buckle then through the remaining side of the parachute buckle.
5. Fold 1-1/2 inches of the webbing over with the end of the unfinished sides and facing together, sewing together.
6. Adjust the ankle strap to fit over your pant leg and around our ankle.
7. Enjoy a safe ride, day or night!

SUPPLIES
- 1/4-cup witch hazel • 1/2-teaspoon liquid vegetable glycerin • 1/4-cup water
- Glass spray bottle • Five drops each essential oils: rosemary, citronella, lavender, clove, peppermint and eucalyptus

INSTRUCTIONS
1. Mix together the witch hazel, liquid vegetable glycerin and each of the listed essential oils.
2. Add in water and pour into glass spray bottle. Shake well.
3. Spray liberally on your skin before going outside.
4. Distract those pesky bugs!

FOR MORE GIY
STASH OUR TRASH

Participate in Stash the Trash, an annual volunteer effort that brings campus and community members together to help clean up the Ames community and assist homeowners with yard work on April 30, 8:30 a.m. to 2 p.m. Trash bags and gloves will be provided, as well as a free lunch and admission to Reiman Gardens. Volunteer by yourself, with a group or with an organization for a convenient time period and location. For more information and to register, go to the Volunteer Center of Story County’s website.

SERVE DURING CYSERVE DAY

Help keep Iowa State University beautiful by participating in this year’s CyServe Day, an annual, volunteer campus clean-up day. Held on April 16 from 9 a.m. to 3 p.m., volunteers can choose a 1.5-hour shift to beautify Iowa State by picking up trash or other items that have accumulated on campus, as well as assist community organizations in various give-back opportunities. To sign up for a shift, visit the Volunteer Center’s website.

IMPROVE AMES TRAVEL

Help Ames and Iowa State make travel safer and more enjoyable for everyone by taking three short online surveys. To assist with traffic flow on Lincoln Way and in the Campus Town area, take this survey. To increase usage and usability of Ames’ community’s shared-use trail system, take this survey. To offer perspectives about biking, take this survey.

HELP THE MONARCHS

Join the ISU Monarch Workgroup as a summer research intern. Interns will assist researchers with field and lab activities, such as milkweed demonstrations, edge-of-field conservation practices to examine butterflies’ ecological responses and plant and monarch rearing. Email a resume, cover letter and three references to Dana Schweitzer to apply.

TAKE RESEARCH OUTDOORS

Utilize skills in problem-solving, independent thinking and outdoor physical labor as a field research assistant for Iowa State’s department of agricultural and biosystems engineering. Interns will collect in-field data, scout fields for corn and soybeans, sample soil and document data and observations. To apply, email a resume to Kristine Kohlhaas.

HELP THE MONARCHS

Provide assistance for seed conditioning research operations and training programs this summer with Iowa State’s Seed Science Center. Interns will operate and maintain seed cleaning equipment, handle materials and participate in group presentations, design equipment and assist with fabrication. To apply, email a resume to Alan Gaul.

TAKE THE PLEDGE

Support National Sexual Assault Awareness Month by becoming an active participant in the It’s On Us campaign, a commitment to end sexual assault at Iowa State. Take the pledge to not be a bystander, and visit the Live Green! blog to learn more about Iowa State’s dedication.

ASSIST IN SEED CONDITIONING

Ames’ Community Housing Initiatives is in need of several volunteers for its various education programs for kids. These programs include Brain Boosters, Reading Avenue, Science Science! and Story Time. Apply online and email Shara Bradley with any questions.

AID IN SOYBEAN RESEARCH

Intern this summer with Iowa State’s plant pathology and microbiology department and aid the ISU Integrated Pest Management Program’s soybean research. Interns will package soybean seeds for planting, assess and note soybean diseases and assist in data collection at research and demonstration farms. Email a resume to Sith Wiggs to apply.
APRIL

14
VEGETABLE GARDENING BEST PRACTICES
Get a head start on a summer vegetable garden with a discussion on best practices by Horticulturist Sharon Rink. Reiman Gardens, 6-8 PM

GARDENING BASICS
Learn the basics that every homeowner should know to ensure success in starting a home garden. Reiman Gardens, 10 AM-noon

BROWSING LIBRARY OPEN HOUSE
Pick up a recycled magazine and enjoy free upcycled, walk-in crafts that support Earth Day, and win door prizes. Open house takes place 8 AM-8 PM, Monday through Thursday, and 8 AM-5 PM on Friday. Browsing Library, MU, various times

FOOD REGIMES, FOOD SOVEREIGNTY AND AGROECOLOGY LECTURE
Join Eric Holt-Gimenez, executive director of Food First, for a discussion about access to healthy, ecologically-produced food. Sun Room, MU, 7 PM

WATER CHALLENGES & SOLUTIONS LECTURE
Join Glen Daigger, president and founder of Water Solutions, LLC, to discuss water management practices and policies to promote greater water and resource use efficiency. Room 322, Town Engineering Building, 1:10 PM

UTILITY SERVICE’S 125TH ANNIVERSARY
Stop by Utilities Service’s open house to celebrate 125 years of operating a co-generation power plant. Refreshments, tours and presentations are scheduled. ISU Power Plant, 616 Beach Road, 1-4 PM

EARTH DAY CELEBRATION
Celebrate Earth Day by learning about various campus and community organizations’ commitment to sustainability. Parks Library Lawn, 11 AM-2 PM

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

MAY 2016

23
ALL SPECIES PARADE
Take part in the celebration of biodiversity with the melding of art, science and human ingenuity for the natural world. Make an animal mask and join the parade, watch artistic performances and learn from presentations and educational exhibits. Live animal exhibits will be held at the Ames Public Library, 1-2:30 PM. Bandshell Park, 3 PM

STASH THE TRASH
Volunteer to clean up the Ames community and assist homeowners with yard work. Trash bags, gloves, lunch and Gardens admission provided to all volunteers. Reiman Gardens, 8:30 AM-2 PM

05
ART WALK
Join University Museums for a tour of select public art and sites of recent and ongoing art conservation projects. Fountain of the Four Seasons, MU, noon-12:50 PM

ART MART
Purchase pottery, jewelry, prints and accessories created by Ames and ISU artists. Continues on May 6, 10 AM-5 PM, and May 7, 10 AM-1 PM. Trophy Tavern, MU, 11 AM-6 PM

NATIONAL PUBLIC GARDENS DAY
Celebrate the role of America’s public gardens in promoting environmental stewardship and awareness. Free admission to all ISU students. Reiman Gardens, 9 AM-4:30 PM

PLANT SALE EXTRAVAGANZA
Stock up on plants for the home, offered for sale by community and ISU organizations. Reiman Gardens Parking Lot, 8 AM-5 PM

FAMILY YOGA IN THE GARDENS
Relax and enjoy yoga in the Gardens with your youngsters! Class is geared toward adults with children, ages 3+, and is taught by Nan Bonfils of the Yoga Center of Boone. Reiman Gardens, 10-11 AM