"Life is full of adventure. There's no such thing as a clear pathway."

— Guy Laliberte

CELEBRATE THIS SEMESTER'S GREEN ACCOMPLISHMENTS

LEARN ABOUT ISU STUDENTS FORGING NEW FRIENDSHIPS

SPEND THE SUMMER PARTICIPATING IN SUSTAINABLE FUN
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Underlined text throughout this publication is hotlinked to offer additional information.

The 2016-2017 Live Green! Team would like to thank YOU for the opportunity to foster and promote sustainable connections on campus and in the community!

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
From the time we take our first step onto the Iowa State University campus, we hear about “our adventure” and are challenged to “enjoy it.” We are reminded our adventure can be whatever we want it to be. We hear about the very unique adventures of alumni that, in turn, have launched them into additional adventures following graduation. We discover that, indeed, our adventure is ours to create.

Our final issue of Live Green! Monthly for the 2016-17 academic year celebrates adventure and all of the many ways it is offered to us at ISU – adventures through attending events, involvement in research, completing class projects, art, recreation and eating. What is exemplified in this month’s issue, especially, is that adventures are everywhere and are available to us all – students, faculty and staff – in our studies, in our work and throughout opportunities and experiences, both on- and off-campus. This issue also exemplifies a rich diversity of activities, connections, impacts and “launching” moments through fully engaging and immersing ourselves in “enjoying our adventure at Iowa State”.

Adventures challenge us, exhilarate us, awaken us and humble us. They spark curiosity and invoke purpose. Adventures can take place in faraway places, in familiar spaces and anywhere in between. To be an adventurer is to seek new experiences and perspectives and the road less traveled. Adventurers seek and embrace creativity, possibility and discovery. They find adventure in the mundane and the exotic, in work and in play, in silence and in bustle and through the engagement of all senses.

In embarking on adventures, we find our passions, our niche, our “true north” and our unique connection to defining and creating the future we leave to the next generation. Through adventures, we find that which sustains us and understand our role and responsibility in ensuring others have the same opportunity.

Every second of every hour of every day can be an adventure if we embrace the countless opportunities we have. Enjoy and embrace the many adventures offered to you, Cyclones – this summer and beyond!

Yours in Green-ness,

Merry Rankin
Throughout the past semester, many individuals and organizations have made sustainable contributions to one or more of the following facets of sustainability: social, economic and environmental sustainability. The following article showcases the many sustainability accomplishments and achievements in the areas of campus, community, research and operations.

**CAMPUS**

**PROMOTING POSITIVE BODY IMAGE**
The ISU Body Image and Eating Disorder Awareness group (BIEDA) hosted a “Rock Your Body Party” to spread awareness of eating disorders.

**FUNDING CONTINUED SUSTAINABILITY**
The Student Government voted to allocate $15,000 of a special project fund to student organizations’ campus projects relating to sustainability.

**IMAGINING NEW OUTDOOR SPACES**
Three ISU students won the 2017 Walt Disney Imagineering Imaginations Design Competition for their “Hourglass” structure.

**STARTING NEW BUSINESSES**
PollUp Solutions Inc., a business focused on improving communication and employee satisfaction, was started by three Iowa State students who were recently nominated for an award from the Technology Association of Iowa.

**RAISING AWARENESS FOR MENTAL HEALTH**
The Suicide Awareness Organization, a student organization at Iowa State, passed out white balloons to students (pictured above) with mental health and suicide statistics attached to raise awareness for mental health.

**COMMUNITY**

**ASKING DIFFICULT QUESTIONS**
A panel of mental health experts from ISU were available for students and community members to ask mental health questions anonymously via text.

**MAKING READING MORE ACCESSIBLE**
The Ames Public Library and Parks Library on campus collaborated to bring the Bookmobile, a mobile library, to campus every Thursday. This made it easy for students to have access to the Ames Public Library’s offerings without having to step foot off campus.

**DISCUSSING ART, EDUCATION AND RACE**
A panel of authors, professors and experts joined Ames community members (pictured above) to discuss solutions to promote inclusion and diversity in our own work or school communities.

**LEARNING TO EAT WELL**
ISU Dining and the Culinary Science Club teamed up to offer a workshop focused on eating well, budgeting for meals and effective meal planning and preparation.

**SEEING COLORS IN NEW WAYS**
Twenty-seven artists have been featured in the Christian Petersen Art Museum as part of the RED Exhibit. The purpose of this exhibit is to get visitors thinking about colors and how thoughts and feelings are communicated through art.
EXPLORING TRANSITIONS IN ENERGY
An associate professor of agronomy at ISU shared her research and knowledge in a presentation with the Osborn Club on the steps needed to transition from a fossil-based economy to a plant based-one.

STUDYING OCEANIC CLIMATE CHANGE
A team of researchers, including a paleoclimatologist and associate professor of geological and atmospheric sciences at Iowa State (pictured above), used oceanic data from clam shells to find there was a shift in the climate system.

MAPPING GLOBAL ENERGY USE
An assistant professor of geological and atmospheric sciences at ISU has worked on a team to map global energy use, and recently wrote a book about the team’s research on more than 30 different regions globally.

POWERING DEVICES WITH TREES
Three ISU students have been researching transforming the energy created from wind movement in trees into electricity. The students learned, through research, that mechanical movement of the leaves can lead to increased energy harnessing.

OUTLINING FUTURE RESEARCH GOALS
Beginning this semester and continuing through 2022, ISU will utilize the following themes to guide future research: enable healthy lives, build sustainable human and natural resource systems, design next generation materials and manufacturing technologies, create data driven science and information systems for societal challenges and develop global citizens and our workforce.

REPURPOSING UNWANTED ITEMS
In addition to projects throughout the semester, like making shoes for people in Uganda or making dresses for orphanages in Africa (pictured above), The Workspace hosted an art supply swap where students could trade unwanted art supplies for new ones they find useful.

PREVENTING VIOLENCE ON CAMPUS
The Green Dot program, a nationally recognized bystander intervention training program, was implemented on campus in an effort to reduce and prevent violence on campus.

EARNING "GOLD" IN SUSTAINABILITY
The sustainability efforts at Iowa State earned the university a "gold" recertification in the Sustainability Tracking, Assessment and Rating System (STARS) sponsored by the Association for the Advancement of Sustainability in Higher Education (AASHE).

PROMOTING HEALTHY LIVING
Three new programs within student affairs have been added this semester, including the Student Health and Wellness program, which will focus on holistic wellness, health promotion and illness prevention programing.

ACHIEVING "MOST BEAUTIFUL CAMPUS"
Iowa State was named the "most beautiful campus" in the state of Iowa. Winning campuses were selected based on setting, scenery, design of buildings and knowledge shared during campus visits.
ISU’s annual Earth Day celebration, “Earth Day Every Day,” took place Friday, April 21, on the South Library Lawn. Students, faculty, staff and community members gathered to celebrate sustainability achievements and learn more about sustainable student organizations, initiatives and business on campus and within the community.

Of the estimated 1,500 event attendees, more than 700 completed the Earth Day Challenge and were rewarded with sustainably-minded giveaways for making sustainability pledges and engaging with different businesses, organizations and individuals. Attendees also enjoyed refreshments including fruit-infused water while learning about and engaging in sustainability. For more photos, enjoy our Earth Day Photo Gallery.
Earth Month is an annual celebration of our home and challenges individuals to demonstrate an additional mindfulness of environmental, economic and social sustainability throughout the month of April. Featured below are some of the ways students, faculty and staff celebrated Earth Month on campus and with the community. For more information about each event, click on the event title.

**RENT-A-PUPPY**
On April 13, Sigma Lambda Gamma sorority raised funds for the Boone Humane Society by offering puppies to provide furry fun study breaks for students.

**CYCLONE MARKET**
Student organizations gathered on April 8 at the Spring football game tailgate to sell food and goods to support their economic sustainability in the 2017-2018 school year.

**PLANT 0₂**
A tree planting event hosted by Sigma Lambda Beta fraternity on April 17 added three Butternut trees to Iowa State’s campus forest on Central Campus.

**WREAKING HAMMOCK**
Outdoor Recreation and The Green Umbrella student organization facilitated a discussion and demonstration April 17 on safe hammocking (including adding the carpet square for extra tree cushioning pictured right).

**500ELEVEN GALA**
An Earth Day themed art gala was held on April 22 by Sigma Lambda Beta. All proceeds from purchased artwork were donated to The Grow, a philanthropic project focused on community gardening.

**BiCYcle DAY**
Through a collaboration of The Green Umbrella and area businesses, cyclists of all ages toured the Ames community on Earth Day, April 22.
May is National Bike Month. With warmer weather arriving, everyone is craving to be outside — often on the back of a bike! As we venture out into new jobs, internships, cities and countries this summer, especially during National Bike Month, it is important to do so safely — after all, we share the roads and sidewalks with many people just as excited to enjoy the outdoors.

**HOW...**

### BICYCLISTS
**Adequate Equipment**
- Always wear a helmet
- Carry a first aid pack
- Wear reflective clothing and add a flashing light to your bike at night
- Make sure you have the right type of bike for your riding needs

**Rules of Riding**
- Know how to ride in public places with respect to other people
- Dismount where signs indicate
- Ride with the flow of traffic when riding on roadways

### VEHICLISTS
**Rules of the Road**
- Drive defensively and cautiously
- Improve your visibility to others by using headlights at dusk or dawn
- Keep three feet of clearance when passing bicyclists
- Enter all turns with caution

### PEDESTRIANS
**Adequate Equipment**
- Wear reflective clothing if you are out at nighttime
- If listening to music with earbuds or headphones, keep the music low enough to hear what is happening around you

**Rules of the Path**
- Pay attention and limit the use of electronics
- Utilize traffic light "walk" buttons to safely cross the street
- Know what bicyclists mean when they say, "On your left/right"

### Interaction With Others
- Remember that pedestrians and bicyclists have the right of way at crosswalks
- Know the meaning of bicyclists’ hand signals
- Only honk in emergency situations

### ADDITIONAL RESOURCES
**Stay Informed**
Stay connected to bike-related opportunities and events, as well as stay informed about bicycle safety, over the summer and year-round with these resources:
- Ames Bicycle Coalition
- Bike to Work Week with the Coalition
- City of Ames
- Ames Police Department
- Outdoor Recreation Services

**Outdoor Recreation Services Amenities**
Outdoor Recreation Services offers a plethora of services for the avid cyclist, including:
- Free bike safety inspections and tune-ups
- Classes on responsible biking
- Minor bicycle repair services
- Staff consultations and recommendations

**Trails Throughout Iowa**
There are many great, local places to ride throughout the year, including shared use paths, on-street bike lanes and bicycle-friendly streets like:
- Ames (on and off-campus)
- Seven Oaks Recreation (Boone)
- McFarland Park (north of Ames)
- Peterson Pits (north of Ames)
- Skunk River Greenbelt (north of Ames)
GREEN-IT-YOURSELF
Craft these unique ideas celebrating new adventures in travel, entertaining and career!

SUPPLIES
- Duct tape (2 colors (including at least one light color))
- Ribbon
- Hole punch
- Sharpie marker
- Scissors or Exacto knife

INSTRUCTIONS
1. Cut two strips of duct tape 4 inches in length.
2. Put one strip on top of the other, sticky side to sticky side.
3. Trim off any sticky overlap, if needed, all the way around the strips to make a rectangle.
4. Cut off the corners of one end for added detail, or leave in a rectangular shape.
5. Cut out a rectangle of lighter color duct tape 3 inches by 1.25 inches.
6. Place lighter color duct tape in the middle of the first rectangle.
7. Write name, phone number and address on the lighter color duct tape with Sharpie.
8. Punch a hole in the top of the first (larger rectangle) with a hole punch.
9. Cut a piece of ribbon long enough to be folded in half, yet still able to go around a luggage handle. Tie a knot at one end and pull the loop end through the punched hole. Wrap the loop around the luggage handle and feed the knotted end back through the loop and pull to secure.
10. Use this tag to identify your luggage on your next travel adventure!

SUPPLIES
- Outdoor Mod Podge
- Old maps
- Unused ceramic tiles (any size or number)
- Self-adhesive felt
- Scissors

INSTRUCTIONS
1. Place tiles onto maps and trace around with a pencil. Cut out tracings with scissors.
2. Use a paint brush to apply a layer of Mod Podge to the back of your map cut-outs and allow to dry to keep maps from wrinkling.
3. Once dry, add a coat of Mod Podge to the tiles (shiny side) and adhere cut-out to each.
4. After the tiles dry, apply about three coats of Mod Podge onto the adhered map cut-out, allowing time to fully dry between each coat.
5. Allow the coasters to cure for 48-72 hours before using.
6. Cut out a tile-sized square or small circles of felt, sticking them to other side of tile.
7. Enjoy using your coasters with friends and family – they last for about two years with daily use before requiring resurfacing!

SUPPLIES
- Mason jar (clean)
- Paint (any type or color)
- Paint brush
- Painter’s tape
- Clear, low-VOC spray paint
- Metal file (optional)
- Reusable cup
- Flowers
- LED candle (optional)

INSTRUCTIONS
1. Create your picture frame window on your jar by placing a square that will fit to your photo (using painter’s tape and decorative edge scissors) on the area of the jar you do not want painted.
2. Apply one coat of paint to the outside of the jar and immediately remove the tape. Then paint as many coats (carefully around where tape was) as needed to have an opaque finish.
3. Cut your photo to size and attach to the inside of the jar with painter’s tape.
4. (Optional) Distress any lettering on the jar by taking the metal file and scratching off the paint where you want jar lettering or other details to show through.
5. Seal the paint and distressing by spraying the jar’s outside with clear spray paint.
6. Place a reusable cup or container inside the jar to hold water and add flowers.
7. Brighten up your workspace and reflect on past adventures!

For More GIY
More than 300 ISU students embark on a new adventure each semester without leaving the grounds of campus.

These students participate in the International Students and Scholars Office’s (ISSO) Cultural Ambassador Program. The program pairs an international student with a domestic student, allowing the domestic student to help the international student become more immersed in the Iowa State adventure.

"American students are there to have conversations in English with international students," said Shelby Smith, senior in public relations and student assistant for the Cultural Ambassador Program. "They will answer any questions about U.S. culture, academic experience and rules and regulations of school. The international Cultural Ambassador is able to share their home culture and traditions with the American Cultural Ambassador, as well."

Two ISU students who participated this spring in the program are Maggie Jennett, senior in criminal justice from Ames, Iowa, and Yu-Wen Chen, a graduate student pursuing her doctorate in electrical and computer engineering from Taichung, Taiwan (map below).

Chen has been in the United States for five years now, but joined the program in 2015 because she wanted to create more friendships.

"For international students, it’s a little hard for us to immerse ourselves into American culture," she said. "As a grad student, you’re busy with your research and do not have many friends outside of work, so I didn’t really have a chance to meet American students and hang out with them."

Jennett, who had started her college adventure at the University of Northern Iowa, experienced a similar immersion activity in one of her freshman classes.

"At UNI, I was in a class that one day decided to pair us up with an English-learning person," Jennett said. "They had this sort of conversations partner program going, and I loved it."

After her younger sister enrolled at Iowa State, Jennett soon transferred to ISU. When she received the ISSO email about the Cultural Ambassador Program, she wanted to get involved.

For Jennett, the Cultural Ambassadors Program offered the perfect opportunity to learn about social sustainability — specifically about interactions with the many diverse cultures around the world.

"In college, it’s unique to be put in one spot with a ton of different people," she said. "Now, especially, being open-minded to other types of people is really important, especially in a university setting to prepare for the rest of your life. This is the perfect place to learn that, practice it and work to understand other people better."

Both Chen and Jennett decided to apply to become Ambassadors when they received an email from the ISSO, leading them to their current friendship.

Because the program is composed of volunteer Ambassadors and leaves the level of participation completely up to the students involved, they get to make their own schedules and decide how to spend time together.

"It was a little awkward because they’re completely random pairings," Jennet said.

Jennett studied abroad, giving her a similar understanding of what Chen went through when she first arrived in Ames.
"When I studied abroad, there was no program like this in Ireland where I was," Jennett said. "It was kind of lonely, and you’re on your own trying to figure things out. For the students coming here [to ISU] and just getting here, it would be nice to have somebody say, 'This is where the good food is,' and other things like that."

Despite the initial awkwardness, the pair has been together for two semesters while most pairs are only together for one semester.

Together, Jennett and Chen grab lunch and dinner, go watch movies and generally just hang out as two students about to start their own adventures outside of college. Chen is finishing her Ph.D., and Jennett is applying to become a police officer after graduating this semester.

"This program helps you make friends, and it’s just so cool," Chen said.

One of Jennett's and Chen’s most memorable moments was when Chen took them out for dinner to an authentic Chinese restaurant. The menus were all in Chinese, and Chen translated their orders.

A second memorable moment for the pair was when they first met at the beginning of fall semester. Chen was carving her first pumpkin for Halloween at one of the program’s sporadic large group events (pictured top of Page 10).

Both Chen and Jennett believe the program benefited their experience at Iowa State.

"Programs like this one are really helpful in creating lasting relationships and making connections, especially because we are sharing one campus together," Jennett said.

Chen echoed those thoughts.

"It provides the opportunity to open up to other friends in other cultures, and helps broaden students' viewpoints," she said.

With the Cultural Ambassador Program, these often-differing viewpoints come together to do positive things for each pair of students, but also for the community they live in.

Some of the recent service projects where the program invited all Cultural Ambassador pairings to participate include making blankets for Project Linus and crafting cards for Cards for Hospitalized Kids (pictured left).

Students interested in participating next year should watch for an email at the beginning of the fall semester containing the online registration instructions to take part in the program.

Additional information about the Cultural Ambassador Program and other ISSO activities can be found at www.isso.iastate.edu or by emailing cap4isu@iastate.edu.

"The program allows students to take the experiences they’ve gained during their time with the program at Iowa State with them for the rest of their adult lives," Smith said. "Ultimately, by creating this environment of appreciation for the cultures of the world, we are able to move toward not only a more inclusive campus climate, but a united community."
NOW YOU KNOW: SUSTAINING YOUR TRAVEL ADVENTURES

One of the many adventures life offers is the ability to travel the world, experiencing new cultures and exploring new places. With traveling, comes the responsibility to remain mindful of the environmental, economic and social sustainability challenges while embracing opportunities to become more sustainable within each facet.

THE CHALLENGES

Sometimes, travel can be unpredictable, stressful and exhausting. Taking on the added responsibility of sustainable traveling may seem difficult; however, tackling these challenges can lead to enhanced travel experiences for yourself and the world around you.

ENVIRONMENTAL

Depending on which mode of transportation you choose, the impacts will vary. The most efficient mode of travel is by bus, getting 125 passenger miles per gallon (PMPG) on average (found by multiplying the miles per gallon of the mode of transportation by its average occupancy).

Of course, you cannot travel everywhere by bus. In comparison, a typical US car carrying four people gets 81 PMPG. Though flying can be the only option at times, it is typically not the most efficient mode of transportation getting only 22 PMPG. The one time to fly instead of drive when traveling solo -- a typical US car carrying only one person gets 20 PMPG.

The efficiency of transportation matters because the less efficient the mode of transportation, more fuel is burned and in turn, more carbon dioxide (CO₂) is released into the air. Every gallon of gas burned releases more than 17 pounds of CO₂ into the air. For example, driving a car that gets 25 MPG between Ames and Chicago would release more than 239 pounds of CO₂. If just 60 people made this trip, it would be the equivalent of nearly one U.S. home’s average electricity usage annually.

ECONOMIC

Traveling can be expensive. When planning a trip, it is important to consider the costs you will incur. First, there are the obvious ones like the cost of transportation, hotel and meals. To consider economic sustainability in your travels, look for ways to cut costs in these areas.

In addition to the obvious costs, it is important to consider the not-so-obvious costs, so there are no surprises. Some examples of these include transportation once you arrive at your destination, paying for WiFi at your hotel or the cost of eating out in the event there are no cooking amenities where you are staying.

SOCIAL

When traveling, there are also many social impacts to consider on your adventure. It is important to remain mindful of the communities you are impacting. Though some areas are adequately prepared for tourists, other areas are not. It is important to consider the people who reside in the area. One way to support the communities you travel to is by shopping locally and purchasing products and using services within the community.

Other social challenges you may encounter include struggling with a language barrier between you and the people of the place you are visiting, or struggling to understand cultural differences. When you do not speak the same language as someone, it can be more challenging to navigate and interact.

Similarly, cultural differences can lead to misunderstandings and frustration. This can be avoided by doing research on the place you are visiting, taking classes, seeking out contacts and resources to help you familiarize and keep an open mind.
Spend a weekend experiencing a new culture by renting movies, eating food or trying new games or crafts from the culture you wish to explore. These opportunities and challenges of traveling can apply to travel experiences anywhere -- international, domestic or even a staycation!

**THE OPPORTUNITIES**

Many of the sustainability challenges described previously can be easily countered with opportunities to green your adventures. By considering environmental, economic and social sustainability in your travels, not only will you positively impact your own experience, but also those with whom you will interact at your destination.

**ENVIRONMENTAL**

Choose transportation and lodging companies that are making strides towards a more sustainable future. Even many popular hotel chains like Marriott, Rosewood and Hilton have made commitments to become more sustainable. Hilton, for example, has reduced their energy usage by 14.5 percent since 2009.

Beyond supporting sustainable companies, as an individual, you can make a positive impact by simply requesting the hotel does not wash your sheets and replace your towels every night of your stay. It is estimated that this request can reduce the water, energy and labor costs of laundering bedding and towels by 17 percent, while also increasing their lifespan.

Other ways you can be mindful of the environment include reusing and refilling travel sized toiletry containers instead of using disposable toiletries, choosing to forego a newspaper delivered to your door (if offered), packing a reusable water bottle and silverware and requesting a fridge and microwave (if possible) to cook your own meals or reheat leftovers.

**ECONOMIC**

There are many ways -- big and small -- to remain economically sustainable while traveling. Some of these involve cost savings that do not require sacrifices in experience and can even enhance the opportunities you have on the trip. Check out the side bar for tips on becoming more economically sustainable in your travels.

**SOCIAL**

Opportunities to be socially sustainable while traveling are plentiful. Resist the urge to do only the things you are familiar with, like eating at popular chains or speaking your native language. Step out of your comfort zone and embrace the culture and traditions of your travel destination. There are many free guides available online that can help when researching the history, culture and traditions of the place you are visiting.

Consider volunteering while traveling. Ask your hotel or host for suggestions on local places to volunteer. Not only is volunteering in a new place a unique and impactful experience, it is also an opportunity to contribute toward sustaining the community you are visiting.

Be mindful that the place you are visiting is not simply a tourist destination. Travel destinations are also home to many people, animals, history, nature and more. Be mindful of the existing surroundings as you travel by being respectful with photography, dressing culturally appropriate and preserving existing nature and history.

Staycations can also be a great way to learn more about where you live.

**ECONOMIC TIPS**

- **LODGING**
  - Call ahead for reservation deals or discounts.
  - Last-minute trip? Sites like Hotel Tonight or Travelocity offer deals on last-minute reservations.
  - Stay with friends, family or a local host to experience the destination like a local and save money.

- **SOUVENIRS**
  - Shop local -- 63 percent of every dollar spent at local businesses stays within the community.
  - Purchase homemade goods or ones that are produced locally.
  - Enjoy free "souvenirs" like photographs, journaled sketches or stories.

- **FLIGHTS**
  - Research optimal times to book flights.
  - Set an alert for flight deals to or from a desired destination. You will receive emails updating you when the price drops.
  - Check multiple airports nearby. Driving a little further could mean saving hundreds on your plane ticket.

**LIVE GREEN CHALLENGE**

1. Consider your favorite sustainable travel moment.
2. Capture the moment with a photograph.
3. Share your commitment on social media using #LiveGreenChallenge and tag our Facebook, Twitter or Instagram.
GREEN OPPORTUNITIES

BE AN AIDE TO PLANTS
Join the North Central Regional Plant Introduction Station this summer by becoming a plant genetic resource aide. Interns will improve professional skills related to communications, ethics, leadership, problem solving, technical agronomy, international awareness and gain an appreciation of diversity. Job duties include: seed preparation, planting, transplanting, germination, greenhouse work, maintaining grounds and field plantings, pollinating, harvesting, seed processing, as well as management of pollinator insects. Email fred.engstrom@ars.usda.gov for more information. Apply in person at the Plant Introduction Station at 1305 State Avenue in Ames.

PRESERVE LOCAL FARMING HISTORY
Work with the Museums of Story City this summer to help digitally-preserve the history of a local century farm, Woodland Farms, in Story City, Iowa. This paid internship requires designing an online and physical exhibit of the farm, interviewing family members associated with the farm, as well as scanning or taking photos of documents or artifacts that pertain to Woodland Farms. To apply, submit a cover letter, resume and two references via email to Kate Feil at storycityhistory@gmail.com.

REVITALIZE IOWA COMMUNITIES
Volunteer with the Iowa Center for Economic Success this summer in Clive, Iowa. This non-profit specializes in micro-enterprise development, helps under-served Iowans start or grow their small businesses, aims to revitalize communities from the inside out, as well as empowers Iowans to help themselves succeed with a plan for poverty alleviation. To continue carrying out their mission, the Center is looking for three interns in three different roles – Women’s Business Center intern, Microfinance intern and Marketing and Fundraising intern. To apply, email Emily Betts Susanin at ebsusanin@theiowacenter.org.

ENHANCE MULTICULTURAL VIEWS
Apply by 5 p.m. on May 15 to become the ISU Department of Residence’s (DOR) Diversity and Inclusion Graduate Assistant. This paid position serves as the primary coordinator for developing and enhancing the multicultural competence of the DOR’s full-time staff. The successful candidate will: coordinate DOR staff involvement with the National Conference on Race and Ethnicity (NCORE) and Iowa State Conference on Race and Ethnicity (ISCORE); attend NCORE and ISCORE as part of the DOR and ISU Professional Development team; improving the capabilities of all staff to provide a safe and welcoming community for colleagues and students through facilitating the identification and delivery of professional development activities; and coordinate ISU participation in NCORE through the ISU NCORE professional development team. To apply, mail a letter of interest and resume to Dr. Pete Englin at 1206 Friley Hall, 212 Beyer Court, Ames, Iowa 50012-1058.

SUPPORT RENEWABLE ENERGY
Apply to be an Environmental Health and Safety intern with the Ames Renewable Energy Group this summer. Interns will assist with a variety of safety, health and environmental duties with a focus on supporting the production of biodiesel fuel and related co-products. The applicant must be a junior or senior pursuing a bachelor’s degree in occupational safety, health or environmental technical. Complete the position’s online application to apply.

HELP SUSTAIN THE METRO
Join Metro Waste Authority this summer as an environmental technician. Duties include receiving and inspecting hazardous waste from households, segregating waste for proper recycling or disposal, preparing waste for shipment, as well as providing information to the public regarding the proper disposal of hazardous waste. Submit a cover letter and resume on the Metro Waste Authority’s careers webpage.
SUMMER OPPORTUNITIES

SUPPORT AMES’ HISTORICAL SOCIETY

Join the Ames Historical Society for free ice cream sundaes and kids’ activities at their annual ice cream social during Iowa Museum Week – the Society’s way of thanking the community for their continued support! The social takes place at the Ames History Center from noon-3 p.m. on Saturday, June 17.

KEEP ACTIVE WITH THE GARDENS

May 13
Bag-O-Bulbs Sale: Purchase some of Reiman Gardens’ tulip bulbs to replant in your own yard.

May 16
Floral Design Series: Choose from a variety of succulent plants to create a long-lasting dish garden in a 12-inch glazed terracotta container. Preregistration required.

May 20
Willow Bird Workshop: Replace the dead hanging baskets in your garden with a beautiful willow bird to welcome the warmer months!

June 6
Plant Pals: Bring the child in your life to Reiman Gardens’ weekly horticulture program for kids of all ages. Classes involve hands-on gardening activities, crafts and tastings.

June 17
Rose Fest: Stop and smell the extensive collection of roses, as well as view the innovative and sustainable design of the Helen Latch Jones Rose Garden.

June 21
Annual Herb Walk: Take a guided tour of Ames’ local weeds and trees. The group will walk off-trail for some parts of the walk.

ATTEND AMES’ FARMER’S MARKETS

Visit Ames’ farmer’s markets this summer! Farmer’s markets are a great way to support the local community by purchasing fresh and locally-grown produce, as well as unique crafts and gift items, from local producers. Ames has two farmer’s markets: the North Grand Farmer’s Market (open Wednesdays from 3-6 p.m. and Saturdays from 8 a.m. to 12:30 p.m.) and the Ames Main Street Farmer’s Market (open Saturdays from 8 a.m. to 12:30 p.m.).

REGISTER FOR WHEATSFIELD CLASSES

Class sizes are limited for all Wheatsfield Cooperative classes. Be sure to RSVP for these classes by stopping in and asking at a register!

May 25
Asparagus!: Celebrate asparagus season by learning recipes for tempura-fried asparagus with aioli and asparagus pizza.

June 5
Creating the Life You Want to Live: Create a vision of what your ideal health looks like and dive deeper into the process of health coaching.

June 20
DIY Farm-Fresh Flower Bouquets: Create floral arrangements with farm-fresh flowers after learning some design ideas.

June 21
Annual Herb Walk: Take a guided tour of Ames’ local weeds and trees. The group will walk off-trail for some parts of the walk.

June 27
Yogurt and Kefirs: Learn the science and process of how to make dairy yogurt, non-dairy milk yogurt, dairy kefir and water kefir, all of which are packed with probiotics. There will be samples, recipes and take-home kefir grains so you can start your own cultures.

CELEBRATE SUMMER AT SUMMERFEST

Attend Summerfest, an annual, free, family-friendly summer event, that welcomes everyone to Campustown in Ames. Enjoy live music, snacks, a root beer garden, a petting zoo, face painting and many other activities that provide fun for visitors of all ages. Summerfest takes place in Campustown from 3-9 p.m. on Saturday, June 3.

TAKE PART IN RUMMAGE RAMPAGE

Help keep reusable items out of the landfill during move out and lease changeovers this summer with Rummage RAMPage. It will be held at the Ames Intermodal Facility parking ramp, 129 Hayward Ave., from July 28 through Aug. 2. Volunteers are needed to help with the collection of donations of still-usable items, as well as to help run the rummage sale in the parking ramp. You can also donate your reusable items (be sure to check the online list of accepted and not-accepted items first). Visit the City of Ames’ website to learn more.
### May

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>06</strong></td>
<td><strong>FREE COMMUNITY SHRED DAY</strong></td>
<td>Continue your spring cleaning by clearing out old tax documents, confidential papers and any other paperwork that should not be placed in the trash. Hunziker &amp; Associates Parking Lot, 9-11 AM</td>
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<td><strong>07</strong></td>
<td><strong>CONSERVATION PARTNERS SPRING FESTIVAL</strong></td>
<td>Enjoy an afternoon of canoeing and fishing, gazing at the sun and wildflowers, learning about pollinators and native plants and participating in crowd-sourced poetry! McFarland Park, 2-5 PM</td>
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<td><strong>10</strong></td>
<td><strong>FREE ADMISSION DAY</strong></td>
<td>Visit Reiman Gardens, free-of-charge, to appreciate its beauty and educational value for all ages. Reiman Gardens, 9 AM-6 PM</td>
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<td><strong>11</strong></td>
<td><strong>ARTFUL YOGA</strong></td>
<td>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</td>
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<td><strong>14</strong></td>
<td><strong>PLANT SALE EXTRAVAGANZA</strong></td>
<td>Purchase a variety of plants offered for sale by many local and campus organizations. Reiman Gardens Parking Lot, 9 AM-6 PM</td>
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<td><strong>15</strong></td>
<td><strong>MOTHER’S DAY AT THE MUSEUM</strong></td>
<td>Share the beauty of art with your mother during Mother’s Day with free tours of the current exhibitions and crafts. Brunnier Art Museum, 1-4 PM</td>
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<td><strong>16</strong></td>
<td><strong>GROUND TO GROUND: REDUCING WASTE</strong></td>
<td>Gain expertise on reducing waste in your kitchen and home from Certified Master Herbalist Gayle Curtis. Sample a zero-waste salad, and learn more about re-growing from scraps, preserving and composting. Preregister by May 11. Reiman Gardens, 6-8 PM</td>
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<td><strong>17</strong></td>
<td><strong>GATHERING OF ARTISTS</strong></td>
<td>View artwork from local artists in Ames and the surrounding area. Meet other artists and art enthusiasts, get feedback, gain inspiration and have fun. 6423 Pine Grove Lane, Ames, IA, 6-8 PM</td>
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<tr>
<td><strong>18</strong></td>
<td><strong>WASHED ASHORE EXHIBIT OPENING</strong></td>
<td>Tour the breathtaking sculptures and learn more about this exhibit that delivers a powerful message about our most precious natural resource – water. Exhibit open through October. Reiman Gardens, 11 AM-12 PM</td>
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<tr>
<td><strong>19</strong></td>
<td><strong>BOOKMOBILE ON CAMPUS</strong></td>
<td>Drop by the Ames Public Library’s BookMobile to check out, return or reserve your favorite books. Driveway between Parks Library &amp; Morrill Hall, 11 AM-1 PM</td>
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<td><strong>20</strong></td>
<td><strong>LANDSCAPE &amp; RAINSCAPE YOUR YARD</strong></td>
<td>Learn about the benefits of native plants, as well as how and where to use native Iowa plants in your yard with a presentation by the City of Ames. Reiman Gardens, 10-11:30 AM</td>
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**SUMMER**

### JUNE EVENTS & ACTIVITIES

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| 02   | NEVADA CITY-WIDE GARAGE SALE  
Support social sustainability by visiting a nearby city-wide garage sale! Maps will be located at Casey’s, Good and Quick, Ben Franklin businesses as well as the Nevada Chamber office. Throughout Nevada, IA, 8 AM-5 PM |
| 03   | MOVEMENT THERAPY WORKSHOP  
Enjoy a fun, interactive introduction to how the use of movement furthers the emotional, cognitive, physical and social integration of the individual. Preregister by May 30. Reiman Gardens, 1-4 PM |
| 05   | MINDFULNESS, MEDITATION & RELAXATION  
Learn and practice ways to achieve tranquility and enjoy a sense of calm, inspired by nature and the beauty of the gardens. Preregister by June 1. Reiman Gardens, 6-7:30 PM |
| 11   | 18TH ANNUAL IOWA GARDEN RENDEVOUS  
Tour some of the best conifer gardens in central Iowa. Meet other conifer enthusiasts, talk about plants, discover new plants and collect ideas for your garden. Iowa Arboretum in Madrid, IA, 9 AM-5 PM |
| 24   | COLLEGE CREEK CLEANUP  
Volunteer during National Rivers Month to clean our university waterway. Supplies and refreshments provided. Forker Building Parking Lot, 10 AM-2 PM |
| 17   | MARY GREELEY HOPE RUN  
Register to run/walk for a great cause! All registration proceeds benefit the Mary Greeley Medical Center Hospice. Ames Middle School, 6:45-9:30 AM |
| 18   | BUTTERFLY FIELD DAY  
Hike McFarland Park and hunt for butterflies with Reiman Gardens staff during an Iowa Butterfly Survey Network practice session. Free for all participants. McFarland Park, 2-3:30 PM |
| 19   | FATHER’S DAY AT THE MUSEUM  
Share the beauty of art with your father during Father’s Day with free tours of the current exhibitions and crafts. Brunnier Art Museum, 1-4 PM |
| 05   | HERB GARDENING 101  
Join Certified Master Herbalist Gayle Curtis for an introduction to herb gardening. Learn applications for a variety of easy-to-grow herbs, as well as how to harvest and store them. Preregister by June 15. Reiman Gardens, 6-8 PM |
| 04   | FRIENDSHIP ARK 5K  
Kick off the holiday with a fun, family friendly run/walk event that supports the Friendship Ark, providing homes and community services to people with mental disabilities. Ada Hayden Park, 8-10 AM |
| 09   | 4TH OF JULY PARADE  
Connect with the Ames community and celebrate Independence Day at the annual parade through the Main Street Cultural District. Main Street, 11 AM |
| 09   | GARDEN ART FAIR  
Enjoy the work of over 50 new and returning artists who will be displaying and selling their garden- and nature-inspired art. Reiman Gardens, 9 AM-4 PM |

For sustainable events or highlight your events, contact the newsletter team!  
Caitlin Deaver | Marketing & Communications Intern | cmdeaver@iastate.edu  
Steve Kohtz | Sustainability Coordinator | sakhoitz@iastate.edu  
Rebekah Mallette | Marketing & Communications Intern | rebekahm@iastate.edu
As another school year comes to a close, we celebrate the many accomplishments of the Live Green! Team members who will be graduating and moving on to new adventures in the coming year. Though these individuals will not be returning to the Live Green! Team next year, below they share the things they have learned while part of the Live Green! Team and how they will apply these lessons in the future.

Kathryn Leidahl (Smart Business Challenge Intern)
**Studied:** Political Science, Business Management & Economics
**Next Adventure:** Joining the workforce, hopefully in a sustainability-minded industry or position, before attending law school
**Live Green! Lesson:** "The LG Team has taught me to always keep an open mind and not to be discouraged by failure or setbacks in a project. It taught me determination and compassion. I learned the importance of spreading your knowledge to others and inspiring your peers. I hope to incorporate all of these skills and lessons through my work and personal life."

Rebekah Mallette (Marketing and Communications Intern)
**Studied:** Marketing & Public Relations
**Next Adventure:** Working in digital marketing
**Live Green! Lesson:** "My time working on the Live Green! Team has taught me that one of the biggest impacts we can make within sustainability is simply being conscious of the decisions we are making and empowering others to do the same."

Tim McKeague (Smart Business Challenge Intern)
**Studied:** Supply Chain Management
**Next Adventure:** Moving to Columbia, SC and working for International Paper
**Live Green! Lessons:** "I learned what sustainability is. I didn’t have a great understanding of what sustainability was, but being able to learn from great team members and Merry has allowed me to keep an open mind about my surroundings and pursue my career while keeping this in mind."

Adam Wright (Promotions and Branding Coordinator)
**Studied:** Sustainable Agriculture
**Next Adventure:** Work-exchange program in New Zealand
**Live Green! Lessons:** "I have loved working with Live Green! Merry is a wonderful role model, mentor, boss and friend. I have learned a lot from her, especially in regards to communicating such a complex topic to different types of audiences. Working on our soon-to-be new website has also given me new skills in online communication that will prove useful in my future career endeavors."