"... Pay attention to what you feed your mind, your body and your life. Create a nourishing environment conducive to your growth and well-being today."

— STEVE MARABOLI

EARTH HOUR: UNPLUG FOR ONE HOUR ON MARCH 25

NUTRITION MONTH: LEARN ABOUT ISU DINING OFFERINGS

NOW YOU KNOW: NOURISH YOURSELF WITH A GARDEN
Symposium Recap
Revisit our annual event packed full of sustainability celebrations.

World Water Day
Learn more about our water choices and how to “green” them.

Earth Hour Countdown
Countdown to Earth Hour with these ways to give back to the planet.

Living the Cardinal, Gold & Green
Meet a student taking a spin on traditional dining.

National Nutrition Month
Discover how ISU Dining is nourishing a sustainable future for all students.

Now You Know
Explore the challenges and opportunities of indoor gardening.

Green-It-Yourself
Nourish your mind, body and soul with these upcycled items.

Green Opportunities
Events and opportunities to inspire green connections.

March Calendar
Locations, dates and times for sustainable opportunities.

Thank you to all who attended and volunteered at this year’s Symposium on Sustainability!

In case you missed it, check out Page 4 for a recap of all of the fun.

Sustainable Connections!

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

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

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

Underlined text throughout this publication is hotlinked to offer additional information.
Nourishment is one of the many components of life universally required to ensure sustainability. Although often considered from the perspective of food in supporting our physical being, to truly be nourished is multi-faceted.

Defined as, “... supply with what is necessary for life, health and growth,” the act of nourishing has infinite opportunities and possibilities, and most certainly exemplifies that one size does not fit all. It is this understanding that actually is nourishing in itself – inviting each of us to pause and focus comprehensively inward, rather than just simply ensuring the consumption of food.

Within this context, when we are nourished, we are feeding not only our bodies, but rather the collective of mind, body and soul. In doing so, it is vital we connect with this collective and truly understand what is needed to effectively and sustainably provide nourishment. This journey toward nourishment is different for every one of us and is such a powerful experience when committed.

All of us have taken at least some pieces of our nourishment journeys already – the decision of a career to pursue, where to live, what hobbies to engage in, our choice in music, friends and even food – to name a few. If we reflect on these journeys and the results and impacts (and often times, bliss) that have come from them, a deeper consideration of nourishment is unmistakably obvious and invaluable.

This month’s issue of Live Green! Monthly reminds us all to stay true to and focused on our own unique journeys of nourishment. From opportunities to nourish ourselves, to examples of how Iowa State University commits to offering experiences, amenities and services to assist us in our journeys, as well as one student’s quest to nourish others as well as himself – the March newsletter offers an overarching consideration and perspective of nourishing, nourishment and being nourished.

To sustain ourselves, we require nourishment. To sustain our future, we are required to nourish.

Wishing you a nourishing month!

Yours in Green-ness

Merry Rankin
SYMPOSIUM RECAP

On Monday, Feb. 27, and Tuesday, Feb. 28, members of the Iowa State and Ames communities gathered for the 8th annual Symposium on Sustainability, "Ensuring a Sustainable and Resilient Future: There is no Planet B." The Symposium on Sustainability is an event dedicated to the celebration and showcasing of student, faculty and staff sustainability initiatives through presentations, discussions and engaging activities.

**Sustainability Poster and Tabling**

The poster and tabling reception provided an exciting opportunity for students, faculty, staff and community members to share their commitment to sustainability through displays and discussion.

**Lecture: Seeds of a Sustainable Future**

Colin Khoury, research scientist at the International Center for Tropical Agriculture (CIAT) headquartered in Cali, Colombia, and at the USDA National Laboratory for Genetic Resources Preservation in Fort Collins, Colorado, engaged the audience in a discussion on the importance of where our food originates – podcast available.

**Short Films and Panel Discussion: Millennials Empowering a Resilient Future**

"Painted Poison" and "Food Scarcity," two student-driven productions exploring the intersections between social, economic and environmental sustainability were previewed. Following the production viewings, the audience joined students from The Green Umbrella and feature initiative producers Maria Rose Belding and Lakshmi Karuparthy for a discussion of the films.
Sustainapalooza
From making sustainable soups, to swapping and donating old clothing, to enjoying local ingredient refreshments — those who attended Sustainapalooza had the opportunity to engage with all three facets of sustainability: social, economic and environmental. Attendees not only learned more about sustainability through the many activities, but were also able to share their own ideas for being more sustainable and take home hints and goodies to “green” their everyday lives.
World Water Day, Wednesday, March 22, is a worldwide call to action to address the world’s relationship with water. There are many things that can be done to combat water opportunities and challenges, both globally and here in our own backyard. Our collective relationship with water touches all facets of sustainability – environmental, economic and social. Learn more about water with these facts and tips on how to take action.

**ENVIRONMENTAL SUSTAINABILITY**

**FACT:** It costs about 90 gallons of water to produce a single serving of poultry – not including the water costs of travel.

**TIP:** Considering the water impacts of how far your food has to travel by purchasing products made locally reduces indirect demands for water.

**FACT:** A single-use water bottle takes 8.23 liters of water to manufacture and 1.39 liters to fill.

**TIP:** Substituting a reusable water bottle offsets the impact of its production in less than 13 uses. Going the extra mile and considering other types of reusable containers offers further offsetting opportunities.

**ECONOMIC SUSTAINABILITY**

**FACT:** For every 10 degrees you lower your water heater temperature, you can save 3-5% on your water heating costs.

**TIP:** Saving additional money results from actions such as taking shorter showers and turning off faucets when not in use.

**FACT:** Toilets use up to 30 percent of an average household’s indoor water consumption.

**TIP:** Converting your existing toilet into a low-flush toilet uses less water, reduces the cost of utilities and can be easily done.

**SOCIAL SUSTAINABILITY**

**FACT:** More than 663 million people live without a safe water supply close to home. Many have to spend hours traveling to the nearest source of clean water, or suffer from health issues due to the limited supply of fresh water and the consumption of contaminated water.

**TIP:** Utilizing resources on [worldwaterday.org](http://worldwaterday.org) can assist in raising awareness on opportunities to make a collective difference.

**FACT:** Forty-three percent of U.S. adults consume less than 32 oz. of plain water daily. Typically, a person’s water consumption is 80 percent plain water and 20 percent from the foods they eat. With this guideline, to reach the daily hydration needs of 91 oz. for women and 125 oz. for men, a typical woman would need at least 72 oz. of plain water daily, and a typical man would need at least 100 oz.

**TIP:** Setting hydration goals for ourselves that include plain water ensures we sustain ourselves, so we can, in turn, sustain our planet.
Join in celebration of the commitment to considering the Earth in our everyday decisions. Earth Hour, an annual celebration, challenges people around the world to commit one hour to “going dark” in a symbolic act that reminds us all to remain mindful of our planet. This year’s event takes place on Saturday, March 25, at 8:30 p.m. Because our commitment to protecting our home extends past a single hour every day leading up to Earth Hour, we can challenge ourselves to make one small change that considers the Earth – use this calendar for some suggestions!

**MONDAY**

Go

- **1.** Unplug electronics not in use.
- **2.** Take a reusable mug to work.
- **3.** Walk to work.
- **4.** Clean out closets & donate unwanted items to a local charity.
- **5.** Enjoy some fresh air outside!
- **6.** Switch one bulb to LED.
- **7.** ... And turn off lights when not in use!
- **8.** Turn off the TV and read a book instead.
- **9.** See a piece of trash on the ground? Recycle or throw it away!
- **10.** Print on both sides of the paper.
- **11.** Volunteer locally.
- **12.** Plant something!
- **13.** Eat local.
- **14.** Bring reusable bags to the store.
- **15.** Power down idle electronics.
- **16.** Redeem your bottles and cans to the nearest redemption center.
- **17.** Unplug & enjoy 30 minutes of mindful breathing.
- **18.** March 25th 8:30 PM

Celebrating the Earth and committing to take care of it goes beyond Earth Hour itself. Use the ideas from this countdown to get started, considering the Earth through your own daily actions. Share the ways you are giving back to the Earth by tagging us on Facebook, Twitter or Instagram.
Kevin Garcia, sophomore studying business and hospitality management, is seeking unique ways to nourish people in his pursuit of owning a farm-to-table restaurant.

After graduating high school in Los Angeles, Garcia followed in his sister’s footsteps to attend Iowa State University. At the time, he wanted to become an athletic trainer. Garcia soon realized that his true passion was in cooking.

“I had been cooking for most of my life,” Garcia said. It was this realization that led him to study culinary arts at the Art Institute back home in Los Angeles.

After finishing culinary school, Garcia (featured center in photo) got a job as a line cook for Nobu, a Japanese restaurant with more than 30 restaurants worldwide.

When Nobu first opened in 1995, it won “Best New Restaurant” from the James Beard Awards, known as the “Oscars of food.” Since its beginning, Nobu has continued its award winning performance. It was this position that inspired Garcia to want to open a farm-to-table restaurant.

“The idea of trying to extract natural flavors rather than adding a lot of seasoning.”

The idea of food being farm to table dates back to our earliest roots. In fact, before refrigeration made longer preservation possible, nearly all foods came straight from a farm to your table. Today, farm to table dining means the food is fresh, seasonal and local.

Capturing these unique qualities of working with fresh ingredients is an important part of the way farm to table restaurants nourish their customers in a unique way. For Garcia, the farm-to-table restaurant he plans to open would be designed to enhance the natural flavors of the ingredients he would serve.

After discovering this passion for serving natural, local ingredients, Garcia decided to come back to Iowa State to study business and hospitality management in hopes of combining his culinary and business experience to open a farm to table restaurant after graduation.
Garcia would like to move closer to home and open his farm to table restaurant in Southern California. He plans to work with the locally caught fish and fresh fruits and vegetables that can be found year-round.

"My signature dish would be a fresh sea urchin pasta with caviar," said Garcia. "It would have homemade linguine pasta with a sea urchin sauce and garnished with caviar, whole sea urchin and parmigiano-reggiano."

Sharing fresh and nourishing food with others is what fuels Garcia’s passion.

“There’s something about seeing people’s face after taking their first bite or how they thank you after their meal that gives you energy,” he said.

To share farm to table dining with more people, he would like to use his knowledge from business courses to make farm to table dining more affordable.

“Farm to table is becoming a very big trend right now,” Garcia said. “I would try to find a way to drive down the prices so anyone could [enjoy it].”

Outside of dining at farm to table restaurants or owning a farm to table restaurant, there are many ways individuals and restaurants can become more sustainable.

Part of sustainable dining at home or at restaurants is fully nourishing your body with foods that are in season and able to be grown and harvested in sync with local growing seasons, rather than requiring all the extra resources needed for something out of season.

Garcia said, “when working at Nobu, for example, when we knew certain fish were out of season, we wouldn’t serve them.”

Considering food waste is also important for people when dining out or in their own home. When we are mindful of only selecting the ingredients we will use and not letting foods go to waste, we are not only nourishing our bodies with food, but we are also tending to the needs of the Earth.

“Every restaurant operates differently, but overproducing is something all restaurants should think of,” Garcia said.

In his experience working in dining and in his education, Garcia has seen many restaurants that are optimistic about their forecasts and purchase more food than they need. He said it is difficult to balance optimism with being realistic about numbers to avoid food waste.

Similarly, at home, Garcia shops for one or two days at a time to ensure he does not waste any food and his food is fresh.

Garcia encourages everyone to step out of their comfort zone and try eating at a farm to table restaurant.

“Go for the experience,” Garcia said. “Enjoy the plating and the flavors of the dishes. Go in with an open mind.”

1. **STAY LOCAL.**
   When shopping for groceries or eating out, support the local economy and find foods that may be grown or produced locally. Search for Community Supported Agriculture (CSAs) as a start — exchange volunteer hours for food with the Student Organic Farm or Mustard Seed Farm, or purchase food from a CSA, like Lacewing Acres.

2. **EAT SEASONALLY.**
   Select your foods based on what is in season. Use this guide to aid in picking foods that are the most fresh in your area at any given time of year.

3. **PRESERVE SEASONAL FOODS.**
   Though many foods are only available at a certain time of the year, make them last throughout the year by preserving them through canning, dehydrating or freezing them. Classes on preservation are available through the ISU Extension and Outreach.

4. **REDUCE FOOD WASTE.**
   Plan ahead so you are buying an amount of food that you will actually consume, and if you make extra, eat the leftovers for lunch the next day.
National Nutrition Month celebrates all things nutrition, health and wellness during the month of March.

ISU Dining is the main source of nutrition for students living on-campus (and also impacts those living off-campus).

At Iowa State University, ISU Dining’s staff is diligently working to nourish all Cyclones who enjoy its services through the three facets of sustainability.

“When [sustainability] is a passion of many team members, it filters through and becomes a priority,” said Karen Rodekamp, food service manager for ISU Dining. “We also know sustainability is important to our students, as well.”

ENVIRONMENTAL
First, ISU Dining minimizes how much food waste enters the landfill by composting. Food waste is composted during both food production, as well as after customers throw away the food they buy.

Secondly, ISU Dining makes a big effort to recycle. Other than recycling cardboard, metals, paper, plastics, glass, food packaging and wooden pallets from food item deliveries are also recycled. Trash from dining services is also sent to the City of Ames Resource Recovery Plant to be pressed and combined with natural gas to produce electricity for the City of Ames, rather than landfilled.

SOCIAL
From a social perspective, ISU Dining has also made various commitments to sustainability.

This academic year, ISU Dining added more international food and seasonal items to its menus.

“Today’s student is a lot different than the students from years ago,” Rodekamp said. “We are doing what we can to best serve their needs.”

In addition, Rodekamp said that extending dining hours fosters an environment of togetherness and community for Cyclones.

“Are a part of the students’ home,” she said. “Our facilities are their kitchens. If I have company over to my house, where do we all hang out? It’s the kitchen because that’s where the food is.”

Finally, when students bring their own reusable bottles or mugs to any retail cafe on campus, they receive a 35 cent discount on their chosen beverage, keeping nearly 35,000 disposable cups out of the trash.

As for seasonal items, ISU Dining is committing to keep up with trends to satisfy students — meaning pumpkin spice in the fall is here to stay!

ISU Dining also does its part within the community. It has partnered with Food at First to share excess food items and ingredients. It has donated perishable food items around academic breaks, items from catered events, as well as packaged retail products past their sell by date.

Dining has also extended its facility hours to accommodate students’ hectic and ever-changing schedules.

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ECONOMIC
ISU Dining is also dedicated to being economically sustainable.

Iowa State, along with the other two regent universities, contract together with the same food vendor, Martin Bros., a locally-owned and family-started food distributor, out of Cedar Falls, Iowa. Because the regent universities contract together, they can offer food prices to their students. All three universities also share a contract through Iowa-based Anderson Erickson Dairy for their dairy products.

In addition, ISU Dining has a strong relationship with the ISU Horticulture Research Station, as the university and the university farm work together to grow produce for use in ISU Dining’s kitchens.

Finally, ISU Dining is saving money by focusing on creating more from-scratch food options to serve at campus dining locations (Page 10 bottom photo).

Some items that are completely from-scratch include bagels, cookies, muffins, pizza and bread dough, scones, among others (photo above).

Rodekamp said by returning to an all-scratch tradition, Dining’s dietary employees are better able to control and "tweak" products to fit nutrition standards.

“We have the talent, the equipment and the people on our staff to make this food from scratch, so we’re going back to those roots of in-house production," Rodekamp said. "Therefore, we can use real ingredients and control what is in the end product."

SUSTAINING THE VISION
First and foremost, Rodekamp said ISU Dining is always looking to improve upon its sustainability initiatives. She said Dining makes presentations to classes about its efforts in sustainability, as well as offers tours of its facilities.

"We know sustainability is constantly changing and is a constant effort – new options come all the time," she said. “Our staff attends conferences that have sustainability education incorporated, as we are always trying to learn for ourselves and become better when it comes to serving students."

Rodekamp also emphasized how beneficial it is to garner feedback from the Cyclones who use ISU Dining’s services. She said emailing dining@iastate.edu is the best way for their voices and opinions to be heard.

“We always appreciate what students have to say,” she said. "Seeing the vision through students’ eyes opens up a whole new perspective."

ISU’s Special Diet Kitchen exists to serve the 40-50 students whose dietary needs cannot be met with a standard menu or is difficult to manage on their own.

The Special Diet Kitchen is in a separate location than other dining kitchens to avoid cross-contamination with foods in which students may be allergic. These students have food allergies and intolerances that can be life-threatening if not accommodated appropriately.

“I think it’s unique to offer a separate kitchen, and it’s a unique idea to ISU," said Lisa Nolting, registered dietitian in ISU Dining. "We want these students to go get their food, go sit with their friends and still feel like part of the college experience. We want them to feel a part of everything, even though they go somewhere else to get their food."

Their menu looks a lot like traditional menus, except it entails entrées that are gluten-free and without the top eight allergens.

In the future, they aspire to increase the variety of menu options, as well as welcome students with special dietary needs to an expanded facility, which is currently planned for Summer 2018.
NOW YOU KNOW: **GREENING YOUR INDOOR SPACE**

With a culture of always being on the go, we often forget to take time for our minds and bodies. As a result, it can be difficult to create and maintain a nourished lifestyle. Despite the challenges we face, there are ample opportunities to stay on track by feeding our minds and bodies – one in particular is indoor gardening. It’s not just about food.

**THE CHALLENGES**

When we take the plunge into indoor gardening, we must challenge ourselves to be mindful of environmental, social and economic sustainability. When we are mindful of these components, we nourish ourselves, as well as the world around us.

**ENVIRONMENTAL**

The biggest challenge pertaining to plants and environmental sustainability is knowing how to take care of the plants in your indoor garden.

First, not all plants love water. When we do not fully understand our plants’ needs, it’s easy for us to make mistakes, such as over-watering them. Over-watering can harm or even kill your plants, as well as waste water.

Second, your indoor space may simply not be big enough to accommodate your garden. This could mean floor space, deck space or even window sill space. For instance, in dorms and apartments, there may only be one or two windows available for plants to soak up that vital Vitamin D. Even then, those windows may not let in much sunlight.

Finally, especially in dorms and apartments, having potting supplies isn’t always feasible, whether it be for space or cleanliness reasons.

**SOCIAL**

Sometimes our own selves or our home environment is the biggest challenge to overcome when it comes to starting something new.

Many of us think we need to have a “green thumb” in order to have a successful garden. While this green thumb mentality may come to some intuitively, developing a green thumb is also just like developing a skill – you get better through learning and practice. With our busy lives, we do not always have the time or energy to learn about the plants we’d like to grow, not to mention planting and nurturing them each day.

Apartments and on-campus housing can often keep budding gardeners limited in how they choose to grow their plants. For those who want to grow a wall garden to take advantage of vertical space, converting a space you rent will be problematic, as well as not in compliance with your rental agreement.

**ECONOMIC**

There can also be some financial challenges to indoor gardening.

We love personalizing our space, whether we’re at work or at home in our house, dorm or apartment. Therefore, we sometimes become picky about choosing pots and plants that fit the existing design we have for our indoor space, but may not fit our budget.

Another challenge is agreeing to make the investment for your indoor garden – no matter if it’s buying your first plants, pots or soil. For some, especially the penny-pinching college student, other financial priorities, such as rent, utilities and groceries, understandably take precedence.

**THE OPPORTUNITIES**

Despite these challenges to indoor gardening, there are plenty of opportunities to nourish your mind and body while still considering environmental, social and economic sustainability.

**ENVIRONMENTAL**

First, indoor gardening offers the opportunity to improve your home’s air quality. Not only do plants release oxygen while growing, some plants also take chemicals and toxins (from cleaners, air fresheners, detergents, etc.) out of the air. One plant that is great at improving air quality is a snake plant (see above).

Apartments and on-campus housing can often keep budding gardeners limited in how they choose to grow their plants. For those who want to grow a wall garden to take advantage of vertical space, converting a space you rent will be problematic, as well as not in compliance with your rental agreement.

**SNAKE PLANT**

- Grows fairly quickly
- Prefers drier conditions
- Doesn’t need much sun
- Removes formaldehyde, xylene, trichloroethylene and benzene pollutants from air

In addition, there are opportunities to combat the threat of over-watering. After identifying your plant’s watering needs, you can use a scrap piece of paper to make a watering calendar, or you can download a free app for your phone to keep you on track.

Though the challenges of starting a garden may seem overwhelming, understanding the needs and life stages of different species of plants can aid in your success in this new endeavor.

**THE OPPORTUNITIES**

Despite these challenges to indoor gardening, there are plenty of opportunities to nourish your mind and body while still considering environmental, social and economic sustainability.
If limited natural light is an issue in your home, there are also many varieties of indoor plants that actually thrive with limited sun exposure.

Lastly, there are other ways to grow your plants rather than just planting them in the soil. Plants (and their owners) can benefit from hydroponics, aeroponics or aquaponics.

Another opportunity we have is to embrace indoor gardening and the "green thumb" mentality as the development of a new skill or hobby. When we think about gardening as something we enjoy doing rather than as an obligation, we have more positive experiences learning about our gardens and better opportunities that they’ll be successful.

Finally, there are a multitude of on-campus and community clubs and organizations surrounding gardening. On campus, the Student Organic Farm allows members to grow and take home some of the produce. The Ames Community Garden Coalition also offers opportunities to learn more about gardening, participate in gardening events and use Ames’ community garden, among others.

ECONOMIC
Indoor gardens can also sustain themselves (and us) in various ways.

First, we can grow our own food by growing produce indoors. We can do this through planting seeds and nourishing them until maturity, using grow kits or even pursuing the notion of a "wasteless kitchen" by re-planting overripe or unused bits of vegetables and fruits (re-used green onions seen on the right). Nothing gets more local than just a few feet away!

Second, propagation allows us to keep growing the number of plants in our indoor garden. Happy and healthy plants will often produce several plantlets in which you can snap from the main plant and then plant separately. These baby plants could then become a welcome addition to your garden.

Third, there are many options to style your own pot or planter without needing to spend a lot of money. There are countless DIY planters (see the March 2015 newsletter) that can offer a cost-effective, aesthetic appeal, while also being beneficial to the environment. Also, when you put your plants in them, they create a beautiful piece of home decor.

Lastly, there is also the unique opportunity for ISU students to get discounted rates at Reiman Gardens for many of their workshops and classes pertaining to gardening.

There are plenty of opportunities to add some green to your living space while also making sure the environment, your self and your wallet remain nourished!

Check out the Live Green! blog to see how one of our interns is greening her off-campus apartment with an assortment of plants!

SOCIAL
Having an indoor garden can actually provide many positive health benefits.

Research in environmental psychology has shown that bringing nature indoors can improve mental well-being, as well as our productivity levels. In the physical spectrum, some plants may also offer medicinal properties (both internal and external)

HYDROPONICS
- Growing plants without soil
- Plant grows in nutrient-rich water solution
- Uses less water

AEROPONICS
- Type of hydroponics
- Plants are misted with nutrient-rich water
- Can grow more produce

AQUAPONICS
- Connection between plants and fish tank
- Fish waste upcycled into nutrient-rich plant food
- Uses less water

LIVE GREEN CHALLENGE
1. Start or add to your indoor garden with a new plant
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge and tag our Facebook, Twitter or Instagram
GREEN-IT-YOURSELF

Nourish your mind, body and soul with these crafty upcycling ideas.

ALL-PURPOSE HEALING SALVE

SUPPLIES
- Four 4-oz. glass jars with lids
- 1-qt. mason jar
- 1 cup coconut oil
- 1 cup organic olive oil
- 4 Tbsp. beeswax pastilles (yellow)
- 1 tsp. Vitamin E oil (optional)
- 10 drops lavender essential oil
- 8 drops lemon essential oil
- 6 drops melaleuca essential oil
- Large saucepan
- Butter knife

INSTRUCTIONS
1. Add the coconut oil, olive oil and beeswax to 1 quart mason jar.
2. Fill a large saucepan halfway with warm water, and set your burner to low to medium heat, slowly melting the ingredients and stirring with a knife every few minutes until melted. You can also microwave it for six minutes.
3. While melting and stirring, line up four 4-oz. glass jars. To each 4-oz. jar, add the essential oils and Vitamin E oil.
4. Carefully fill each jar to within a half inch from the rim with the beeswax. Let the jars cool until the salve hardens, top with a paper towel while cooling (to keep dust, bugs, etc. out of the salve). Secure lids tightly after the salve has hardened.
5. Enjoy your healing salve for up to one year for dry skin, chapped lips, insect bites, burns and welts and as an antiseptic!

SUPPLIES
- Air-dry terra cotta or white clay
- Bottle cap (clean and dry)
- Straw
- 10-pound cording
- Wax paper
- Decorative bead (optional)
- Stamp of desired design (optional)
- Toothpicks or skewers (optional)
- Fine grit sandpaper (optional)

INSTRUCTIONS
1. On a surface covered with wax paper, roll out your clay until it is about 1/4-inch thick. Pop any air bubbles that occur with a toothpick or skewer.
2. Press bottle cap into the clay to create your pendant shape. Add a smaller hole within the bottle cap shape by pressing a straw into the center of the top of the pendant to create the hole for the string.
3. Add any designs with a stamp or toothpicks. Remove excess clay from around your pendant, and allow it to dry for 1-2 days.
4. When the pendant is dry, lightly sand away any rough edges.
5. Begin stringing the pendant by deciding what length it should be. Trim the amount of cord you’ll need (be sure it fits over your head), fold it in half and slip the middle of the cord through the back of the hole in the pendant to the front. You should now have a loop.
6. Take the tail of the cord and slide it through the loop. Tighten as needed. If desired, add a bead for decoration. Tie the two ends together.
7. Add 1-3 drops of your favorite essential oil or fragrance.
8. Take on the day with a great-smelling accessory!

SUPPLIES
- 8 1/2 by 11 inch paper
- Thick/tough material for cover (paper bags, old book jackets, leather bag, etc.)
- Pencil
- Rubber band
- Scissors
- Iron

INSTRUCTIONS
1. Determine the number of pages you want for your journal (one sheet of paper equals four pages). Fold sheets of paper in half, horizontally.
2. Make a 1/2 inch cut along both ends of the creased fold. Your binding is going to loop around the crease and “sit” in these cuts.
3. Identify an interesting part of your recycled material that will serve as a cover, taking into account images, words, etc.
4. To size the cover, use your pages as a template. Mark the dimensions on the cover materials with a pencil, then cut or tear. If the material needs flattened, then iron.
5. Cut a half-inch into the creased cover to match the folded, notched internal pages, and put it all together. Slip a rubber band over the cuts to create binding.
6. Scribble down whatever comes to mind!
GREEN OPPORTUNITIES

JOIN THE FIGHT AGAINST ALZHEIMER’S
Help create a world without Alzheimer’s disease, starting here at Iowa State University! A new student organization, Advocates for Alzheimer’s Association, is looking for new members to work toward reclaiming the future for millions of Americans. Becoming a member will open up opportunities related to volunteering, fundraising, raising awareness, networking, as well as gaining leadership experience. To join or for questions, email isualzheimers@gmail.com.

LEARN ABOUT ENTOMOLOGY
Gain firsthand experience about entomology by working at ISU’s soybean entomology lab this summer! Tasks include counting aphids, sampling for insects, collecting and sorting insects, assembling field equipment, as well as working with bees. No prior experience, nor background in biology or entomology is required, as training will be provided. To apply, email your resume to soyenthire@iastate.edu.

CELEBRATE ALL INSECTS
Stop by Reiman Gardens on March 25 to celebrate their annual Day of Insects! This day brings together professionals, academics, advocates and enthusiasts of all levels from across the country to explore and celebrate entomology. Topics of interest include native insect species, exotic and endangered insect species, conservation efforts and new, educational programs aimed at advancing the appreciation of all insects! Check out the schedule of events and attend what interests you!

SHARE YOUR LOVE OF PLANTS
Become a nursery sales staff-person for Country Landscapes, Inc. in Ames! Daily responsibilities include helping customers, maintaining the plants, maintaining the site, as well as unloading plant delivery trucks. To apply, email your resume to Liz Crimmins at lcrimmins@countrylandscapes.com.

BECOME A GLOBAL LEADER
Harness your passions and knowledge by joining the Global Leadership Program with Saha Global. The three-week program helps launch women-owned businesses that provide clean water and solar electricity to rural communities in Ghana. Apply to become a field representative on Saha Global’s website by April 5.

CAPTURE CHANGE WITH VIDEO
Record the impacts of climate change happening in your own community through film. Use your work to inform the public about this ever-changing issue in the Witnessing Change Video Competition for the Climate Cost Project. Videos are due April 15. Refer to the competition guidelines for more information.

GAIN HORTICULTURE EXPERIENCE
Join Red Granite Farm for a summer internship (possibly extending through October 2017) in both food crop production and landscape horticulture. Potential employees will participate in watering, weeding, planting, harvesting, as well as plant sales at farmers’ markets. To apply, email your resume to Nicole Jonas at redgranitefarm@hotmail.com.

ATTEND WHEATSFIELD CLASSES
Visit Wheatsfield Cooperative for more fun and delicious cooking classes! On March 30, learn how to make fresh potato gnocchi from scratch. In April, learn how to satisfy your sweet tooth with desserts and treats that exclude refined sugar, flour or dairy products.

ENHANCE STUDENT
Join ISU Student Wellness as a wellness educator to connect with peers around enhancing other students’ well-being. Ideal candidates are student leaders that would be trained facilitators, plan and host events and connect with the ISU Community. To learn more and apply, visit the ISU Wellness website. Applications due March 24.
FREE ADMISSION DAY
Visit Reiman Gardens free of charge. Reoccurs on the second Wednesday of every month.
Reiman Gardens, 9 AM-4:30 PM

WOMEN IN ARTS: A CONVERSATION
Celebrate the many accomplishments by women in the arts in the ISU campus community in honor of International Women’s Day. Join the conversation of where women are today, and their future role in the world of art.
1017 Morrill Hall, noon-1 PM

ARTFUL YOGA
Enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness.
1017 Morrill Hall, 5:30-6:30 PM

FLORAL DESIGN SERIES WORKSHOP
Bring spring break home with a fresh ocean-themed vase arrangement in blues and whites, with seashell accents. Registration required.
Reiman Gardens, 6:30-7:30 PM

ART WALK
Join University Museums for a free exploration of art on campus that features or was created by women.
South of McKay Hall, noon-1:30 PM

LECTURE: ATTITUDES ABOUT LGBT RIGHTS
Join political scientists Melissa Michelson and Brian Harrison for a discussion about how identity and communication affect attitudes about LGBT policies.
Sun Room, MU, 7 PM

BRUNNIER IN BLOOM
Stop and smell the roses at this event that showcases the talents of floral designers as they are challenged to create floral arrangements inspired by works of art.
295 Scheman Building, 6-8 PM

DAY OF INSECTS
Explore and celebrate entomology with the Ames community! Topics will include insects native to Iowa, exotic insects, endangered insects and conservation efforts.
Reiman Gardens, 8 AM-4:30 PM

EARTH HOUR
Go dark for one hour with this annual symbolic act that reminds us all to remain mindful of our Earth. See more information about Earth Hour on Page 7.
Your Home, 8:30-9:30 PM

ART + ISSUES: CAMPUS COMMUNITY
Join an open campus discussion about how to achieve the goal of generating understanding in a safe, inclusive and inspiring space.
1017 Morrill Hall, 2-4 PM

FILM AND DISCUSSION: “THE VOICELESS”
Explore the taboos and stereotypes of sexual violence against men and their impact on male survivors in an ISU graduate’s documentary premiere.
Great Hall, MU, 6 PM

THE LEOPOLD CENTER AT 30 AND BEYOND
Join the discussion about the Leopold Center’s accomplishments, challenges and the role it can play in Iowa agriculture.
1148 Gerdin Business Building, 7 PM

GLOBAL GALA
Experience the customs and traditions of Ames’ diverse population through food, costume and performance.
Great Hall, MU, 6:30 PM

COMING UP FOR
APRIL 2017

CONTAINER BOG GARDEN WORKSHOP
Celebrate Iowa’s marshy roots by creating a unique container garden with boggy, wet plants to give as a gift or to keep in your own home.
Reiman Gardens, 9:30-11:30 AM

WATCH FOR THE EARTH MONTH CALENDAR OF EVENTS AND ACTIVITIES ON OUR WEBSITE.

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
Rebekah Mallette | Marketing & Communications Intern | rebekahm@iastate.edu