“The journey of a thousand miles begins with a single step.”
— Lao Tzu

ASPIRING TO "GREEN" AND RENEW THE FASHION INDUSTRY

ADDING FOOTSTEPS TO YOUR JOURNEY IN SUSTAINABILITY

CELEBRATING OUR ACCOMPISHMENTS IN SUMMER GREENING
Meet the Live Green! Team
Welcome to the new leadership team for 2016-17!

Sustainable Summer Highlights
Learn about the green-ness added to campus and the Ames community.

The Everyday Sustainable Difference
Remember these three facets to green your everyday adventure.

Now You Know
Learn how to fill your day with more footsteps and make less footprints.

Living the Cardinal, Gold & Green
Meet an ISU student aspiring to renew the fashion industry.

Green-It-Yourself
Get creative with these upcycled back-to-school crafts!

Fall Thrifting
Explore Ames’ options to save some green as you renew your fall season.

Green Opportunities
Events and opportunities to inspire green connections.

October Calendar
Locations, dates and times for sustainable opportunities.

National Campus Sustainability Day
Mark your calendar for the first Live Green! event this year.

This year’s Live Green! Team is excited to share our passion for sustainability through a variety of campus and community outreach efforts, as well as engaging events.

Check out Page 4 to meet each member of the team and see how we “live green”!

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
Welcome to the 2016 fall semester at Iowa State University!

Congratulations to all of our new and returning students, faculty and staff, as you are all uniquely a piece of the legacy that generations of Cyclones will read about and benefit from. The challenges we take on, the progress we make and the accomplishments we achieve this year will all contribute to our collective journey toward a sustainable future.

As we embark upon the 2016-17 leg of our journey, a vital ritual commences for all of us – renewal. While often times the start of something new – new classes, new projects, new challenges and new goals and aspirations – renewal is considered more as discovery and adventure. It is also a moment to prepare for all the opportunities that abound.

In looking around campus, renewal for the new year is certainly apparent – the addition of new outdoor tables and seating areas, solar trash compactors and plantings; the completion of building improvements and renovations just in time for classes; new menu choices in our dining centers and campus cafes; as well as all the university events that offer support for countless new adventures ready to be taken. These are all testament to a renewed ISU.

The first issue of Live Green! Monthly for the 2016-17 academic year focuses on the many components of renewal that welcome us back and invigorate us forward as we kick-off the fall semester and anticipate all that awaits us in this new year. From summer campus projects and community endeavors, to a diversity of new opportunities to jump into, as well as highlighting the renewing adventure of one ISU student over the summer and the renewed Live Green! Leadership Team of 2016-17 – all of this awaits you in this issue.

Sustainability requires renewal, and a sustainable future relies on the collective of many renewing journeys. Enjoy the many facets of your renewed adventure this month, Cyclones!

Yours in Green-ness,
Merry Rankin
MEET THE LIVE GREEN! TEAM

Introducing the 2016-2017 Live Green! Leadership Team! We are committed to providing education, engagement and empowerment opportunities toward making Iowa State University as “green” and sustainable as possible. Please contact us with your ideas and questions. We look forward to our work together!

MERRY RANKIN // Alumna
Class of 1987 and 1998
Hometown: Attica, IA
Email: mrankin@iastate.edu

“I live green by giving “sustainable consideration” to all the decisions I have before me each day – decisions such as what I purchase, what I put into my garbage can and volunteering my time to give back and pay forward.”

STEVE KOHTZ // Graduate Student
Hometown: West Des Moines, IA
Studies: Graphic Design
Email: sakohtz@iastate.edu

“I live green by being mindful of my actions; what I do today effects everyone’s tomorrows.”

ADAM WRIGHT // Graduate Student
Hometown: Asheville, NC
Studies: Sustainable Agriculture
Email: abwright@iastate.edu

“I live green by growing my own food and shopping local foods. I take part in a workshare CSA with the Student Organic Farm, cook meals for needy individuals at Food at First, and have my own backyard garden.”

CAITLIN DEAVER // Senior
Hometown: Knoxville, IA
Studies: Public Relations, Marketing
Email: cmdeaver@iastate.edu

“I live green by developing my green thumb. I am absolutely obsessed with plants. They’re my stepping stone to, hopefully, growing my own produce garden someday!”

REBEKAH MALLETTE // Senior
Hometown: North Aurora, IL
Studies: Marketing, Public Relations
Email: rebekahm@iastate.edu

“I live green by making an effort to recycle whenever possible. I also use public transportation or walk to work and school.”

KATHRYN LEIDAH// Senior
Hometown: Davenport, IA
Studies: Political Science, Economics, Business Management
Email: kleidahl@iastate.edu

“I live green by doing a lot of little stuff everyday. I bring my own water bottle and coffee mug to campus, I always use reusable bags when I am at the grocery store, I try to recycle as much as I can on my own.”
BILAWAL KHOSO (BK) // Graduate Student
Hometown: Karachi, Pakistan
Studies: Graphic Design
Email: bilawal@iastate.edu

“I live green by eating green and avoiding food waste.”

MOLLY GREEN // Sophomore
Hometown: Lakeville, MN
Studies: Finance, Accounting
Email: mkbreen@iastate.edu

“I live green by making conscious choices to live in a more sustainable way.”

PAIGE VANDERLEEST // Junior
Hometown: Shawnee, KS
Studies: Public Relations, International Studies
Email: paigev@iastate.edu

“I live green by encouraging those around me to also implement simple sustainable practices into their everyday lives.”

TIM MCKEAGUE // Senior
Hometown: Bartlett, IL
Studies: Supply Chain Management
Email: mckeague@iastate.edu

“I live green by recycling every day, using reusable cups, and being joyful for a better future.”

LAURELIN HAAS // Senior
Hometown: Muscatine, IA
Studies: Community & Regional Planning, Environmental Studies
Email: lehaas@iastate.edu

“I live green by composting food waste in my apartment using my Bokashi compost system, and I try to purchase local or secondhand whenever possible!”

SINDHUJA RAM // Senior
Hometown: Lake Jackson, TX
Studies: Advertising
Email: sram@iastate.edu

“I live green by incorporating more mindfulness of my day to day actions. Acknowledging how small sustainable changes can be made in all aspects of life.”
Over the summer months, Iowa State University and the Ames community continued to showcase its devotion to sustainability through various projects and initiatives that renewed and revitalized campus and the community in preparation for the 2016-17 academic year. Check out some of the highlights of this summer’s many accomplishments.

**Revitalizing Marston Hall**

In July, the two-year project of renewing Marston Hall was completed. The building was given new life by updating the infrastructure and its physical components, as well as increasing and upgrading the amount of space for classrooms, including a 172-seat auditorium. Additional instructional support areas enhance student-teacher interactions and provide informal gathering spaces. The addition of more natural lighting is also one of the many environmentally-sustainable components from the revitalization, providing countless natural views.

Marston Hall will become Iowa State’s eighth LEED Gold building and twelfth LEED-certified building.

The project is currently pursuing a Leadership in Energy and Environmental Design (LEED) Gold certification, illustrating the commitment given to sustainability and sustainable design and construction.

**Furnishing Ames’ Homes**

At the end of July, right in time for apartment move-in and move-out, the city of Ames gave renewed life to more than 22 tons of unwanted furniture and household items during the first annual Rummage Rampage event. This community rummage sale offered hundreds of sofas, chairs, tables (keeping them out of the landfill), provided more than $5,000 to local non-profits and furnished community homes affordably.

**Bringing SafeRide to Campus**

Students, faculty and staff who have late classes and campus activities have a new, safe option to get home. SafeRide, an app for Android phones (one for Apple devices is coming soon) allows users to sign in with an ISU Net-ID and receive a ride with ISU students working with ISU Police. Through the app, users will receive the pickup time, real-time tracking of their ride, as well as the vehicle description and license plate (as the officers will use their personal vehicles, much like an Uber service). The app replaces the safety escort program, ensuring a more-efficient service for riders and allowing campus dispatchers to focus on other campus requests.

**Enhancing the Outdoor Student Experience**

Gathering around campus now offers new outdoor options. Through funding provided by Student Government, twenty-six new outdoor tables offer campus-goers some extra seating. Tables were placed in areas near food vendors, near building entrances and done so to re-purpose ISU’s footprint through re-using pre-paved spaces (no new concrete was poured), and to still maintain campus green space. This project includes three types of tables – four oval, picnic-style tables were added between Carver and Beardshear, and five umbrella-style tables were added south and west of Parks Library, with both locations close to food vendors on campus.
Seventeen smaller tables are distributed throughout campus for general seating near buildings. This project assists in increasing and enhancing social engagement opportunities across campus. Facilities, Planning and Management leads the project, and is currently researching cost-effective options for adding two or three solar-charging tables in the near future.

Creating New Student Homes
In response to the high demand for on-campus housing, the Department of Residence is offering unique student homes in the Memorial Union. Rooms, previously used as a hotel, have been converted to student use and offers the quickest campus commute anywhere in Ames.

To prepare for the conversion, ISU Surplus conducted a public sale, offering affordable furnishings and keeping useful items out of the landfill.

Offering New Dining Options
ISU Dining kicked off the fall semester with new, exciting and sustainable options. More vegan, vegetarian and Halal options are available in dining halls through a wider variety of authentic, ethnic foods. ISU Dining is embracing a renewed “all-scratch” tradition for bakery items, allowing more of an investment in higher quality ingredients and products for students, as well as adding additional employment.

Compacting Our "Trash-Print"
Forty-five additional Big Belly solar trash compactors were added to campus over the summer with the financial support of Student Government. The project received additional student support through Office of Sustainability interns completing all of the new designs for the compactors. Solar compacting makes a significant sustainable impact through reducing the number of trash pickups, saving fuel, garbage bags and labor.

Cleaning Up College Creek
In June, the campus and community worked together to clean up College Creek, which runs through the ISU campus. This summer, Roy J. Carver Scholars from the College of Agriculture and Life Sciences joined in to enable the cleanup effort to extend through Campustown and the Arboretum. More than 300 pounds of garbage was collected and 125 hours of volunteer service was provided in greening our community.

Receiving Bicycle-Friendly City Recognition
The city of Ames received bronze recognition by the League of American Bicyclists for its commitment to becoming a bicycle-friendly community over the summer. The League evaluates consideration given to bicyclists when engineering roadways and paths, educating about road safety, encouraging community activities, enforcing roadway safety and evaluating how to keep and better plan programs in the community in this recognition.
Social sustainability focuses on recognizing, embracing and nurturing every societal aspect of our community and world. For example, appreciating and understanding the diversity of people and places allows us to explore perspectives and discover new ideas that are nurtured and sustained through the collective experiences and growth of each individual. Being socially sustainable also means engaging with and supporting our communities by utilizing our time, experiences, knowledge and other resources to volunteer, give back and pay forward in the most beneficial ways we can.

Environmental sustainability focuses on being mindful of the natural resources that are necessary to support life -- water, air, energy sources, wildlife, etc. While the environmental aspect of sustainability is often discussed in an overarching policy and regulatory manner; sustaining the environment is the responsibility of each and every individual. For example, the impact of each of us renewing our daily habits by turning off lights when not in use, shortening showers and using reusable coffee cups and water bottles, is substantial to the sustainability of the collective environment we share.

Economic sustainability focuses on being efficient and effective with our financial resources toward ensuring a strong and healthy economy. A strong economy supports funding for education, research, public and private projects and initiatives that support awareness and engagement in sustainability.

To further consider the sustainable impact and opportunities of our daily decisions, sustainability can be further defined within three categories: social, environmental and economic. Similar to the Triple Bottom Line business model, this consideration provides a framework for evaluating performance and defines that to be truly sustainable, social, environmental and economic sustainability must be balanced. Additionally, this definition illustrates that sustainability is not applicable just to one effort by one person, but rather the continuous, collective effort propelled by every individual actively renewing their everyday decisions with each facet of sustainability in mind.
This year, we have added a new monthly feature, “Now You Know.” This feature offers the opportunity to take a more in-depth look into specific topics of sustainability and learn about the social, economic and environmental challenges and opportunities it offers. This month we look further into taking footsteps instead of leaving footprints.

The Challenge
Every day, we all travel from one place to another. In Ames, just considering ISU students, 36,660 people are traveling each day. Add on faculty and staff, Ames community members and visitors from out of town and the total can easily become more than 50,000 daily travelers. With the rapid expansion of the Ames community, the impact of everyday transportation decisions can be extensive. According to The Nature Conservatory, if 36,660 individuals each drove 10 miles per day in a mid-size car, the impact would be the addition of 95,316 tons of carbon dioxide per year, requiring 2,000 mature trees to offset the impact.

By considering each facet of sustainability -- environmental, social and economic -- we can assess our transportation choices and proactively navigate their overarching impacts.

The Opportunities
Understanding the differences between “footprints” and “footsteps” is the first step toward embracing the everyday opportunities we have to make a difference. A “footprint” is our impact on the world left behind by our daily decisions. An example of a “footprint” is the lasting impact of the decision to drive, such as the amount of carbon dioxide released into the atmosphere. A “footstep” is the collection of sustainable decisions to make a step toward a more sustainable future. An example of a “footstep” is the decision to walk, carpool or take the bus rather than driving, resulting in less carbon dioxide released and a more sustainable impact.

Environmental Sustainability
There is good news! Instead of leaving a carbon footprint behind, we can take footsteps towards a sustainable future by walking to school or work. Biking, skateboarding and taking the bus are also excellent alternatives to driving. If you need to drive, one way you can reduce your footprint is by carpooling. Carpooling with one person could cut your carbon emissions up to 50 percent. Add more people to your carpool and save even more!

Social Sustainability
Choosing to walk to school or work allows you to explore new areas of your town that are not accessible in the same manner by car or bus -- unique paths through nature, local shops and neighborhoods. Social sustainability also means being sustainable to yourself. Through walking or biking, you explore a healthier you.

Economic Sustainability
Through choosing to reduce your travel footprint, you also make sustainable economic footsteps -- even saving money on fuel, maintenance, insurance and even gym memberships.

With the school year now in full swing, it is the perfect opportunity to renew your transportation habits by choosing a more sustainable alternative for your travels. Reduce your footprints by joining this month’s Live Green Challenge and continue taking more footsteps throughout the year, beginning Oct. 5 for National Walk to School or Work Day!

1. Choose a more sustainable footstep this month
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge
When considering one’s hopes, goals and dreams, the “future” has a different meaning for everyone. For this Iowa State University student, her bright future is the passionate pursuit of becoming a leader in sustainable fashion.

Apparel, merchandising and design senior, Caitlyn Baagoe, had the opportunity to follow her passion for sustainability and fashion. Over the summer Baagoe interned for Groceries Apparel in Los Angeles, specializing in 100 percent organic and 100 percent recyclable clothing.

In addition to their organic and recyclable content commitment, Groceries Apparel also manufactures all of their clothing locally in Los Angeles where they have their own vegetable-dye studio. By keeping manufacturing in-house, Groceries Apparel is able to maximize “quality, efficiency and employee pay” while minimizing their carbon footprint and waste, making an environmental, economic and social difference.

Baagoe was interested in interning for Groceries Apparel because she knew she wanted to pursue a career in sustainable fashion and she believes in the company’s values and vision related to producing clothing.

Prior to her internship, Baagoe learned a lot about fashion through her courses in the College of Human Sciences’ apparel, merchandising and design program here at Iowa State that offers a number of sustainability courses.

During her internship, she experienced first hand all of the components that go into a sustainable fashion brand. As she prepares to enter the apparel industry, Baagoe hopes to do her part to inspire the fashion industry to more sustainable and ethical practices.

“The future is bright…”

Baagoe said that fashion fits into all three aspects of sustainability -- economic, social and environmental.

“Environmentally, we have opportunities to leave less impact related to waste and water quality through the use of recycled packaging, nontoxic dyes and recycled fabrics,” she said.

During her internship, one of the projects Baagoe completed was developing colors using non-toxic dyes (as shown on the right).

According to the World Wildlife Foundation, a single cotton shirt can take up to 2,700 liters of water to produce. The amount of water used to make less than 1,000 t-shirts is enough to fill an entire Olympic-sized swimming pool. Comparatively, Groceries Apparel uses USA sourced recycled cotton drastically reducing water consumption as well as improving water quality through eliminating the need for fertilizers, herbicides and insecticides.
The social and economic facets of sustainability play are evident in the apparel industry as well. Socially, Baagoe noted that considerations of pay and benefits through increased public awareness is one way the fashion industry has made a sustainable difference.

For Groceries Apparel, that difference comes from manufacturing their own clothing in the United States, avoiding the uncertainties of outsourcing and ensuring their workers receive a living wage needed to maintain a normal standard of living. Creating a sustainable future through ensuring living wages allows individuals to sustain themselves in the present in order to plan, strategize and prepare for the future.

This consideration is juxtaposed by another phenomenon in the clothing industry, “fast fashion” -- buying new styles for less money allowing “fast” accessibility to fashion trends. Unfortunately, low prices, often associate with lower quality, resulting in clothing ending up in the back of a closet or in the trash, making a substantial environmental impact. Economically, fashionistas can save money on clothing and waste less resources by investing in clothing that lasts longer and is more durable. Additionally, support is given to the fashion industry, workers and their families through investing in quality, durable clothing.

Through her internship and educational experiences Baagoe hopes to influence and lead others to become more sustainable as both leaders in the fashion industry and consumers of apparel.

“I think educating is key. The more you know, the more you can make educated consumer decisions,” said Baagoe. “There are many ways for consumers to shop ethically, save money and keep clothing longer.”

Personally, Baagoe practices sustainability in fashion as an industry professional, but also as a consumer -- highlighted in the tips below.

Caitlyn’s Sustainable Shopping Tips:

- Keep your clothes until they are completely worn out.
- Shop secondhand to rescue unused clothing.
- Bring your own shopping bags to avoid wasting plastic or paper.
- Support brands that are conscious of sustainability in their decisions.

“We are already seeing so many clothing brands shift even in little changes,” said Baagoe. “The future is bright.”
UPCYCLED FABRIC COFFEE SLEEVE

INSTRUCTIONS
1. Cut front and back fabric out using the Coffee Sleeve Template.
3. Fold elastic in half and slide the looped side between the two pieces of fabric. Center it along the short side.
5. Hand-sew around the two layers of fabric, leaving 1/4-inch before the edge of the fabric. Leave about a 2-inch gap on one side of the fabric to turn the fabric right side out.
6. Turn right side out and iron flat. Pin the gap closed.
7. Top stitch around the coffee sleeve with a 1/8-inch seam allowance.
8. Fold the edge with the elastic 1/2-inch over the non-elastic edge.
9. Using a pencil, mark where the inside of the elastic is. Do not stretch the elastic as you mark where the button will go. Sew the button onto the mark you just made. Loop the elastic around the button.
9. Keep your coffee, tea or hot cocoa warm as the temperature begins to drop!

SUPPLIES
- Coffee sleeve template
- 5x11-inch outer fabric
- 5x11-inch inner fabric
- 5x11-inch fabric interfacing
- Button
- 4.5-inch diameter elastic (hair rubberband)
- Thread
- Needle
- Pins

CARDBOARD TUBE PENCIL CASE

INSTRUCTIONS
1. Cut cardboard tube, bottom to top.
2. Put hot glue on the underside of the long side of the zipper. Glue the zipper to one long side of the cardboard tube. Put hot glue on the other long side of the cardboard, gluing the opposite underside of the zipper, making a cylinder that can zip up.
3. Stand the cylinder upright on a piece of cloth, and use a pencil to trace the circular bottom on it. Do this twice, leaving about 1/2-inch around each circle, and cut them out.
4. On one of the circles, make small cuts from the edge of the fabric to the edge of the drawn circle. Make multiple cuts, roughly 1/4-inch apart.
5. Hot glue one bottom of the cylinder. Place the hot glued cylinder on top the cut-drawn circle. Secure the circle with more glue. Repeat Steps 4 and 5 for the other end. Take another piece of cloth, about the length of the cylinder, big enough to wrap around the cylinder from one side of the zipper to the other. Be sure the cloth is big enough to have three of the edges folded inward (on the underside) 1/4-inch and glued.
6. Glue unfolded edge of cloth just below one side of the zipper. Put glue on the folded edges. Roll the tube, adhering it to the glued cloth.
7. Smaller cases for smaller supplies and larger cases for larger supplies can also be made by varying the sizes of the cardboard tube and zipper.
8. Get organized with your new creation!

SUPPLIES
- Cardboard tube
- Cloth
- Zipper (to fit length of tube)
- Hot glue
- Pencil
- Scissors

REUSED MAGAZINE NOTEBOOK COVER

INSTRUCTIONS
1. Trim pages to the size of your choosing, based on the size of recycled content paper to cover (remember they will be folded in half). Add as many or as few pages as you wish.
2. Cut a magazine page to size (slightly larger than pages to cover) to create the cover.
3. Fold and stitch through the center of pages to bind them together (saddle stitch fashion), creating the spine.
4. Add a piece of Washi tape for decoration.
5. Enjoy capturing thoughts and notes in your new notebook!

SUPPLIES
- Old/Unused magazine pages
- Recycled content paper (any size)
- Embroidery thread
- Needle
- Scissors
- Washi tape

FOR MORE GIY
One of the components of being truly sustainable is being financially mindful and making purchasing decisions that are economically effective and beneficial. As we prepare for ISU’s Homecoming celebration, Halloween, colder weather and more, it can be a bit budget-busting. However, fun, creative and economically-sustainable options are abundant at local thrift stores. In Ames, you can check out Goodwill, The Loft, Miss Meyer’s Consignment Shop, Overflow Thrift Store, Random Goods and the Salvation Army, among others. “Thrift on” with these ideas!

**HALLOWEEN**

**TRICK-OR-TREAT BAGS**
Get creative with treat bags this year! Skip the traditional options and use something different, such as a pillowcase, to hold treats. Check out how to craft your very own DIY pillowcase treat bag that looks like a ghost!

**COSTUMES**
Choose from many options at thrift stores when looking for this year’s Halloween costume. Raid the clothing aisles to complete your one-of-a-kind outfit, and donate it when you’re done!

**OUTDOOR DECORATIONS**
Rather than spend money on outdoor Halloween decorations at retail stores, reuse what others have donated. Once you grow tired of your outdoor decorations, you can offer them to someone else to enjoy!

**FOOTBALL SEASON DECOR**
Show your team spirit this season by decorating your home with football-inspired and team-themed crafts! Try creating DIY "tabletop touchdown" placemats. Some of the supplies, such as felt, fabric and pipe cleaners can be found while thrifting.

**HOMECOMING SIGNS**
Be on the lookout for chalk and chalkboards while thrifting to make multi-message signs for the Homecoming game and celebrations. You may also be able to find construction paper and other art materials to give your signage some flair!

**CYCLONE SPIRIT SHIRT**
Celebrate your Cyclone pride by creating your own spirit shirt. Pick up an ISU or ISU-inspired T-shirt, at a thrift store, as well as any beads or other craft supplies and show your school spirit!

**LEAF MASON JAR CANDLE HOLDER**
Find supplies at thrift stores for unique decorations, such as a DIY autumn mason jar candle holder. These supplies could include varying sizes of mason jars and unused or barely-used candles. Then head outside and collect some fallen autumn leaves.

**YARN PUMPKINS**
Nab a variety of leftover yarn – in a myriad of colors – at a low price to craft fun decor additions like yarn pumpkins at area thrift stores.

**SCENTED PINECONE DISPLAY**
Look for the perfect bowl – wooden, ceramic or otherwise and in all shapes and sizes – to hold your scented pinecones (which can be made with this recipe) and keep your home smelling of autumn all season!

**REUSABLE CUPS & MUGS**
Cool, autumn nights are approaching, making it the perfect time of year for sipping hot cocoa, ciders and teas. Visit thrift stores to pick up some inexpensive mugs of all types to keep your beverages warm and personalize your sipping.

**REUSED FABRIC TIE BLANKET CRAFT**
Plenty of extra fabric ends up at thrift stores, making it the perfect place to pick up the main item needed for crafting no-sew, tie blankets. These warm and cozy blankets are typically made from fleece, but can be made with any soft and cozy material that you choose.

**WARMER CLOTHING**
Save money on updating your cold weather gear by thrifting rather than only shopping retail. There are some great finds to supply or augment your needs.
**GREEN OPPORTUNITIES**

**INSPIRE WOMEN TO SUCCEED**

Share stories, gain resources, be inspired and share tips and tricks while also engaging and connecting with other entrepreneurial women in various fields at The Gathering, a conference intended to give women entrepreneurs the opportunity to come together. This conference takes place from 5:30-9 p.m. on Oct. 6, at the ISU Economic Development Core Facility, and is free and open to the public.

**RUN FOR THE ANIMALS**

Leash up your canine companion and join the ISU chapter of IronDog for their fourth annual IronDog 5K Fun Run! All proceeds go to ISU’s IronDog Fund, which helps provide veterinary medical and surgical treatment for animals at the ISU Veterinary Teaching Hospital and owners with financial need. The run takes place 9-11 a.m. on Oct. 8, at Ada Hayden Park in Ames. Dogs are welcome with proof of an up-to-date rabies vaccination. Registration is available until the day of the event.

**PLAN ACTIVITIES FOR YOUTH**

Help connect children to after-school activities! Youth and Shelter Services is looking for creative, responsible and energetic people to work in their after school programs for kindergarten through sixth grade children. Responsibilities include supervising and interacting with large groups of children, implementing planned activities and assisting with various recreational activities. For more information, contact Tammy Kratz at 515-233-3141. Apply on the Youth and Shelter Services’ website.

**CREATE STUDENT ACTIVITIES**

Looking to get involved this semester? ISU AfterDark, a student group that plans free, late-night student activities, is looking for volunteers to help with event planning and coordination. To volunteer, contact the group at afterdark@iastate.edu, or visit their next event in the Memorial Union on Oct. 7 from 9 p.m. to 1 a.m.

**SHARE A CAR**

Don’t have a car, but are needing to drive? Choose CarShare, pick up a car on campus and pay one low price that includes fuel, insurance and mileage. You can now save even more money by joining CarShare for only $1 (compared to $20) and rent by the hour for only $5 (compared to $8) until Dec. 31. Cars are available to anyone 18 years and older. For more information, contact Jackie Buzard, CarShare brand ambassador, at jcbuzard@iastate.edu, or visit the CarShare booth in the Memorial Union from 3-5 p.m. on Mondays during the fall semester.

**SUPPORT AMES’ CHILDREN**

Volunteer with Community Housing Initiatives (CHI), a non-profit agency dedicated to addressing the lack of affordable housing for families seeking to transition from dependency on public assistance programs. Volunteers are needed to help support children of these families in programs such as Brain Boosters (help develop an understanding of math and numbers), Story Time (share stories and crafts with common themes), Reading Avenue (inspire the love of reading) and Science, Science! (help explore the amazing world of science). To apply for any of these positions, visit the CHI website.

**EXPERIENCE AMES’ ARTISTIC SIDE**

Appreciate the artistic side of Ames by touring many of Ames’ art studios! Join the Ames Community Arts Council and the Ames Convention and Visitors Bureau for the free, family-friendly Ames Area Studio Tour on Oct. 8 (10 a.m. to 4 p.m.) and Oct. 9 (noon to 4 p.m.). This tour will take participants around to 20 different art studios (ranging from paintings, jewelry, music and more), and offer opportunities to go behind-the-scenes to experience live demonstrations and ask questions about their work, as well as to support these local artists by purchasing some of their pieces. Take a look at the event’s map to plan your tour. If you need more information or assistance, stop by Worldly Goods on Main Street, and its volunteers will help point you in the right direction!


**OCTOBER**

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**NORTH GRAND FARMER’S MARKET**
Explore another Ames farmer’s market. Continues every Saturday (3-6 PM) until Oct. 29.
North Grand Mall parking lot, 8 AM-12:30 PM

**MAIN STREET FARMER’S MARKET**
Support delicious and local produce and crafts! Continues every Wednesday and Saturday until Oct. 29.
300-400 block of Main Street, 9 AM-12:30 PM

**NATURE CRAFT: AUTUMN SERIES**
Celebrate the fall season by crafting a unique creation with natural materials!
Reiman Gardens, 10 AM-Noon

**RUN FOR THE ROSES**
Join the Ames Area Running Club and Alpha Omicron Pi Sorority for the 30th anniversary running of the Run for the Roses. All proceeds go to arthritis research.
Ames Middle School, 7:30 AM

**CROCHET CLASS**
Learn the three standard crochet stitches and how to incorporate them into fun and creative Do-It-Yourself projects!
The Workspace, 6:30-8:30 PM

**NORMAN BORLAUG LECTURE**
Join the 2016 World Food Prize laureates for a discussion about their work connecting agriculture and nutrition to improve the health and livelihoods of under-nourished people throughout the world.
Great Hall, MU, 8 PM

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

**AIR PROPULSION LAB WITH LEGO BRICKS**
Join a team of ISU industrial design professors and graduate students for a STEAM workshop, focusing on design problem solving and methodology.
Reiman Gardens, 10 AM-2 PM

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**DIY FLORAL ARRANGING FOR EVENTS**
Learn tips for decorating a whole room, selecting a theme and materials and get hands-on by constructing a centerpiece.
Reiman Gardens, 6-8 PM

**NATIONAL CAMPUS SUSTAINABILITY DAY**
Celebrate ISU’s commitment to sustainability, meet “green” organizations, businesses and clubs, as well as take home “green” giveaways!
South Library Lawn, 11 AM-2 PM

**19**

**HOMECOMING PARADE**
Embrace tradition with the return of the ISU Homecoming Parade to the Ames community.
Ames, Main Street, 2 PM

**20**

**OMITROSPECTIVE WRITING CLASS**
Engage in writing through introspection and reflection, using Reiman Gardens as inspiration.
Reiman Gardens, 6-7:30 PM

**DIY FLORAL ARRANGING FOR EVENTS**
Learn tips for decorating a whole room, selecting a theme and materials and get hands-on by constructing a centerpiece.
Reiman Gardens, 6-8 PM

**23**

**COMING UP FOR**

**NOVEMBER 2016**

**01**

**INTROSPECTIVE WRITING CLASS**
Engage in writing through introspection and reflection, using Reiman Gardens as inspiration.
Reiman Gardens, 6-7:30 PM

**05**

**EXPLORING EXPRESSION WORKSHOP**
Bring your work of art (song, dance, art, etc.) and practice skills that can help to reach the desired effects in your creative processes.
The Workspace, 7-9 PM

For sustainable events or highlight your events, contact the newsletter team!

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National Campus Sustainability Day
October 20 // 11 a.m. - 2 p.m. // South Library Lawn

What is National Campus Sustainability Day?
National Campus Sustainability Day celebrates current sustainability efforts at Iowa State University as well as embracing, discovering and empowering new opportunities to become more sustainable.

This Year’s Theme:
National Campus Sustainability Day focuses on the impact and ripple effect in our community of every commitment and action, no matter how small or simple. Though sometimes seemingly minuscule, these actions compound toward positive change and a sustainable future.

See You There!
Join us in celebrating the dedication and commitment of Iowa State University students, faculty and staff and the Ames Community as we showcase our collective sustainability efforts, initiatives and opportunities.

For more information and a list of participating organizations check out the Iowa State University calendar of events.

Get Involved:
• Meet student and campus organizations and local businesses committed to sustainability through projects, initiatives and practices.
• Enjoy a sweet treat and warm beverage - don’t forget to bring your own mug.
• Bring a non-perishable food donation for The Shop student food pantry.
• Earn “green” prizes including (but not limited to) reusable mugs, sewing kits and car chargers.
• Learn about sustainable activities, opportunities and events.
• Get a free bike or longboard tune-up.
• Toss a stone and experience your personal “ripple effect.”