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One of the most rewarding acts to commit as a human is that of sharing. The opportunities to share are diverse and plentiful. Sharing can take place with knowledge, experiences and tangible things such as food, shelter and goods. Sharing can be verbal, tactile or experiential. Sharing can occur between all living things and within all living systems.

In reflecting on another great year of green-ness at Iowa State University, my mind (and certainly my inbox) is flooded with the myriad of sharing that has taken place within and around sustainability -- sharing through projects, lectures, documentaries, events and volunteering; sharing in classes, meetings, organizations and committees; sharing on campus, in the Ames community, across Iowa, throughout Iowa and around the world.

Now summer is here, and as we venture toward new opportunities and challenges, for a few months or a career, we all have the opportunity to reward ourselves and share the green-ness that was shared with us -- sharing with the companies for whom we work, the organizations for whom we will volunteer, the communities within which we will live and all of the people (young, old and from all walks of life) with whom we will interact.

Sharing is reassuring, gratifying and empowering. Sharing touches and engages all areas of sustainability – environmental, economic and social. Sharing is within the foundation of a sustainable future.

Thank you for sharing another green year!

Yours in green-ness,

Merry Rankin
Director of Sustainability

“Gaining knowledge, is the first step to wisdom. Sharing it, is the first step to humanity.”
-- Unknown

AS YOU ARE CLEANING OUT, DON’T FORGET:
Postal and Parcel Services reuses campus envelopes and paperclips throughout university departments. Send your gently used campus envelopes and paperclips to 184 General Services via campus mail or dropoff during operational hours.

HAVE A GREAT, GREEN SUMMER!

LIVE GREEN!
With the spring semester wrapping up, we wanted to take a look back at the many green celebrations that took place on Iowa State’s campus this semester. Here are some of the highlights that encompass all facets of sustainability -- financial, environmental and social -- that collectively support Iowa State University’s journey toward a sustainable future.

**Helping the Monarch**
Established through the collaborative leadership and vision of the College of Agriculture and Life Sciences, the Iowa Department of Ag and Land Stewardship and the Iowa Department of Natural Resources, the Iowa Monarch Conservation Consortium has brought together researchers, farmers, scientists, educators, conservation organizations and communities across the state to support a sustainable future for Monarch butterflies in Iowa. In observing the population of Monarchs greatly declining over the last two decades, the Consortium will focus on enhancing Monarch butterfly reproduction and assisting community-led implementation efforts through research, education and extension and outreach initiatives. Efforts of focus include: increasing and sustaining milkweed populations, refining survey and monitoring methods and offering educational programs and resources for farmers and the general public.

**Balloons Drop to Raise Student Debt Awareness**
The College of Design’s Students of the Toys 2015 Studio constructed a unique event toward increasing awareness of connection to economic sustainability. As a result, 2,500 balloons were released from the ceiling of the College of Design, bringing awareness to the average $30,000 student loan debt Iowa State students will face after graduation. The balloons were filled with student loan debt facts. Assigned to create an experience through play or wonderment, students chose to use the opportunity to bring a serious topic to light; they felt no one was talking about it, yet would affect their graduating classmates. The event was a larger success than had been expected, and many were excited to learn more about it.

**Connecting Elementary Students to a Sustainable Future**
President Leath offered a unique and exciting opportunity to students at King Elementary School and Moulton Extended Learning Center free tuition to Iowa State. In the spirit of a land grant university, ISU is enhancing its commitment to offer and expand accessible educational experience and opportunity through reaching out to the communities. The students will have to meet a set amount of requirements, such as attendance, ACT scores, good behavioral status and remain within the Des Moines area schools. Both King and Moulton also have only-ISU student teachers and practicum students in their classrooms, benefiting current Education majors at Iowa State University.

**Greek Community Turns Blue for Autism Awareness**
In support of their philanthropic cause, autism, Theta Delta Chi engaged ISU’s Greek community in lighting their houses blue to support autism awareness. Autism Speaks, an organization committed to increasing awareness of autism spectrum disorder around the world, received the proceeds from the community’s efforts.

For all the green highlights of 2014-15, check out the Live Green! headline news.
SPRING HIGHLIGHTS

Students Present at Energy Investment Challenge
A team of ISU students were one of five teams selected to present their clean energy product at The Clean Energy Challenge in Chicago, Illinois. This annual competition awards investment funding for clean energy and technology in the Midwest. Team ARTichar presented their biochar product created from renewable biomass and used for water filtration.

Global Gala Embraces Social Sustainability
The Global Gala celebrated a decade of annual celebrations at ISU this year. The event brings together a variety of artistic performances and cultural celebrations from seven different clubs and organizations. There were performances by Motion Sickness, Tap Dance Iowa State, Sucka Punch, Bollywood Dance Crew and the Celtic Dance Society. Focused on showcasing and celebrating Iowa State University’s vibrant cultural diversity, this annual event also highlights our collective engagement and commitment to social sustainability.

Students Bring the Gift of Art to ISU and Water to Ghana
ISU students from the College of Design joined with students from the ISU chapter of Engineers without Borders to enhance and support social, economic and environmental sustainability. Having traveled to Ghana, Africa, the students witnessed firsthand a need for supporting environmental sustainability through ensuring clean and available water. The students worked with an artist from Ghana to create and build a fantasy coffin, shaped like an ear of corn. Fantasy coffins are specific to the village in Ghana, and the students were excited to give back to the community there. At release time, the coffin is currently being auctioned, and will provide funding toward building a dam for the village.

Alternative Breaks Program Achieves Record Enrollment
During the 2014-2015 academic year a total of 86 students, 77 during spring break, chose a give-back option for their academic breaks and made a sustainable difference to communities nationwide. Students took part in opportunities to work with a humane society in Kansas, a domestic violence safe house in Texas, rehabilitation center in Colorado, homeless shelter in Michigan and a state park in Georgia.

Hansen Awarded LEED Gold Certification
The Jeff and Deb Hansen Agriculture Student Learning Center became Iowa State University’s ninth building to be recognized with a LEED certification, receiving LEED Gold. Leadership in Environmental and Energy Design (LEED) buildings are designed with a focus on environmental and economic sustainability, such as water consumption, materials, how the materials are distributed to the site, where the materials are sourced from, recycling potential and heating and cooling systems. Hansen is ISU’s fifth LEED Gold building.
CONGRATULATIONS TO OUR GRADUATES

It was a great, green year at Iowa State University, and it would not have been possible without the talent, enthusiasm and enduring commitment of this year’s amazing Live Green! Team! We are thrilled to celebrate the graduations of three of our team members and wish them the very best as they pursue their future careers and their sustainable journeys we know they will embark upon!

Lauren Ferezy
City of Ames Smart Business Challenge Coordinator Intern
Graduating Major: Supply Chain Management with logistics and operations emphasis
Future Plans: Working for Ruan Transportation in Des Moines as an Associate Business Analyst

Liana LaMastra
Sustainability Coordinator
Graduating Major: Master’s program for Architecture
Future Plans: Pursuing career opportunities in the architectural field, as well as opportunities to help others embrace sustainability

Lauren Garin
Marketing & Communications Intern
Graduating Major: Advertising with creative emphasis
Future Plans: Returning to Minnesota to pursue future career opportunities in the Twin Cities with advertising agencies

Although not graduating from Iowa State, some of our team members are bidding us farewell as they take on new experiences and opportunities in their fields of study. Their vision, creativity and passion for sustainability has added significantly to the Live Green! Initiative! We wish them great success and never ending adventure.

Kayla Haspar & Tony Behnke
Campus and Community Engagement Interns

Kyle McNab
City of Ames Smart Business Challenge Coordinator Intern
With a projected population of 9.6 billion people by 2050, the challenge to feed a hungry world is a real one. To meet this need for current resources, global food production would have to increase by 70 percent.

Two students at Iowa State are embarking on a unique adventure to address global food security through taking part in the Land O’Lakes Inc. Global Food Challenge Emerging Leaders for Food Security fellowship. Trey Forsyth, sophomore in ag business and agriculture and society, and Olivia Reicks, junior in supply chain management and business economics, are taking on this daunting task.

The Global Food Challenge is a unique development program made available to 10 students from five universities -- Iowa State University, Purdue University, George Washington University, Northwestern University and the University of Minnesota.

After committing themselves to a competitive application process by submitting a video describing their approaches to solving world hunger, a resume and essay, students were interviewed by Land O’Lakes executives and program leaders. Students were then paired with university professors who help guide the research they conduct.

Forsyth and Reicks have different, yet complementary, approaches to achieving food security.

Forsyth believes feeding the world starts with banding farming communities together through local processing operations.

“It really is all about collaboration,” Forsyth said. “Smallholder farmers are going to be the ones growing food across the world to feed their own families, so helping them find the resources they need to do that successfully is crucial. It is bringing the right people together to be innovative thinkers that will help us achieve food security.”

Reicks’ idea includes designing an educational program to help developing countries improve their supply chains to reduce food waste.

“I want to improve the distribution of food for smallholder farmers in developing countries to reduce [food] waste,” she said. “My plan is to promote competitive, third-party logistics providers that will expand the current geographic constraints. This will enable the smallholder farmers to keep a larger percentage of profit and improve technology access to rural areas.”
She said it is important to teach food preservation techniques -- such as dehydration, vacuum packing and natural preservatives -- to reduce food spoilage. The key will be helping developing countries understand and gain access to these technologies.

The problem of world hunger has been on the minds of both Forsyth and Reicks from an early age, as both undergraduates grew up with agriculture.

“Finding ways to be both sustainable and efficient [in feeding the world] will be the most important thing for my generation,” Forsyth noted. “My grandpa is a third generation farmer in Northern Iowa and taught me the importance of coming from a farm and feeding people. This issue is important to me because I want to continue on the family tradition of feeding the world and making an impact by helping those in need through agriculture.”

Reicks grew up on a small farm in northeast Iowa, and her interest in world hunger was sparked after she job-shadowed the director of the Northeast Iowa food bank.

“I realized the time for action is now, and it is my turn to help those who do not have the same access to food as I do,” she noted.

The Global Food Challenge presents many other opportunities to Forsyth, Reicks and their eight fellowship teammates.

Throughout this school year, Forsyth said he and the other students participated in a number of assignments focused on working with their ideas on achieving food security. This included research with their matched faculty member, monthly Skype sessions with all 10 Emerging Leaders and their mentors, as well as opportunities to attend the World Food Prize in Des Moines and the Feeding the Planet Summit in Washington, D.C.

Over the summer, the students will complete an 11-week internship at the Land O’Lakes headquarters in Minneapolis. As a part of the internship, they will travel to various Land O’Lakes facilities throughout the United States for two weeks, take a trip to Africa to see Land O’Lakes’ International Development Division in action and spend a week in Washington, D.C. learning about agricultural policy.

The fellowship will complete at the Global Food Challenge Summit in August 2015, where all 10 Emerging Leaders will share their research.

“I’m excited to share my experiences and what I’ve learned throughout this year and make a difference in global food security,” Forsyth said.

Forsyth, who has been involved in Future Farmers of America (FFA) and the World Food Prize Global Youth Institute, intends to keep agriculture at the forefront of his life after graduating from Iowa State University, and pursue a law degree, and a career in international agricultural development and agricultural policy. He also said he wants to stay active in the agricultural industry and continue connecting consumers to food systems.

Reicks said she wants to continue gaining experiences and broadening her knowledge after graduation, as well as find ways to help people in any way she can.

To learn more about Forsyth’s and Reicks’ research, visit the Land O’Lakes Global Food Challenge Emerging Leaders Fellowship website.

“In my eyes, feeding the world is the most important issue our generation will face,” Forsyth said. “The most basic need we as human beings have is food.”
Summer break is almost here for Iowa State University, and that means warm weather, farmers’ markets and good times spent outside with friends and family! The Live Green! team has come up with a few Green It Yourself projects and recipes that will keep you refreshed and sustainable all summer long! The fun doesn’t stop here! Keep up with the latest GIY projects over the summer by following us on Pinterest!

Healthy Cubes
Try adding a little zest to your summer drinks with this fun, fruity and festive idea!

Need: Watermelon (or melon of your choice), your favorite summer beverage, baking sheet, freezer.

Directions: Slice the watermelon into small 1” cubes and place on baking sheet. Place baking sheet in freezer for 3 hours and then cubes are ready to be served in your favorite drink!

Outdoor Candles
Keep your outdoor gatherings free of insects and uniquely accessorized with these fresh, natural candles!

Need: 32oz. Mason jar or other 32oz. glass container, floating candle, 1 sliced lemon, 1 sliced lime, citronella essential oil, fresh herbs, water.

Directions: Place herbs in jar, and fill half way with water. Add 10 drops of citronella oil and lemon and lime slices. Fill jar with water to the top and add floating candle.

Upcycled Plate Feeder
Bring the butterflies to your outdoor space this summer with a few ingredients!

Need: Plate, 10-14” wire plate holder, string, 1/2” metal washer, sponge, water, sugar.

Directions: Attach wire plate holder to plate. Cut four pieces of string 24” long and attach to all four ends of plate holder. Gather four strings and tie each to metal washer, creating a hanging plate. Mix 10 parts water and 1 part sugar together and pour mix on sponge. Place sponge on plate and hang outside. Sponge can be replaced with fruit.

Farmers’ Market Fruit Pops
Put a new twist on summer popsicles with these local farmers’ market fruits!

Need: 2 C. favorite fresh fruit chopped, 1 1/2 C. Greek yogurt, 1/2 C. milk, 2 Tbsp. sugar, 1 pinch ground cardamom, 1 pinch salt, blender, popsicle mold.

Directions: Combine ingredients in blender and blend until smooth. Pour mixture into popsicle mold and leave in freezer overnight. Remove from mold and enjoy!
Kick the Four Wheel Habit

May is National Bike to Work Month! Get involved by participating in the many “ride in” opportunities organized by the Ames Bicycle Coalition. Founded by the League of American Bicyclists, Bike to Work Month promotes a healthier and greener life for communities. People of all ages can also participate throughout the month by signing up for the Ames Bike Commuter Challenge.

Weatherize Your Storytelling

Have interest in public history or severe weather events? The Peoples’ Weather Map, a digital weather map of Iowa that will provide historical and recent severe weather stories for all 99 counties, is offering a paid internship. Interns will research and write severe weather stories for Story and Polk counties. To apply, send a brief statement of your interests and qualifications, along with a resume, to Prof. Jean Goodwin at goodwin@iastate.edu.

Feast on Local Foods

Support local agriculture and the local economy by attending the Ames Farmers’ Market held every Saturday from 8am-12:30pm. There are two options available for purchasing these fresh goodies at the North Grand Mall Farmers’ Market (also held on Wednesdays from 3-6pm) and the Downtown Ames Farmers’ Market. Both showcase local vendors who feature a wide range of items from farm fresh fruits and vegetables, to handmade gifts and clothing.

Celebrate Summer in Campustown

A root beer float garden and a craft market will fill Campustown on June 6, in celebration of Summerfest. Sponsored by Campustown Action Association and Kingland Systems, the event will also feature live music performances, family activities and bingo from 3-9 p.m. at the 200 block of Welch Avenue. Volunteers are currently being recruited for the event and will receive a free T-shirt.

Add Some Bloom

Just in time for Mother’s Day, Reiman Gardens is hosting a Plant Sale Extravaganza on Saturday, May 9, with times through Sunday, May 10. An extensive variety of plants, trees, shrubs, herbs and vegetables will be available for purchase with all proceeds benefiting local horticulture organizations including the Story County Master Gardener Association, ISU Horticulture Club and the Graduate Student Horticulture Society.

In Ames, with summer comes athletes -- and the Iowa Special Olympics needs you! The 2015 annual Summer Games take place May 21-23, and provide a competitive fun and supportive opportunity for athletes throughout Iowa with intellectual disabilities. Volunteer positions are available for coaches, fundraising and general event duties. Volunteers can sign up now through May 18.
WITH the year coming to a close, we reflect on Iowa State’s numerous green accomplishments, as well as look forward to the new sustainable goals and initiatives being planned for the 2015-16 school year. Over this summer, these unique, sustainability- and diversity-minded projects and initiatives will make an impact on Iowa State University’s campus, as well as foster the collective vision of ISU and the city of Ames for a sustainable future.

Wind Energy Student Organization
A new sustainable student club has recently joined campus! The Wind Energy Student Organization, otherwise known as WESO, is a campus group focused on promoting wind energy education and research at both the university and K-12 level. WESO’s efforts will include outreach with local elementary and high schools, a monthly lecture series and research collaboration within WESO and with other sustainability-minded student groups.

Although they have taken part in a few events this spring, including the Earth Day celebration on April 22, they look forward to really energizing during the 2015-16 academic year.

Take a Sustainable Seat
Record student enrollment numbers also means a record number of students waiting for their next class in building hallways -- often times, on the floor. As a result, more seats are needing to be utilized.

In an attempt to address this challenge, Facilities Planning and Management (FPM) has spearheaded the Campus Classroom Bench Project, an initiative that would furnish and install benches throughout university classroom buildings. Through supporting social sustainability by offering a service to the campus community, FP&M has partnered with the Department of Residence to make this project one that also supports environmental and economic sustainability. The wooden part of the benches (pictured left) is made from reused cyprus wood recycled from the recently-replaced Schilletter and University Village (SUV) Apartment patio fences, offering a beneficial use for a waste material, as well as utilizing a cost-effective product.

LIVING GREEN IN 2015-16
Increasing Efficiencies and Adding Renewables
There are many changes happening to campus energy this summer. When the fall semester begins, a 60KW solar array, near the campus wind turbine, will increase our renewable energy use. Through the summer, construction will also continue on the power plant's stoker boiler replacement project, completing the conversion of a major portion of the ISU power plant from coal to natural gas by Fall 2015. The replacement will result in reduced carbon dioxide emissions and increased efficiency of the power plant, producing less energy while still serving campus energy needs.

Greening the Residential Experience
The Department of Residence (DOR) is making a number of sustainable changes over summer. Renovations of Larch Hall will include LED lighting and increased insulation. Room furnishings will also get an enhancement, resulting in the donation of mattresses and closet curtains to local nonprofits for reuse. Work will also begin on the new residence hall near Buchanan, which the DOR has targeted to achieve LEED Gold certification, making it the tenth building at Iowa State to be recognized for its sustainable design and construction.

Enhancing Bikeability
Campustown and the City of Ames are partnering to introduce new bike lanes on a number of major campus streets this summer, including Lincoln Way, Welch Avenue, Chamberlain Street and 13th Street. These additions are focused on resolving congestion between cyclists and motorists, alleviating the traffic density and offering cyclists a specified place to ride on the major streets of Ames. Along with the lane additions, Campustown is exploring improved street crossings and designated dismount zones for cyclists. These efforts complement bikeability initiatives at ISU, including the ISU Bikeshare project and studies of traffic flow.
As Iowa State University winds down the 2014-15 academic year, we all have the opportunity to reflect on how we have learned to incorporate sustainability into our daily activities and consider the opportunities we will have this summer to make a sustainable difference. In order to effectively put our newfound knowledge and skills to use, here is a little refresher on our core mission -- sustainability and the three components it encompasses -- environmental, economic and social sustainability.

**ENVIRONMENTAL**

Taking care of the earth is an important factor in promoting a sustainable future. We cannot enjoy our adventures in nature without a healthy planet. With the desire to get outside and enjoy summer growing near, we must take steps to ensure we are taking care of the environment.

While hiking and vacationing this summer, try to utilize Leave No Trace principles, which promote recreational practices that are environmentally responsible. You can also use your green thumb and take advantage of some unique and clever gardening tricks to spice up (or begin) your own garden.

Taking care of the environment can be done within the home, too. Try “green cleaning” your home with non-chemical cleaners that you can create yourself, as well as some sustainable ways to save energy.

**ECONOMIC**

For ISU students, especially with summer and graduation near, it is important to understand how to pay back college loans, how to save money from a summer job and how to begin planning for a secure, financial future.

Some of the resources available to students include the Office of Financial Aid (call 515-294-4111 to schedule an appointment to learn about how to acquire aid for both the summer and upcoming sessions), the ISU Financial Counseling Clinic (trained financial counselors offer services related to student loans, budgeting, debt management and dealing with credit and credit cards) and the Student Loan Education Office (trained financial counselors offer counseling on entering and exiting student loans, personal finance budgeting and more).

To discover more resources on financial sustainability, check out these tools for success.

**SOCIAL**

Embracing the diversity of your community and understanding the variety of rich and colorful cultures of the world that foster social sustainability. There are many great opportunities to experience the world’s diversity. Visit the ISU Study Abroad Center to learn about opportunities to immerse yourself in different cultures while planning future course schedules.

Summer break is also a great time to get involved with the community, no matter where you are. Take advantage of farmers’ markets around Iowa to purchase fresh fruits and vegetables, as well as support local farmers. Take a walk down your town’s business district and explore new businesses and organizations. Another way to be active in your community is volunteering. For volunteering opportunities, check with your local city hall, or if you are in Iowa, find ways to help out with www.volunteeriowa.org.
### Live Green! Calendar

#### Saturdays
- **May 9**
  - **Art Mart Sale**
  - **The Workspace, MU**
  - **10am-3pm**

- **May 10-10**
  - **Plant Sale Extravaganza**
  - **Reiman Gardens**
  - **10am-3pm**

- **May 16**
  - **Plant Pals**
  - **Reiman Gardens**
  - **10-11am**

- **May 11**
  - **Bike to Work Week Kickoff**
  - **Ames City Hall**
  - **7-9am**

- **May 13**
  - **Unified Butterfly Recorder App Tutorial**
  - **Reiman Gardens**
  - **10-11:30am**

- **May 21**
  - **Special Olympics Iowa Summer Games**
  - **Various ISU Locations & Times**

- **May 21-23**
  - **Family Bike Ride**
  - **Bandshell Park**
  - **3-4pm**

- **June 6**
  - **Make Campustown Shine**
  - **Campustown**
  - **9am-noon**

- **June 15**
  - **Gardening for Pollinators Class**
  - **Reiman Gardens**
  - **6:30-7:30pm**

- **June 20**
  - **College Creek Cleanup**
  - **Forker Building Parking Lot**
  - **10am-2pm**

- **June 22**
  - **Herb Gardening 101 Class**
  - **Reiman Gardens**
  - **6-8pm**

- **June 29**
  - **Great Plants for Iowa Series**
  - **Reiman Gardens**
  - **6-8:30pm**

- **July 4**
  - **Farm House Independence Day**
  - **Farm House Museum**
  - **noon-4pm**

- **July 12**
  - **Garden Art Fair**
  - **Reiman Gardens**
  - **9am-4pm**

- **July 17**
  - **2015 Summer Iowa Games**
  - **Various ISU Locations & Times**

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For more sustainable events or to put your event on the calendar, go to the:

**Contact the Newsletter Team!**

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